



Virtual Regatta.Africa

Indoor Rowing Championships

“The African Continental Qualifier for the 2021 World Rowing Virtual Indoor Championships
& The 2020 African Rowing Indoor Championships”

Saturday 28th November 2020

Race LIVE against competitors from across Africa in this unique event.

Changes to the previous notice are highlighted in red

Who can enter:

Any individual who is resident in an African country, or who holds citizenship of an African country in the case that they are not resident in Africa.

Entry Fee:

Entry Fee will be ZAR100.00 per competitor per event.

How to Enter:

Individual Entries can be made via Quicket (payment via VISA, Mastercard, EFT) at the following address:
<https://qkt.io/DdJWlw>

All entries will require submission of name, age, date of birth, country of citizenship, country of residence, passport number, events to be entered, email address and telephone contact number, as well as a payment via VISA/Mastercard or EFT.

Schools, clubs and gyms that would like to do a bulk entry can contact info@virtualregatta.africa to request an excel spreadsheet entry form. Once bulk entries have been submitted the organisers will invoice the school/club/gym. Entries will only be guaranteed once the invoice has been paid so please do entries with enough time to process payments in time for close of entries.

It is the responsibility of the school/club/gym to ensure that invoices are paid in full. Bank fees are for the account of the organisation entering the event.

If it is not possible to pay via this method please contact info@virtualregatta.africa to make payment arrangements.

SPONSOR AN ENTRY – There will be an option to sponsor a development athlete to take part in the regatta. The Organising Committee together with FISA will allocate the sponsored entries to African development rowing programs that require financial assistance.

Entry Deadline:

Entries close at midnight November 15th 2020. No further entries will be accepted after that time.

Events offered:

All events entered must correspond to the age group that the athlete is eligible at the time of the World Rowing Indoor Championship (WRICH) finals in **March 2021**.

Top 2 places from categories marked with * will automatically qualify for the World Rowing Indoor Championships (WRICH).

Top 1 place from categories marked with # will automatically qualify for the World Rowing Indoor Championships (WRICH).

Events marked with § will compete for the 2020 African Rowing Indoor Championship

Only competitors that hold valid citizenship of an African country will be eligible to qualify for the WRICH via the African qualification pathway, and to compete for the African Rowing Indoor Championship. Competitors that do not hold citizenship of an African country but are resident in Africa will be eligible to qualify through the Open qualification pathway.

Jnr Men 14 Individual 1000m	(14 Years old or younger in 2021)
Jnr Women 14 Individual 1000m	(14 Years old or younger in 2021)
Jnr Men 15 Individual 1000m	(15 Years old in 2021)
Jnr Women 15 Individual 1000m	(15 Years old in 2021)
Jnr Men 16 Individual 2000m	(16 Years old in 2021)
Jnr Women 16 Individual 2000m	(16 Years old in 2021)

ALL AGE GROUPS BELOW WILL BE BASED ON THE WORLD ROWING INDOOR RULES.

http://www.worldrowing.com/mm/Document/General/General/13/58/39/FISARulebookEN2019web_Neutral.pdf

9. Age Categories (Rule 24)

The following age categories for indoor rowing are recognised by FISA:

- Juniors
- Under 23
- Seniors
- Masters

The age of an athlete for indoor rowing events shall be the age at the date of the competition. Where the competition includes several days the age shall be as at the scheduled date of the final for the event concerned.

A Junior rower shall not have attained the age of 19 and an Under 23 rower shall not have attained the age of 23 by the relevant date.

