

A person is shown from the side, rowing on a black Concept2 indoor rowing machine. The person's arms are extended forward, holding the handle. The machine is on a wooden floor. In the background, there are other gym equipment and a window. The text is overlaid on a semi-transparent dark grey bar.

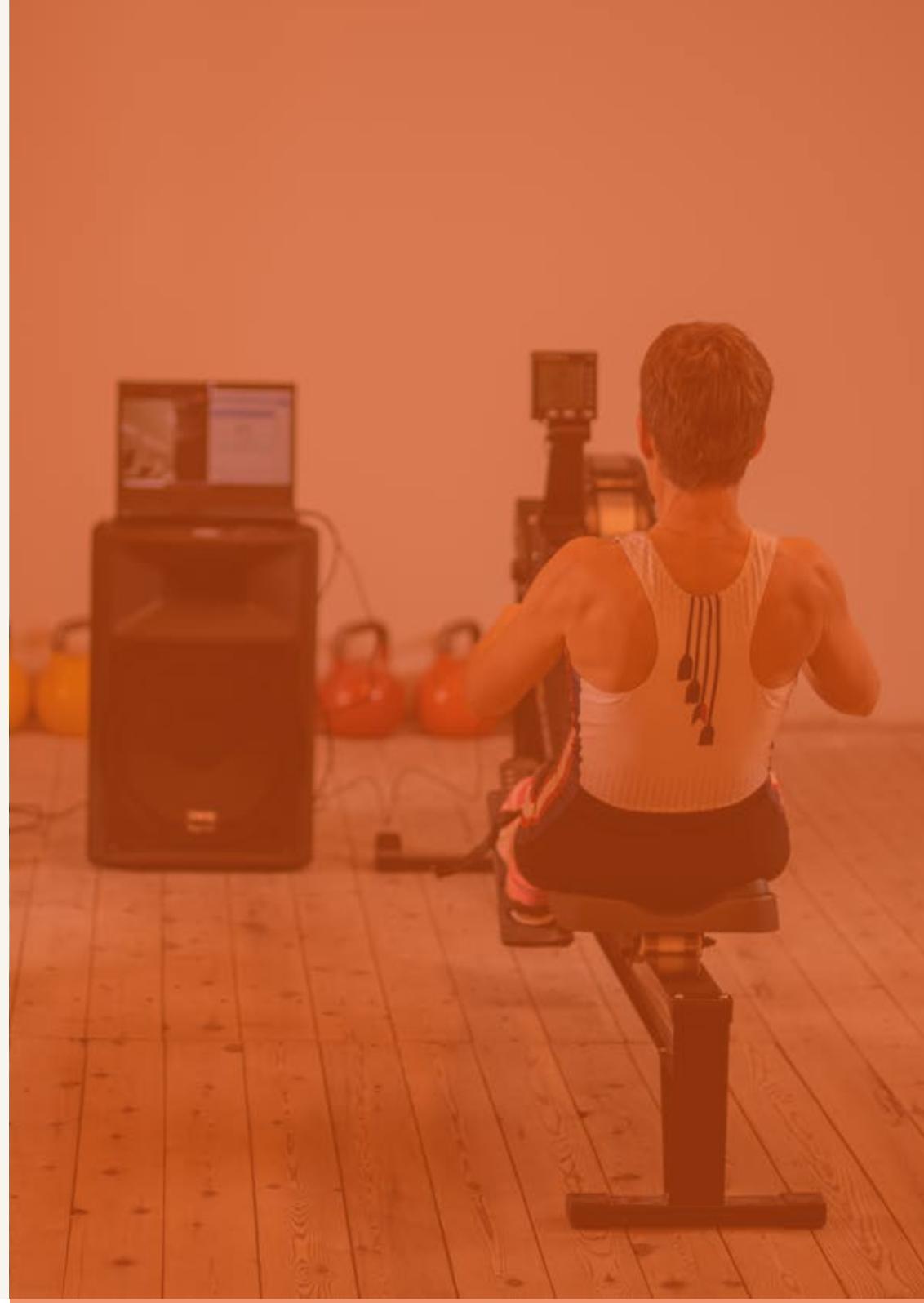
Welcome to the first
Open Nordic
Indoor Rowing Championship

March 20, 2021

The Danish Rowing Federation and Holstebro Roklub are delighted to invite you to the first-ever virtual Open Nordic Indoor Rowing Championship.

The competition takes place on
Saturday, March 20th.

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:

regatta.roning.dk/?regatta=nic2021&show=loebliste.

Age-groups and entry fees:

Category	Age-group	Fee 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 upon registration. Only entrants who have paid by March 17, 2021 at 12:00 may compete.

Registration

Please enter via in the Danish registration system at

regatta.roning.dk/?regatta=nic2021. You can change the language choice from Danish to English, norsk, svenska or Deutsch.

Post-registration

Deadline for registration is March 10 at midday Danish time. It is not possible to register after the deadline.



Startlisten

The start list is available from about midday on March 14.
regatta.roning.dk/?regatta=nic2021&show=startliste

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 20.
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, English and German.

A photograph of a woman and a man sitting on rowing machines in a gym. They are facing away from the camera towards a laptop computer mounted on a stand. The scene is lit with a warm, orange glow. In the background, several kettlebells are lined up on the floor.

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

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@eroning.dk. The photo/film must show the athlete on the scales in racing clothes with the reading visible, and proof of the March 20 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

'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 and During the race

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

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.

Age classes

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

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.

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.

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.



We are looking forward to your participation

Photo Credit

Dorthe Jensen/copenhagenloadstar

