

COMPETITOR INFORMATION GUIDE

CANADIAN INDOOR ROWING CHAMPIONSHIPS Virtual Race

Sunday February 9, 2025

Updated on: Dec 10, 2025

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1.0 Overview

The 40th edition of the Canadian Indoor Rowing Championships (CIRC), will be staged as a virtual (online) event. Competitors will have the opportunity to race for a Canadian Indoor Rowing Championship title from anywhere in the world.

CIRC will take place in 'real time' on Sunday February 9, 2025. The time zone used for the race schedule will be Eastern Standard Time (EST).

This document is intended to provide relevant information and terms and conditions for competitors. By registering for CIRC all competitors acknowledge that they have reviewed and accepted these terms and conditions.

Excluded from this document are the technical details for competitors to set up a live race. These instructions can be found in the Live Race Set Up Manual.

For questions left unanswered by this document, please contact info@cdnindoorrowing.org

2.0 Race Format

CIRC is accessible to anyone with access to a Concept2 static rowing ergometer with a PM3, PM4 and PM5 monitor and stable connection to the Internet. Races will be run in “real time” connecting individual competitors online in group races. Races will be displayed on screen. “Live” races can be watched anywhere in the world online.



3.0 Categories of Racing

3.1 Distances

There will be individual races in two distances: 2000 metres and 500 metres; an individual 30 min race and a mixed double 1000 metre race.

3.2 Races Categories

List of Events (not shown here in the order of run on race day)

The final schedule will be posted after the close of entries based on the number of entries.

Open Men 2000m

Open Women 2000m

Open Men 500m

Open Women 500m

Open Lightweight Men 2000m

Open Lightweight Women 2000m

Open Lightweight Men 500m

Open Lightweight Women 500m

U23 Men 2000m

U23 Women 2000m

U23 Men 500m

U23 Women 500m

U23 Lwt Men 2000m

U23 Lwt Women 2000m

U23 Lwt Men 500m

U23 Lwt Women 500m

U19 Men 2000m

U19 Women 2000m

U19 Men 500m

U19 Women 500m

PR1 Men 2000m

PR1 Women 2000m

PR2 Men 2000m

PR2 Women 2000m

PR3 Men 2000m

PR3 Women 2000m

U17 Men 2000m

U17 Women 2000m

Masters 30-39 Men 2000m

Masters 40-49 Men 2000m

Masters 50-54 Men 2000m

Masters 55-59 Men 2000m

Masters 60-64 Men 2000m

Masters 65-69 Men 2000m

Masters 70-74 Men 2000m

Masters 75-79 Men 2000m

Masters 80-84 Men 2000m

Masters 85-89 Men 2000m

Masters 90-94 Men 2000m

Masters 95-99 Men 2000m

Masters 100+ Men 2000m

Masters 30-39 Women 2000m

Masters 40-49 Women 2000m

Masters 50-54 Women 2000m

Masters 55-59 Women 2000m

Masters 60-64 Women 2000m

Masters 65-69 Women 2000m
 Masters 70-74 Women 2000m
 Masters 75-79 Women 2000m
 Masters 80-84 Women 2000m
 Masters 85-89 Women 2000m
 Masters 90-94 Women 2000m
 Masters 95-99 Women 2000m
 Masters 100+ Women 2000m

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

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

Masters 30+ Men 500m
 Masters 30+ Women 500m

Open Mixed Double 1000m

Open 30 min row

3.3 Category Definitions

Health Status: (all rowers): Anyone rowing at this event shall be responsible for his or her own health and fitness. (Refer to RCA Rule 2.3.1– Health of Rowers).

Proof of Eligibility: Any rower attempting to qualify must be in a position to prove their age (if in an age category, listed above) by presenting an official document (e.g. passport or national identity card).

OPEN: An athlete of any age may compete in the open race.