The finals schedule for the World Rowing Indoor Championships can be found here:

http://www.worldrowing.com/mm/Document/General/General/14/34/93/2021WorldRowingIndoorChampionshipsFinalsSchedule_Neutral.pdf

Jnr Men Under19 Individual 2000m *§ (Not yet turned 19 on Saturday 27 February 2021)

Jnr Women Under 19 Individual 2000m *§ (Not yet turned 19 on Saturday 27 February 2021)

Jnr Men Under 19 Individual 500m *§ (Not yet turned 19 on Wednesday 24 February 2021)

Jnr Women Under 19 Individual 500m *§ (Not yet turned 19 on Wednesday 24 February 2021)

Please refer to the section on Junior Entries in the Terms and Conditions for details

U23 Men Individual 2000m *§ (Not yet turned 23 on Tuesday 23 February 2021)

U23 Women Individual 2000m *§ (Not yet turned 23 on Tuesday 23 February 2021)

U23 Men Individual 500m *§ (Not yet turned 23 on Saturday 27 February 2021)

U23 Women Individual 500m *§ (Not yet turned 23 on Saturday 27 February 2021)

U23 Lightweight (<75kg) Men Individual 2000m #§ (Not yet turned 23 on Tuesday 23 February 2021)

U23 Lightweight (<61.5kg) Women Individual 2000m #§ (Not yet turned 23 on Tuesday 23 February 2021)

U23 Lightweight (<75kg) Men Individual 500m #§ (Not yet turned 23 on Wednesday 24 February 2021)

U23 Lightweight (<61.5kg) Women Individual 500m #§ (Not yet turned 23 on Wednesday 24 February 2021)

Lightweight entries will be required to provide proof of weigh in prior to competing in lightweight events. See Conditions for Lightweight Entries below.

U23 entries must be made based on the age of the competitor at the time of the WRICH in February 2021.

Open Men Individual 2000m *§

Open Women Individual 2000m *§

Open Men Individual 500m *§

Open Women Individual 500m *§

Lightweight (<75kg) Men Individual 2000m *§

Lightweight (<61.5kg) Women Individual 2000m *§

Lightweight (<75kg) Men 500m *§

Lightweight (<61.5kg) Women 500m *§

Lightweight entries will be required to provide proof of weigh in prior to competing in lightweight events. See Conditions for Lightweight Entries below.

- Para Men PR1 Individual 2000m #§ - Requires FISA Classification
- Para Women PR1 Individual 2000m #§ - Requires FISA Classification
- Para Men PR2 Individual 2000m #§ - Requires FISA Classification
- Para Women PR2 Individual 2000m #§ - Requires FISA Classification
- Para Men PR3 Individual 2000m #§ - Requires FISA Classification
- Para Women PR3 Individual 2000m #§ - Requires FISA Classification

Para Men **Unclassified** Individual 2000m
Para Women **Unclassified** Individual 2000m

Only Para athletes registered with FISA and that have been classified are eligible to qualify for the WRICH via the African qualification pathway. Please see Terms and Conditions.

Masters Men Individual

- 30-39 2000m #,
- 40-49 2000m #,
- 50-54 2000m #,
- 55-59 2000m #,
- 60-64 2000m #,
- 65-69 2000m #,
- 70-74 2000m #,
- 75-79 2000m #,
- 80-84 2000m #,
- 85-89 2000m #,
- 90-94 2000m #,
- 95-99 2000m #,
- 100+ 2000m #

Masters Men Lightweight

- 30-39 2000m #,
- 40-49 2000m #,
- 50-54 2000m #,
- 55-59 2000m #,
- 60-64 2000m #,
- 65-69 2000m #,
- 70-74 2000m #,
- 75-79 2000m #,
- 80-84 2000m #,
- 85-89 2000m #,
- 90-94 2000m #,
- 95-99 2000m #,
- 100+ 2000m #

Masters Women Individual

- 30-39 2000m #,
- 40-49 2000m #,
- 50-54 2000m #,
- 55-59 2000m #,
- 60-64 2000m #,
- 65-69 2000m #,
- 70-74 2000m #,
- 75-79 2000m #,
- 80-84 2000m #,
- 85-89 2000m #,
- 90-94 2000m #,
- 95-99 2000m #,
- 100+ 2000m #

Masters Women Lightweight

- 30-39 2000m #,
- 40-49 2000m #,
- 50-54 2000m #,
- 55-59 2000m #,
- 60-64 2000m #,
- 65-69 2000m #,
- 70-74 2000m #,
- 75-79 2000m #,
- 80-84 2000m #,
- 85-89 2000m #,
- 90-94 2000m #,
- 95-99 2000m #,
- 100+ 2000m #

*Masters age groups are the age that the competitor will be in **February 2021** at the time of the WRICH. Please see the following for details of actual race day for different events:*

http://www.worldrowing.com/mm/Document/General/General/14/34/93/2021WorldRowingIndoorChampionshipsFinalsSchedule_Neutral.pdf

Where entries are less than 20 individuals in any category the organisers may opt to combine events in order to keep the racing program to a reasonable length.

