

2023 World Rowing Indoor Championships

Presented by Concept2

Mississauga-Toronto, CAN



Competitor Entry and Qualification Guidelines

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Overview

This document is intended to provide information for athletes who wish to enter the World Rowing Indoor Championships (WRICH). For rules during competition, please refer to the World Rowing Rules. Event-specific rules will be provided to competitors.

Event Description

The 2023 World Rowing Indoor Championships (WRICH), presented by Concept2, scheduled for 25-26 February 2023, will be staged as a **hybrid** competition. This approach will give participants the option of taking part in-person in Mississauga-Toronto, CAN, or participating virtually from anywhere in the world. Virtual and in-person competitors will race against one another in real time during the WRICH.

About Mississauga-Toronto

Mississauga is Canada's 6th largest city, neighbouring the city of Toronto. Mississauga is home to Canada's largest airport, Toronto Pearson International Airport (YYZ). Conveniently a 30-minute drive from downtown Toronto, Mississauga is also within close reach of Niagara Falls and other day trips and less than 90 minutes from the USA border. More information can be found at: <https://wrichtoronto2023.ca/mississauga/>

Consent Form

[2023 WRICH Commitment, Liability, Waiver and WADA Consent](#)

Entry System

<https://worldrowing.entries.regatta-systems.com/wrich/2023>

Key Dates

- 15 October 2022 –
 - Entries Open for all competitors (in-person and virtual)
 - Age Category / Para / Team Qualification Period begins (for virtual competitors only)
- 1-28 November 2022 – *New* Versa Qualification Period begins
- 15 December 2022 – Deadline to request virtual Para competitor classification
- 10 January 2023 – Deadline to request in-person Para competitor classification
- 1 February 2023 – Age Category Qualification Period and Entries close (for virtual competitors only)
- 8 February 2023 – In-person competitor entries close.
- 14 February 2023 – Final race schedule posted
- 24 February 2023 – Para athlete classification in Mississauga-Toronto, CAN
- 25-26 February 2023 – Competition dates

Race Categories

New World Rowing Versa Challenge

The World Rowing Versa Challenge is a new, in-person only, competition format. 10 men and 10 women will compete in the Versa, and all competitors must qualify in advance and race in-person in Mississauga-Toronto, CAN on 25-26 February 2023.

Over the two competition days of the WRICH, competitors will race in five different events varying in time, distance, and type. The Versa is intended to test all the skills and strengths required of indoor rowers, exposing them to new and unfamiliar race formats. Competitors will earn points throughout the five challenges, and the overall points winners in the Open Men's and Open Women's categories will become World Rowing Versa Champions. Competitors in the Versa will not be permitted to compete in any other race category at the WRICH.

Competitors may or may not be informed about the race formats in advance of the WRICH, and should train to be prepared for any challenge. Competitors can expect to compete in race formats which cannot be replicated at home.

Age and Para Race Categories:

The following Age and Para Categories are offered over 2000m and 500m distances. All of the following events are hybrid. This means that competitors can enter to race in-person in Mississauga, Toronto without needing to qualify in advance, or competitors can enter to race virtually through qualification in advance. In-person and virtual competitors will race against one another, in real time, during the WRICH.

Openweight		Lightweight	
Men	Women	Men	Women
Under 17	Under 17	–	–
17 – 18	17 – 18	–	–
19 – 20	19 – 20	19 – 20	19 – 20
21 – 22	21 – 22	21 – 22	21 – 22
23 – 39	23 – 39	23 – 39	23 – 39
40 – 44	40 – 44	40 – 44	40 – 44
45 – 49	45 – 49	45 – 49	45 – 49
50 – 54	50 – 54	50 – 54	50 – 54
55 – 59	55 – 59	55 – 59	55 – 59
60 – 64	60 – 64	60 – 64	60 – 64
65 – 69	65 – 69	65 – 69	65 – 69
70 +	70 +	70 +	70 +
PR1	PR1	–	–
PR2	PR2	–	–
PR3	PR3	–	–
PR3-II	PR3-II	–	–

Team Events

The following Team events will take place as hybrid events. This means that teams can race in-person without needed to qualify in advance, or teams can race virtually by qualifying in advance.

