



## Welcome to the first Open Nordic Indoor Rowing Championship 20th of March 2021.

The Danish Rowing Federation and Holstebro Roklub is glad to invite to the premiere of Open Nordic Indoor Rowing Championship in virtual rowing. The Championships will take place on the 20<sup>th</sup> of March 2021. Everyone with access to a Concept2 erg equipped with an PM3/PM4/PM5 monitor can participate. There will be races for both junior, senior and masters rowers. Membership of a rowing club is not required to participate.

### Race list

The full race list can be found here: [regatta.roning.dk/?regatta=nic2021&show=loebliste](http://regatta.roning.dk/?regatta=nic2021&show=loebliste).

### Age classes and price for participation:

Class	Age of the rower	Price in DKK
Junior E	U11	75,-
Junior D	U12	75,-
Junior C	U14	75,-
Junior B	U16	100,-
Junior A	U18	100,-
Senior B	U23	140,-
Senior	Open	140,-
Masters	+27	140,-



Payment is online and upon registration. Participants who have not paid by 20.03.2021 will not be allowed to race.

### Registration

Is through: [regatta.roning.dk/?regatta=nic2021](http://regatta.roning.dk/?regatta=nic2021) in the danish registration system. It is possible to change the language from Danish to either English, norsk, svenska or Deutsche.



# 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](#)**
- [Anden Information](#)
- [Løbsliste](#)
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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
<b>Total</b>			<b>1</b>



## Post-registration

Deadline for registration is the 10<sup>th</sup> of March 2021 at 12.00 (midday). It is not possible to register after the deadline.

## Start list

The start list can be viewed from 14<sup>th</sup> of March 2021 at 12.00 (midday): [regatta.roning.dk/?regatta=nic2021&show=startliste](https://regatta.roning.dk/?regatta=nic2021&show=startliste)

## Rules of racing

Racing will be conducted according to the danish rules for indoor rowing with the appendix on virtual racing (eKaprøning)

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

## Event management

**Will be reachable the entire day:**

**Søren Madsen: + 45 61 60 90 00**

## Teknikken til eKaprøning

The dutch corporation [TimeTeam](#) will provide the technical setup through their platform [Homerace](#) for the virtual Open Nordic Indoor Rowing Championships

## Usermanual

In Danish– klik [her](#)

In English– click [here](#)

Technical recommendations and guidance about the homerace platform: [regatta.roning.dk/?l=homerace](https://regatta.roning.dk/?l=homerace)

## Livestream from the races

The event will be livestreamed on the Facebook-page [Dansk Forening for Rosport](#). The language of the commentators will be danish.

## Important race information:

All participants must read the following thoroughly:

## Welfare and safeguarding

Participation in the Open Nordic Indoor Championships 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.



### Racedistances:

- 1.000 m: races: 100-141, masters.
- 2 minutes races: 150-155, Jun E, D (< birthyear 2009)
- 3 minutes races: 156-157, Jun CII (birthyear 2008)
- 4 minutes races: 158-159, Jun C (birthyear 2007)
- 2.000 m: races: 160-175
- 100 m: races: 176-177, sprint for u13.
- 200 m: races: 178-199, sprint for u15 and older

### Race Lobby

Athletes must log in to the race lobby no later than 10 minutes before their start. The race lobby will be accessible from 45 minutes before each start. Untimely arrival to the race lobby can result in disqualification. We recommend that the connected computer is visible to both the rower and the coach so they will be able to 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 at a normal race, making it harder to make a false start. 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 this 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 and you must take a photo of your monitor with the race result and send it to [ekaproning@roning.dk](mailto:ekaproning@roning.dk)

### Coaching

It is allowed for the athlete to have a coach (or any other person) by their side to coach through the race.

### Raceofficials

A number of danish officials will monitor the races and their instructions must be followed.

### Age classes

Age classes can be found here: [regatta.roning.dk/?l=aldersklasser](http://regatta.roning.dk/?l=aldersklasser)

### Lightweight weigh-in



Rowers entered in a lightweight event are required to 'weigh-in' from 2,5 hours before their first start on the racing day and no later than one hour prior to the start of their race. Photo evidence of the competitor's weight, the date and the rower must be submitted by email to [ekaproning@roning.dk](mailto:ekaproning@roning.dk).

Photo evidence needs to show you on the scales in your racing clothes with the 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 date of competition.

### Weightlimits

- Senior/masters women: 61,5 kg
- Senior/masters men: 75,0 kg

### Medals

Medals will be sent to the team manager. The individual club can choose to make a local celebration.

Medals will be awarded to the winner only, to second place if the race has more than three participants and to third place if the race has more than six participants.

### Results

Results will be provisional on completion of the race and will be made available on [roning.dk](http://roning.dk) and on [ergometertider.dk](http://ergometertider.dk). Once results of each race are made official our results page will be updated to reflect this.

### Disputes

During the event, should any competitor wish to dispute or protest a race, a result or an incident occurring during a race: they should email [ekaproning@roning.dk](mailto:ekaproning@roning.dk) no later than 5 minutes after the end of your race.

### Other race information

Some races can be run simultaneous (in a block) depending on the number of participants. Consult the race list to see the preliminary timetable. Start list and timetable will be ready six days prior the event at the latest. It is important that you consult the start list and check up on your start.

### Clean sport

All athletes and athlete support personnel who take part in the races must abide by the rules of Anti Doping Denmark. Anti Doping Denmark can make doping controls during the event.