Lightweight Entries

A lightweight is defined in the FISA Rules of Racing (Appendix 24) as an individual male rower not weighing more than 75kgs, or an individual female rower not weighing more than 61.5kgs.

Please read the Terms and Conditions Section for details on how to enter as a Lightweight.

Requirements for Qualification through African Qualification Pathway

In order to verify qualification for the WRICH, competitors that finish in qualifying positions will be required to submit the following:

- Proof of citizenship of an African country to FISA via a copy of the competitor's passport.
- Lightweight competitors will be required to have submitted proof of weigh in as set out in the Terms and Conditions.

Race Program

Races will run from 8:00am CAT until 5:00pm CAT on Saturday 28th November 2020.

A final race program will be published after the close of entries and will be determined by the number of entries and heats in each category.

All events will be run as Heats with the times across heats being ranked for final positioning in each category.

Technical Requirements to enter and compete:

You will require:

A Concept 2 Rowing Machine



with a **PM3, PM4 or PM5** screen. It is important that the screen is updated with the latest firmware version.



A **USB cable that has USB A Type and USB B Type connectors**. These come with all new Concept 2 ergs. They are also available from most computer stores.

<https://shop.concept2.com/model-d/81-usb-cable.html>



A **PC or laptop connected to the internet** to log on to the Timeteam Homerace website for live racing.

It is possible to connect ergs individually to a single pc, or to combine up to 8 ergs to a single pc in a venue set up. Unfortunately, due to technical limitations with data latency it is no longer possible to do venue set ups. All rowing machines will need to be linked to individual pc's/laptops.

Details of how to do this will be available on the virtualregatta.africa webpage.

The image is a composite of two parts. On the left, a Concept2 PM5 monitor is shown connected to a computer via a USB cable. The monitor screen displays a menu with options: 'Start Row', 'Select Workout', 'Games', 'Monitor', and 'More Options'. Below the monitor, a computer monitor is shown with a USB cable plugged into its front panel. On the right, a screenshot of a virtual rowing regatta leaderboard is displayed. The title of the leaderboard is 'W90 2000M, W50 2000M, W55 2000M, W60 2000M' and the time is '05:47'. The leaderboard lists rowers from various countries (GBR, IRL, USA, NED) with their names, current scores, and progress bars. At the bottom of the screenshot, there is a logo for 'TIME TEAM' and a small video feed showing two people.

Country	Rower Name	Score	Progress
GBR	VAL COLEMAN	34	3:17
GBR	LOUISE WYMER	28	1:51
IRL	ROSEMARY SATCHWELL	29	1:57
GBR	KATIE KAPERNIMOS	27	1:57
GBR	JOANNE CILLEY	31	1:57
IRL	SANDRA LAMBE	32	1:58
USA	ROBY ROBERTSON	32	2:07
GBR	DENISE MCCABE	33	2:07
NED	AENNE BRENNINKMEYER	32	2:25
GBR	JOANNE BLUNDELL	26	1:55
GBR	CAROLINE BETT PEELE	33	2:13
GBR	KAREN DEAN	29	2:18
GBR	NICKI GLEN	28	2:01
GBR	SARAH SPRINGMAN	28	2:02
GBR	SARAH PECK	26	2:08
GBR	CATRY ALMOND	26	2:08

Terms and Conditions of Entry:

1. Medical

- a. All competitors accept on entry that they will be competing in a very strenuous activity, and therefore are in good health and have been cleared by a medical doctor to participate in physical activity. As the competition is a virtual event it is highly recommended by the organisers that competitors do not compete alone and that they have another person available to render assistance if necessary.
- b. Important Medical Recommendation: If you feel unwell, have recently been suffering from a virus (especially Covid-19) or are on medication for acute illness, we recommend that you do not take part in the virtual championships. The participation in virtual indoor rowing championships is entirely at your own risk. VirtualRegatta.Africa shall not be liable for any damages or injuries, however caused, occurring during or after taking part in the VirtualRegatta.Africa Indoor Rowing Championships.