Mixed Team	2 Men, 2 Women	Format: 2000m relay, switching every 250m. Teams can switch rowers however they wish (and can assist one another with foot straps, handle, and seat) and in whichever order, but each teammate must row twice and switch every 250m. A rower cannot row two consecutive 250m segments (i.e 500m) as they must switch every 250m with another teammate. A teammate must reach the 250m increment <i>before</i> switching, and may take no more than 2 additional strokes after the 250m increment before switching.
Men's Team	4 Men	
Women's Team	4 Women	

Versa Qualification System

The World Rowing Versa Challenge is a new competition format, and it is an in-person only event. A maximum of 10 men and 10 women will qualify for the Versa, and all competitors must qualify in advance and race in-person in Mississauga-Toronto, CAN on 25-26 February 2023.

The 10 top ranked men and the 10 top ranked women will qualify for the Versa. **Each qualified Versa competitor will receive €600 via bank transfer upon completion of all five Versa challenges at the WRICH** to offset some of their travel costs.

Qualification Process

The following applies to all competitors who wish to compete in the World Rowing Versa Challenge at the WRICH in Mississauga-Toronto, CAN.

1. The Versa Qualification is open to any person who can row and submit verified Qualification Scores within the Versa Qualification period on a Concept2 static ergometer (PM3 or later).
2. In order to participate in Qualification, competitors first need to submit an entry for the WRICH through the WRICH entry portal. Competitors can register at <https://worldrowing.entries.regatta-systems.com/wrich/2023>.
3. "Versa Qualification period" - the Versa Qualification will open at 13:00 Coordinated Universal Time (UTC) on 1 November 2022 and will close at 13:00 UTC on 28 November 2022.
4. Competitors will be required to complete two challenges on the Concept2 within the Versa Qualification period. These challenges will be announced at the opening of the Versa Qualification period by World Rowing.
 - Instructions will be provided on how to set up the ergometer to complete these challenges at the start of the Versa Qualification period.
 - These instructions will be published on the [World Rowing website](#).
5. Competitors can complete the challenges in any order, and can submit several attempts of a challenge, however only the best score for each will be considered.
6. Upon completion of each challenge, competitors must submit a Qualification Score with all accompanying Verification Materials (see the "Qualification Score Verification Materials" section for more information).
7. Qualification Scores must be submitted and verified via the WRICH entry portal within the qualification period. Late Qualification Score submissions will not be accepted, even if an entry has been made and paid for on time.
8. Competitors will receive points based on their ranking in each challenge. For example, if a person is ranked 10th overall in one challenge, and 7th overall in the second challenge, they will receive 17 points overall.
 - Information on how a ranking will be determined in the event of a tie (i.e. tiebreak) will be specified at the start of the Versa Qualification Period.
9. Competitors participating in the Versa Qualification will be ranked by their combined score (of all qualification challenges) from the lowest to highest number of overall points. **The top ranked 10 Men and the top ranked 10 Women will qualify to compete in-person at the WRICH.**

Age Category, Para, and Team Events: Qualification System

Virtual competitors must qualify for one of the 15 virtual slots (per race category) at the WRICH. The entry and qualification deadline (for virtual competitors only) is 1 February 2023 (13:00 UTC). **In-Person competitors do not need to qualify in advance in order to compete.** The entry deadline for in-person competitors is 8 February 2023.

All in-person competitors in Mississauga-Toronto <i>(No need to qualify in advance)</i>				
+				
15 Virtual Qualification Places <i>(need to qualify in advance)</i>				
Africa 1 -	Americas 1 -	Asia 1 -	Europe 1 -	Oceania 1 -
Africa 2 -	Americas 2 -	Asia 2 -	Europe 2 -	Oceania 2 -
Africa 3 -	Americas 3 -	Asia 3 -	Europe 3 -	Oceania 3 -

Qualification Process

The following only applies to competitors who wish to compete at the WRICH virtually.

1. The WRICH Qualification is open to any person who can row and submit a verified Qualification Score within the Qualification Period on a Concept2 static ergometer (PM3 or later).
2. The WRICH Qualification Period will open at 13:00 Coordinated Universal Time (UTC) on 15 October 2022 and will close at 13:00 UTC on 1 February 2023.
3. Competitors (or teams) participating in the WRICH Qualification for Age Category, Para, and Team events will be ranked by continental groupings, which will be determined by the verified nationality of the competitor. Continental regions are listed below.
 - *For Team Events:* The nationality of all members of a team must be from the same continental region (although they do not need to be from the same country).
4. The top 3 ranked competitors/teams in each race category from each of the 5 continental groupings (Africa, Americas, Asia, Europe, Oceania) will qualify for the 15 virtual places at the WRICH (in that same race category).
5. In order to participate in Qualification, competitors first need to submit an entry for the WRICH through the WRICH entry portal. Competitors can register at <https://worldrowing.entries.regatta-systems.com/wrich/2023>.
6. Upon entering, competitors must submit a verified Qualification Score. **Competitors can submit a verified Qualification Score in one of two ways:**
 - Compete at a World Rowing Sanctioned Indoor Event (**Sanctioned Event Score**), and use the score from that event as the Qualification Score for