PARA:

Classification	Details	Equipment
PR1	Use of arms and shoulders only	Upright seat
PR2	Use of trunk and arms only	Fixed seat
PR3	Use of legs, trunk and arms with a physical or visual impairment	Sliding seat

PARA competitors with a physical impairment are only eligible for the sport class for which they have already been classified. If classification has not been completed by race day, February 9, 2025, athletes will be able to compete in the Para category they believe is correct but will be designated as “unclassified”.

UNDER 23: Not yet turned age 23 on February 9, 2025

UNDER 19: Not yet turned age 19 on February 9, 2025

UNDER 17: Not yet turned age 17 on February 9, 2025

MASTERS: The age of a rower as of February 9, 2025

4.0 Eligibility

Competitors who wish to do so can compete in more than one race for which they are eligible. Competitors should choose either gender category (male or female) closest to the one they use to identify themselves.

4.1. Nationality

Competitors who would like to compete at CIRC from anywhere in the world are welcome to participate.

4.2 Age Categories

Competitors must be a **minimum age of 13** as of date of the start of CIRC February 9, 2025 to compete at CIRC.

4.3 Lightweight Category & Weigh-in Protocols

Check the website and Regatta Central regularly for updates on the weigh-in procedure. This information will be posted and also be sent to you via Race Bulletin emails.

A lightweight for the purposes of the Canadian Indoor Rowing Championships is defined as an individual male indoor rower not weighing more than **75 kgs**, or an individual female indoor rower not weighing more than **61.5kgs**.

There are no lightweight categories for Under 19 age groups at CIRC.

Lightweight competitors will be asked to weigh in between 8:30 AM EST -11:30 A.M. EST on the day of the race. Any competitor who enters as a lightweight but is not able to make weight on the day of their race, will still be able to race but their score will be moved to the open category in the age appropriate race.

Final race results will not be official until all weigh-in submissions for a particular race have been verified and approved. The Lightweight Weigh-In Protocol can be found on the Registration page on Regatta Central and also on the CIRC website.

5.0 Medical Considerations

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 required that competitors do not compete alone and that they have another person available to render assistance if necessary. If a competitor feels unwell, has recently been suffering from a virus, or is on medication for acute illness, we recommend that they do not take part in the CIRC.

If you experience any unusual pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, STOP rowing and immediately consult a medical expert or if experiencing continuing discomfort, call 911 or your countries' equivalent emergency number. Please ensure that your registration phone number is one where you can be reached on race day in the event of an emergency.

Participation in CIRC is entirely at your own risk. You must not race alone!

6.0 Equipment Requirements

Competitors will need to provide all equipment needed to compete in this event.

6.1 Equipment for Competition

To participate, each competitor must have:

- ✓ A Concept2 static rowing ergometer with a PM3, PM4 or PM5 monitor
- ✓ The PM monitor should be updated with the latest firmware.
Details on how to update PM firmware can be found on the Concept2 site: [Concept 2 Utility](#)
- ✓ A USB A-to-B cable (pictured), or possibly a USB-C cable depending on your monitor
- ✓ A Windows or MAC computer or laptop with the Chrome browser installed.
- ✓ A stable Internet connection.



Competitors will receive a unique race entry code in their race package via email approximately 48 hours prior to the event. It is strongly suggested that you test your setup and connection in advance. (see next section)

6.2 Connection Test

To confirm that you will be able to access the race system, please visit <https://master.regatta-systems.com/homerace> Here you will find detailed instructions in the linked manual, as well as the ability to directly test your ergometers connection.. Please note that passing the test at this stage does not necessarily guarantee the ability to participate on race day, but the result of your test is a very accurate indicator that you should be good on race day.

6.3 Equipment Safety Considerations

It is the responsibility of the competitor to ensure the Concept2 ergometer used in the race is in good working order, free and with adequate space clear from interference of furniture nearby. If you have any maintenance or questions about your ergometer (also known as “rower”) contact the customer service team at Concept2 by email at info@concept2.com or telephone 1-800.245-5676 directly.

6.4 Proof of Result

All competitors should retain a photo of their distance, time, and 500m split average if verification is required.