Further Medical Guidance;

- If you do not feel well, then do not exercise.
- If something is making you feel unwell, then stop doing it.
- Social Distancing guidelines as issued by your Government should be adhered to at all times. If this is not possible, do not participate.
- In preparing for the championships, try to make progressive small improvements in performance rather than deliver a maximum effort.
- Exercise regularly and acclimatise yourself to physical activity.

2. Equipment and Technology

- a. All entries confirm that they have the necessary equipment and technology available to compete.
- b. Only Concept2 Indoor Rowers may be used for this event. Competitors may use the resistance level of their choice, but this cannot be changed during the race.
- c. All competitors will accept full responsibility for the good working order of their equipment required to compete.
 - i. Concept 2 Rowing machine with updated PM3, PM4 or PM5 monitor (details on how can be found on the Concept 2 website <https://www.concept2.com/service/monitors/pm5/how-to-use/updating-firmware>) calibrated for use on the model connected to.
 - ii. A USB A to USB B cable,
 - iii. Compatible Windows or MacOS Laptop/ Computer with **Chrome Browser** installed.

3. Data

- a. All competitors agree that all biographical and race performance data collected will be shared with FISA in order to verify eligibility for qualification for the WRICH. Incomplete entries will not be accepted.
- b. You hereby give permission to VirtualRegatta.Africa, to publicly display the name and race data of yourself during the event. In addition, you give permission to VirtualRegatta.Africa for data to be collated, analysed and for the results of that analysis to be publicly displayed – whether that is data relating to you or the competition you are entering.

4. Cancellation, Changes and Limits of Entries

- a. Competitors that cancel their entry prior to the date and time **for close of entry** will be refunded 50% of the cost of entry. Entries done via Quicket can be cancelled online via Quicket. Cancellation of entries done in bulk can be made to officials@virtualregatta.africa. Refunds will only be made after the event.
- b. All competitors accept that no refunds are possible **after the close of entries**.
- c. Any changes to entries must be made before the close of entries. Any errors thereafter may result in a competitor being ineligible to compete or to qualify for the WRICH. Changes to entries via Quicket can be done online prior to the close of entries. Requests for changes to bulk entries can be made to officials@virtualregatta.africa.

- d. No competitor will be allowed to change events on the day of racing. This includes lightweight competitors who do not make their weight.
- e. The organisers reserve the right to cancel the event in the case of force majeure.
- f. VirtualRegatta.Africa reserve the right to limit the size of entry into any given event, or for the competition as a whole.

5. Verification of Results

- a. In the event of anomalies detected in race results, data may be reviewed to determine the outcome. Further evidence of the row might be requested as part of the review (images or video).
- b. If required competitors will have to supply evidence that they personally competed in the event and did not have a substitute rowing in their place. A photo or video evidence may be requested by the event organisers.
- c. All competitors that finish in a Qualifying place for the WRICH will be required to produce photo ID (Passport or National ID card) in order to qualify. Picture of the documents must be sent to officials@virtualregatta.africa within 3hrs of the end of the race.

6. Junior Entries (Under 19s)

- a. Junior entries must be made based on the age the competitor will be at the time of the event in the WRICH program in February 2021.
- b. I.e. if the competitor has not yet turned 19 at the time of the WRICH on 27th Feb they may participate in the U19 2000m category.
- c. i.e if the competitor has not yet turned 19 at the time of the WRICH on 24th February they may participate in the U19 500m category.
- d. Must be made by responsible adult and with the knowledge and agreement of the Junior's parent/guardian/carer. Entries found not to comply with this term will be removed. A Junior entrant must be accompanied by a responsible adult at all times during their race(s).