any WRICH race category of the same distance/type.
Information on Sanctioned Events can be found at <https://worldrowing.com/event/2023-world-rowing-indoor-championships>

- Submit an independently performed Qualification Score (**Independent Qualification Score**) with all accompanying Verification Materials (see below for more information).
 1. *Note: For team race categories, only Independent Qualification Scores can be accepted.*
- 7. Competitors must submit a Qualification Score of the same race type as the race category for which they are trying to qualify. For example, a competitor trying to qualify for the WRICH in the 23-39 Women 2000m race category should complete and submit a 2000m Qualification Score.
 - Teams should submit an Independent Qualification Score of 2000m, performed as described in the “Race Categories – Team Events” section. Verification videos must allow for transitions to be verified at the correct distance marks in order to be accepted.
- 8. Qualification Scores must be submitted and verified via the WRICH entry portal within the qualification period. Late Qualification Score submissions will not be accepted, even if an entry has been made and paid for on time.

Sanctioned Event Score

World Rowing Sanctioned Indoor Events (Sanctioned Events) are events which have agreed to verify competitor information such that scores can be used in WRICH qualification, and have been approved by World Rowing as a Sanctioned Event.

In order to use a score from a Sanctioned Event to qualify for the WRICH, competitors must first submit an entry to the WRICH via the entry portal, and will then be able to select their result from a Sanctioned Event into their profile in the WRICH (available 3-5 business days after the Sanctioned Event has taken place), and submit it to the race category for which they wish to qualify. The entry portal for the WRICH can be found at: <https://worldrowing.entries.regatta-systems.com/wrich/2023>

The list of Sanctioned Events in the Qualification for the 2023 World Rowing Indoor Championships can be found at on the [World Rowing event page](#). Please check back periodically to see which events are added as Sanctioned Events.

Please note that the winners of these events do NOT automatically qualify for the 2023 WRICH. This approach simply allows competitors to use their score from a Sanctioned Event in the qualification for the WRICH without having to submit additional verification materials. For details on a Sanctioned Event, contact the respective event organiser directly.

To apply for your indoor event to be a Sanctioned Event, please review the requirements and [apply HERE](#).

Independent Qualification Score

Independent Qualification refers to athletes who are submitting a Qualification Score which was not performed at a Sanctioned Event.

Qualification scores submitted in this way must be submitted with all accompanying Verification Materials (below), and will take between 5-7 business days to be reviewed and verified. **Competitors should account for this review time to ensure that their scores will be verified prior to the close of the Qualification period.**

In order to produce a valid and verifiable Qualification Score, competitors must set up their Concept2 performance monitors (PM3, PM4, or PM5) following the instructions below, and accompany their score submission with all **Qualification Score Verification Materials**.

Performance Monitor Setup

1. To turn on the Performance Monitor, press any button.
2. On the Main Menu, choose Select Workout.
3. Select New Workout.
4. Select Single Distance.
5. On the Set Distance window, set the workout distance (**2000m or 500m**).



Continental Regions

Competitors participating in the WRICH Qualification will be ranked by continental regions, which will be determined by the verified nationality of the competitor. Continental Regions are based on the International Olympic Committee and World Rowing Continental Groupings.

The **Africa** ranking will include competitors with proof of nationality from: Algeria, Angola, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Cape Verde, Central African Republic, Chad, Comoros, Congo, Congo DR, Côte d'Ivoire, Djibouti, Egypt, Equatorial Guinea, Eritrea, Eswatini, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Morocco, Mozambique, Namibia, Niger, Nigeria, Rwanda, São Tomé and Príncipe, Senegal, Seychelles, Sierra Leone, Somalia, South Africa, South Sudan, Sudan, Tanzania, Togo, Tunisia, Uganda, Zambia, Zimbabwe

The **Americas** ranking will include competitors with proof of nationality from: Antigua and Barbuda, Argentina, Aruba, Bahamas, Barbados, Belize, Bermuda, Bolivia, Brazil, British Virgin Islands, Canada, Cayman Islands, Chile, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, El Salvador, Grenada, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, United States of America, Uruguay, Venezuela, Virgin Islands.