7.0 Registration Process & IMPORTANT DATES

To register, log into the CIRC event page on the **Regatta Central** website at www.regattacentral.com . Competitors may start by creating an account with Regatta Central to begin, then locate the ‘Canadian Indoor Rowing Championships’ among the events list to complete the entry.

7.1 Entry Deadline

Entries will be accepted starting December 11, 2025 and accepted up until:

Sunday February 2, 2025 at 11:59 PM (MIDNIGHT) Eastern Standard Time.

7.2 Entry Process

Name (to be displayed on race software), birthdate, contact details including email address, country affiliation and some basic information about rowing background will be collected at the time of entry. Entrants are also required to acknowledge their familiarity with using the Concept2 ergometer and confirm they are medically fit to participate in the race. Entrants must confirm they understand the Rules of Racing and agree to abide by them when signing the Waiver to complete the entry.

If under 18 years, a parent or guardian must digitally sign the waiver on behalf of the competitor.

For any questions or difficulty completing the entry, technical support is available from Regatta Central by **Email** support@regattacentral.com or **Telephone** +1 (614) 360-2922

7.3 Payment

Payment must be paid in full to complete the entry process. A confirmation email will be sent immediately following when entry is successfully submitted.

7.4 Late Entries

Late entries will only be accepted at the discretion of the O.C. Chair, at an increased fee, and not after February 4th, 2025.

7.5 Race Schedule Draw

The draw and final race schedule will be posted no later than **February 5, 2025** on the CIRC and Regatta Central websites. An email with an individual race login code and instructions will be emailed to each competitor in the days prior to racing.

If a registered competitor does not receive the login instructions in an email by Wednesday February 5, 2025 at 12:00AM EST they can follow up by email to entries@cdnindoorrowing.org

8.0 Fees & Refund Policy

8.1 Race Fee

The entry fee is **\$35.00 CDN** for each individual race and **\$40.00 CDN** for the mixed double race. Fees are to be paid in full at the time of registration to confirm entries using Regatta Central secure payment processing system.

8.2 Refund Policy

Refunds will be issued for withdrawn entries if notification is given by the entry deadline on February 2, 11:59 PM MIDNIGHT E.S.T Refunds will not be provided for any withdrawal or no show for any reason after the close of the entry deadline.

9.0 Race System and Results

CIRC will use the TIME-TEAM Race system from the Netherlands to host its event. To connect racers where they live TIME-TEAM's HOMERACE platform will be used.



On race day, race progress will be displayed on Time-Team Race Tracker for real-time viewing of progress. When connected during the race, competitors will also see their progress against the competition directly on their ergometer monitor.

9.1 Race Day Procedure:

In advance of race day, competitors will receive an email with the scheduled time and unique link for each race they entered. The unique link will allow entry into the waiting room on the Home Race server. On the computer screen competitors will see communication from the CIRC Race Control Team. Competitors are free to row and warm up until the expected start time. At the scheduled Start Race Time when it appears all competitors are connected and ready, the start sequence will be triggered. "5 Minutes to Start" is an example of a message from Race Control. Ergs will be set into race mode and a message will appear on the PM to **STOP ROWING**. From this point pay attention to the instructions on your PM. Once all flywheels have stopped the sequence will continue **READY**; then **ATTENTION**, then **ROW**. A False start will trigger a race stoppage for all competitors and the race will be re-started. Note: The ergometer must be fully stopped before starting your race to ensure an accurate time.

9.2 Official Results

Results will be made official with verification by the CIRC Chief Umpire. All race results, ranking and individual race details will be made public and shared immediately following the completion of each race on the CIRC Results page. The link for CIRC 2025 race results will direct everyone to the TIME-TEAM Regatta System database.

9.3 Medals & Prizes

Medals will be awarded in gold, silver and bronze to top finishers in first, second and third. Medals will not be awarded to competitors in races events where there are not enough competitors as follows: Four (4) competitors, three (3) medals awarded; three (3) competitors two (2) medals awarded, two (2) competitors then one (1) medal awarded. Winners in each category will be celebrated and recognized on the results page of the CIRC website and during the Live Stream broadcast.

