



Welcome to the first Open Nordic Indoor Rowing Championship, March 19, 2022

The Danish Rowing Federation and Holstebro Roklub are delighted to invite you to virtual Open Nordic Indoor Rowing Championship. The competition takes place on Saturday, March 19th. Everyone with access to a Concept2 erg equipped with a PM3/PM4/PM5 monitor can participate. There will be races for juniors, seniors and masters. Membership of a rowing club is not required.

Race list

The full race list can be found here: <https://regatta.roning.dk/?regatta=nic2022>

Age groups and entry fees:

Category	Age-group	Fee in DKK
Junior E	U11	90,-
Junior D	U12	90,-
Junior C	U14	90,-
Junior B	U16	130,-
Junior A	U18	130,-
Senior B	U23	150,-
Senior	Open	170,-
Masters	27+	170,-



Payment is online upon registration. Only entrants who have paid by March 19 may compete.

Registration

Please enter via in the Danish registration system at regatta.roning.dk/?regatta=nic2022. You can change the language choice from Danish to English, norsk, svenska or Deutsch.



INVITATION TO OPEN NORDIC INDOOR ROWING CHAMPIONSHIP

DFFR  Dansk  Privatslivspolitik Hjælp Opret en konto Glemte kode

Regattahæftet Open Information Resultater

Aktuelle Regattaer

- [E Danske Mesterskaber](#)
- [E Åbne Fynske Mesterskaber](#)
- [E Open Nordic Indoor Championship](#)**
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Open Nordic Indoor Championship 2021 **2 Tilmeldinger**

Regatta Dato: 2021-03-20


Der er åben for tilmelding til denne regatta

Ordinær tilmelding slutter: 10. marts kl.:12:00
Eftertilmelding slutter: 12. marts kl.:22:00

Information:
Holstebro Roklub er arrangør af OpenNordic Indoor Championships

Hjemmeside:
[Reglement for Ergometer](#)

Mandskabsledermøde:
Der bliver ikke afholdt mandskabsledermøde.

Flag	Code	Country	Participants
	DEN	Denmark	1
Total			1



Post-registration

Deadline for registration is March 09 at midday Danish time. It is not possible to register after the deadline.

Start list

The start list is available at regatta.roning.dk/?regatta=nic2022&show=startliste from about midday on March 13.

Rules of racing

Racing will be conducted according to the Danish rules for indoor rowing, including the appendix on virtual racing (eKaprøning)

Rules of racing (in Danish) can be found [here](#).

Event management

Will be reachable all day on March 19. Please call Søren Madsen, + 45 61 60 90 00

Technical platform

The Dutch company [TimeTeam](#) will provide the technical setup on its [Homerace](#) platform.

User manual

In Danish– klik [her](#)

In English– click [here](#)

Technical recommendations and guidance on Homerace: regatta.roning.dk/?l=homerace

Livestreaming

The event will be livestreamed on the Facebook page [Dansk Forening for Rosport](#). It is planned to have commentary in Danish and English.

Important race information:

All participants must read the following carefully:

Welfare and safeguarding

Participation in the Open Nordic Indoor Rowing Championship is entirely at your own risk. The organizing committee shall not be liable for any damages or injuries, however caused, occurring during or after taking part in the championships.

Race distances / lengths:

- 1000m: races 100-141, Masters.



- 2 minutes: 150-155, Jun E, D (year of birth 2009 & younger)
- 3 minutes: 156-157, Jun CII (y.o.b. 2008)
- 4 minutes: 158-159, Jun C (y.o.b. 2007)
- 2000m: 160-175
- 100m: 176-177, sprint for U13.
- 200m: 178-199, sprint for U15 and older

Race Lobby

Athletes must log into the race lobby no later than 10 minutes before their start. This waiting room will be accessible from 45 minutes before each start. Late arrival in the lobby can result in disqualification. We recommend that the connected computer is visible to both the rower and the coach so they can see any incoming messages about the race.

Race start procedure

Participants must note that the length of time between the "Attention" and "Row" messages on PM5/PM4/PM3 is set to be longer than usual. This makes it easier to start correctly. However, false starts will still be detected!

During the race

If you experience technical issues during your race, please continue to row until you have completed the distance. If the connection comes back in time, the race system will be able to read your back-up file and extrapolate your score. If it does not come back, your monitor will still contain your score. Send a photo as soon as possible to ekaproning@roning.dk.

Coaching

Athlete are allowed a coach (or any other person) by their side to coach throughout the race.

Race officials

A number of Danish officials will monitor the races; athletes must follow their instructions.

Age classes

Age classes can be found here: regatta.roning.dk/?l=aldersklasser

Lightweight weigh-in

Rowers entered in a lightweight event are required to 'weigh-in'. They can do so from 2.5 hours to no later than one hour before their first race. Picture evidence of the competitor's weight must be mailed to ekaproning@roning.dk. The photo/film must show the athlete on the scales in racing clothes with the reading visible, and proof of the March 19 date (e.g. by including a shot of that day's newspaper or a phone display).



Weight limits

- Seniors/Masters women: 61.5 kg
- Senior/Masters men: 75 kg

Medals

Medals will be awarded to the winner in all races, and to second place if the race has more than three participants, plus to third place if there are more than six. Medals will be sent to the team manager. Clubs are welcome to organize suitable local celebrations.

Results

Results will be provisional on completion of each race. They will be made available on roning.dk and ergometertider.dk. Once a race's results are made official, the results page will be updated accordingly.

Disputes

Any competitor wishing to dispute or protest a race, result or incident should mail ekaproning@roning.dk no later than five minutes after the end of the race in question.

In cases of doubt, the Danish version of this invitation is binding

Other race information

Some races may be run simultaneously en bloc, depending on the number of participants. Consult the race list for the preliminary timetable. The start list and timetable will be available six days before the event. It is important that you consult them and check on your start.

Clean sport

All athletes and athlete support personnel involved in the races must abide by the rules of Anti-Doping Denmark. Anti-Doping Denmark reserves the right to carry out doping checks during the event.