The **Asian** ranking will include competitors with proof of nationality from: Afghanistan, Bahrain, Bangladesh, Bhutan, Brunei, Cambodia, China, Hong Kong, China, India, Indonesia, Iran, Iraq, Japan, Jordan, Kazakhstan, North Korea, South Korea, Kuwait, Kyrgyzstan, Laos, Lebanon, Malaysia, Maldives, Mongolia, Myanmar, Nepal, Oman, Pakistan, Palestine, Philippines, Qatar, Saudi Arabia, Singapore, Sri Lanka, Syria, Chinese Taipei, Tajikistan, Thailand, Timor-Leste, Turkmenistan, United Arab Emirates, Uzbekistan, Vietnam, Yemen.

The **European** ranking will include competitors with proof of nationality from: Albania, Andorra, Armenia, Austria, Azerbaijan, Belarus*, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Great Britain, Greece, Hungary, Iceland, Ireland, Israel, Italy, Kosovo, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Moldova, Monaco, Montenegro, Netherlands, North Macedonia, Norway, Poland, Portugal, Romania, Russia*, San Marino, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine

The **Oceania** ranking will include competitors with proof of nationality from: American Samoa, Australia, Cook Islands, Fiji, Guam, Kiribati, Marshall Islands, Micronesia FS, Nauru, New Zealand, Palau, Papua New Guinea, Samoa, Solomon Islands, Tonga, Tuvalu, Vanuatu.

**At the time of publication, athletes from Russia and Belarus [are not permitted to compete](#) in World Rowing events.*

Qualification Score Verification Materials

All Qualification Scores and verification materials must be submitted via the [Entry Portal](#). Competitors must submit all of the following verification materials to accompany their Qualification Scores for the Versa Qualification Challenges, or for any submitted Independent Qualification Scores for Age Category, Para, and Team events.

1. Competitor Verification

Competitors are required to submit a video of the full qualification row. Videos must meet the following criteria in order to be valid:

- Videos must be a single take and must not be edited in any way, and
- Videos must include all of the following :
 - an introduction of the competitor, clearly showing their face (without obstructions, such as glasses, a hat covering the part or all of the face, etc).
 - a close-up of the monitor before the start (clearly demonstrating the race distance or time set).
 - a clear view of the competitor and Concept2 machine throughout the duration of the qualification row.
 - a close-up of the monitor of the memory screen after the finish (clearly demonstrating completion of the row with accompanying score). The memory screen should show /500m splits and verification code.
 - A proof of date and time (this could be including the home screen of a phone or computer screen showing the date and time.)
 - **Teams must film their relay video so that the screen is visible throughout the 2000m, in order for the switches every 250m to be visible. It is highly encouraged for teams to use the WODProof App (Pro Version) to film their team relay video, as the app can connect with your PM5 via Bluetooth. This will allow Technical Officials to monitor your transitions more clearly. A 7-day free trial of the WODProof App (Pro Version) is available at <https://wodproofapp.com/pro-package/>. Teams should take care not to block the camera during their team relay.**

[Example video](#)

2. Score Verification

Before rowing, please ensure that the dates and times on your Concept2 Performance Monitor are set accurately, and that your Performance Monitor's firmware has been updated. If this is not done, your verification code will not be accepted.

Complete one of the following:

- Submit a 16-Digit Verification Code of your Qualification Score to the entry portal (*How-to find your verification code for a [PM3](#), [PM4](#), and [PM5](#)*), or;
- Upload a verified score to the Concept2 Logbook (and connect it to your entry via the entry portal)

3. Lightweight Weigh-in Verification (Lightweight competitors only)

Competitors wishing to qualify for a lightweight race category are required to weigh-in **up to two hours before they start their qualification row**. The video evidence submitted must show all of the following in one video:

- The competitor's full body and face stepping onto a digital scale in their racing clothes
- The digital scale reading visible in kilograms, showing the weight to 0.1 kilograms
- A proof of date and time (this could be including the home screen of a phone or computer screen showing the date and time). The corresponding Competitor Verification video should also be time stamped in the same way to demonstrate that the weigh-in window was accurate.