10.0 Fair Play and Conduct

As host and organizing committee of CIRC, the volunteers of the Canadian Indoor Rowing Association take seriously policies and rules that ensure CIRC is held with integrity, fairness for all and with care from harm or injury. Our conduct in the delivery of this event will adhere to all applicable rules, laws and policies of governing bodies in the sport of rowing as well as adhering to legislative requirements from governments in Ontario and Canada.

10.1 Rules of Indoor Rowing

Competitors in the 2025 CIRC agree to abide by the Canadian Rules regulating indoor rowing. <https://rowingcanada.org/uploads/2022/04/Rules-of-Racing-Booklet-EN.pdf> By entering and participating in the Championships, competitors recognize and accept these rules.

10.2 Sport Integrity

Protecting clean athletes and keeping sport fair are important to CIRC. The CIRC Organizers will take measures to protect the integrity of sport and prevent competition manipulation at indoor rowing races. CIRA is unequivocally opposed to the practice of cheating, competition manipulation and doping in sport. Any attempt to gain an unfair advantage by an individual or organization is prohibited and may lead to disqualification and possible bans on future indoor rowing competitions organized by CIRA. Learn more about [sport integrity here](#).

All information provided to CIRC by competitors entering for the purposes of this competition, either in registration submissions, video submissions, scores, timestamps, or any other information provided must be the complete truth. A lack of integrity, or any actions that indicate intent to cheat or circumvent the rules or intent of the rules may result in disqualification and possible bans on future competition opportunities.

The [prohibited substance list](#) can be found here.

10.3 Safe Sport

CIRA believes that everyone in rowing has the right to enjoy the sport at all levels of participation and adheres to the [RCA Safe Sport Policy](#). Athletes, coaches, officials, umpires and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

11.0 Waiver, Competitor Agreement and Release

Participation in the event is entirely at your own risk. All individuals will be required to sign the **Waiver and Release of Claims and Liability Agreement** prior to participating in the event at the time of registering.

11.1 Competitor Undertaking and Agreement

Each competitor competes entirely at their own risk and confirms that they are in good health and have no medical or health condition that could endanger or limit their ability whilst participating in the event. Each competitor understands and has considered and evaluated the nature, scope and extent of the risks involved, and voluntarily and freely chooses to assume these risks.

Competitors accept and understand that CIRC does not provide any insurance, whether life or medical or liability, for any illness, accident, injury, loss or damage that may arise in connection with participation in CIRC.

In consideration of their acceptance of the entry form, competitors agree that neither CIRC, nor its partners, their respective directors, officers, employees, representatives, agent successors and assigns are 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 this event.

Competitors under the age of 19 should have a parent or legal guardian present during the race. Parents or legal guardians of a competitor participating in an U19 age category are expected to be responsible for the safety of the competitor. The decision to participate or to enter a U 19 competitor in the event is made in full recognition of the associated risks outlined above and is entirely at the risk of the competitor and their parent or legal guardian.

11.2 Data Collection and use of Results, Photos or Images

Any personal information is collected for the purpose of entry systems and will only be used by CIRC for organizing the event and communication purposes. CIRC and its partners and contracted third parties will take every measure to protect the privacy of personal information.

Results, photos, or images that are captured or created during the hosting of CIRC online may be stored, reproduced, shared or transmitted by the CIRC organizers or its partners for proper purposes in the promotion and development of the sport of indoor rowing without identification or compensation of any kind.

11.3 Social Media

When using social and digital media, competitors will not violate the privacy of third parties, infringe upon intellectual property rights or disclose any private information in relation to another person.

If a competitor publishes any comments, opinions and any other material in any way, including on social and digital media at or in relation to CIRC, competitors acknowledge that they can be held personally liable and are solely responsible for the consequences of this action. They will ensure that these comments or opinions comply with applicable laws and that all necessary permissions have been obtained from any third parties whose image or property is used.

Additional questions about the event can be sent to info@cdnindoorrowing.org

Legal Note: CIRC 2025 is hosted and organized by the Canadian Indoor Rowing Association who claims and holds all rights to the intellectual property of this event.