7. Junior Entries (J14, J15, J16)

- a. Junior entries into these categories are based on their year group.
- b. If a junior turns 14 in 2021 they will race in J14.
- c. If a junior turns 15 in 2021 they will race in J15
- d. If a junior turns 16 in 2021 they will race in J16
- e. Must be made by responsible adult and with the knowledge and agreement of the Junior's parent/guardian/carer. Entries found not to comply with this term will be removed. A Junior entrant must be accompanied by a responsible adult at all times during their race(s).

8. U23 Rowers

- a. A competitor's age for entries is the age of the competitor at the date of the event in the WRICH program in February 2021.
- b. I.e. if the competitor has not yet turned 23 at the time of the WRICH on 23rd Feb they may participate in the U23 2000m category.
- c. i.e. if the competitor has not yet turned 23 at the time of the WRICH on 27th February they may participate in the U23 500m category.
- d. http://www.worldrowing.com/mm/Document/General/General/14/34/93/2021WorldRowingIndoorChampionshipsFinalsSchedule_Neutral.pdf

9. Masters Rowers

- a. A competitor's age for entries is the age of the competitor at the date of the event in the WRICH program in February 2021.
- b. http://www.worldrowing.com/mm/Document/General/General/14/34/93/2021WorldRowingIndoorChampionshipsFinalsSchedule_Neutral.pdf

10. Lightweight Rowers

- a. A lightweight is defined in the FISA Rules of Racing (Appendix 24) as an individual male rower not weighing more than 75kgs, or an individual female rower not weighing more than 61.5kgs.
- b. Lightweight events will be offered in the Under 23 and Open Events only.
- c. Any competitors under the age of 18 may not enter lightweight events.

- d. Lightweight competitors will be required to submit a photo of their weigh-in on scales at home/club/gym with weight reading visible along with a date (this could be by including a newspaper or the home screen of a phone showing the date) on the day of competition. Photos can be submitted to officials@virtualregatta.africa at least 60 minutes prior to the start time of the event entered.
- e. Lightweight competitors who do not make their weight or are unable to confirm weight as per point 17d will be able to race, results will be listed but they will not be placed and will not be eligible for ranking. Their time may be included in the event results, as a heavyweight time.
- f. Weigh-in submissions will be verified as quickly as possible, but it is possible that not all results will be verified prior to the start of each race. As such, final race results will not be confirmed until all weigh-in submissions for a particular race have been verified and approved.
- g. Any competitor found to have improperly carried-out the weigh-in procedure faces disqualification and any competitor found to have falsified any of the weighing procedures faces disqualification and possible bans on future competition opportunities.

11. Para Rowers

- a. All competitors with a physical, visual or learning disability entering the Adaptive events must have previously completed a FISA classification process or must self-classify.
- b. Competitors that have not completed a FISA classification can enter into the Para Open category. The Para Open category is only for competitors who would like to compete in a Para event but are not yet classified or not eligible for Para events. To enter this category and fill out a Self-Declaration form please contact officials@virtualregatta.africa.
- c. Athletes that have previously been classified by FISA and appear on the official list found in the link below can enter into the respective events under the Para entries.
http://www.worldrowing.com/mm/Document/General/General/14/19/61/MasterClassificationList-updatedFebruary2020-AutomatedWebsiteListing_Neutral.pdf

12. Media

- a. Competitors and those responsible for them should be aware that it is possible that there may be unauthorised live streamed video during and post event over which VirtualRegatta.Africa has no control and that unauthorised photographs or videos over which VirtualRegatta.Africa has no control may be used in print, digital media or elsewhere.
- b. Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/carer (where in loco parentis) aware of the above paragraphs. VirtualRegatta.Africa undertake that no images or use of webcams of competitors will be used for any public broadcast as part of the Virtual Regatta.Africa Indoor Rowing Championships 2020.

13. Waiver

- a. Entry into the VirtualRegatta.Africa confirms that you understand that participation in the event involves risks of injury, as well as loss of or damage to property. Your decision to participate or to enter a Junior participant in the event is made in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of the entry form, you agree that neither VirtualRegatta.Africa, its partners their respective directors, officers, employees, representatives, agent successors and assigns are not liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in the VirtualRegatta.Africa Indoor Rowing Championships. .