Any competitor who is not able to meet the above requirements appropriately, or who fails to make weight, will not be eligible to qualify in a lightweight category.

Example video

Any competitor found to have improperly carried-out the weigh-in procedure or to have falsified any of the weighing procedures or any competitor verification materials faces disqualification and possible bans on future competition opportunities.

Entry & Qualification Conditions

The following applies to all competitors attempting to qualify in any category, unless otherwise specified. Competitors are responsible for ensuring that they are able to meet the verification and eligibility requirements in order to qualify for the WRICH. **Refunds will not be issued for competitors who failed to ensure that their Qualification Score was sufficiently verifiable as defined by World Rowing.**

1. Competitors may update their Qualification Score if they perform a better one within the specified Qualification Period.
2. Competitors will be asked to submit their Photo ID which states their nationality as part of the entry process. This will be used to confirm the competitors' Verification Materials. Both passports and National Identity cards will be accepted. A drivers' license is not considered to be a verification of nationality.
3. There are no direct qualification events for the 2023 WRICH. All competitors wishing to qualify must pay the WRICH entry fee, even if they have competed at a Sanctioned Event. A second fee will not be charged upon successful qualification to the WRICH.
4. Where applicable, a Qualification Score can be submitted to multiple race categories (for example, the same 2000m score can be entered in both the Open and Lightweight race categories, provided that the weigh-in requirements have been met) however the competitor must pay an entry fee for each race category entered.
5. There is no limit to the number of race categories for which a competitor can submit a Qualification Score to and, therefore, qualify for (subject to eligibility rules). In the case of a competitor entering and then qualifying in multiple race categories, resulting in a possible scheduling constraint, World Rowing will not change the Competition Schedule. The competitor would be required to accept their place in the WRICH three weeks prior to the WRICH. Competitors are advised to consult the provisional race schedule in advance of attempting to qualify.
6. *In the case of Age Category, Para, and Team events:* If there are fewer than three (3) valid Qualification Scores from a particular continental region in a race category, the virtual place(s) available would be reallocated to the highest ranked competitor or team who has not already qualified from another continent. In the event that there is a tie in the qualification submissions from the same continental region, all tied competitors/teams would be given equal placing in the final order and the next placing(s) shall be left vacant. If the tie is for a qualifying place, then all tied competitors/teams would qualify for the WRICH.
7. *In the case of the World Rowing Versa Challenge:* if there are fewer than 10 valid Qualification submissions in a given category, World Rowing may backfill the remaining places at its discretion by selecting competitors. If an individual is unable to compete in the Versa after qualifying, World Rowing will attempt to contact the next ranked competitor(s) up to six weeks prior to the date of competition to extend the opportunity to compete. In the case of late withdrawals (less than six weeks prior to the date of competition) World Rowing will not be able to fill the withdrawn place(s). Only 10 athletes in each Versa category will complete at the WRICH.

8. *In the case of Team events:* Only 50% or less of a team may be changed after virtual qualification for any reason, and such changes can only be made up to 7 days before competition. After 7 days prior to the competition, team changes will only be accepted for medical reasons, upon submission of a medical certificate to World Rowing, and will be accepted at the sole discretion and capability of World Rowing.
9. *In the case of Age Category, Para, and Team events:* If an individual or team is unable to participate in a race category for which they have qualified, that place will be offered to the next ranked individual or team with a virtual entry from that same continental region in the same race category. In this case, World Rowing will attempt to contact the next ranked competitor(s) up to two weeks prior to the date of competition to extend the opportunity to compete. In the case of late withdrawals (less than two weeks prior to the date of competition) World Rowing will not be able to fill the withdrawn place(s).
10. After a competitor's profile and proof of nationality has been verified upon entry to the WRICH, a competitor cannot change their nationality for the purposes of the 2023 WRICH. Competitors with multiple nationalities must choose one for the purposes of the 2023 WRICH.
11. Competitors must meet all eligibility requirements outlined in these terms and conditions for the WRICH, irrespective of any local requirements.

Note On World Records

Competitors who believe that they may break a world record during either the qualification or final race phase of the WRICH should contact Concept2 in advance of competing to indicate this possibility. In addition to following all of the score verification protocols (as outlined on [Concept2's website](#)), lightweights must be weighed-in no earlier than two hours before their race, under independent supervision, on approved scales. Using personal scales with a family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a venue race. Competitors should contact Concept2 in advance of competition in order to ensure that their planned weigh-in strategy is approved and would be accepted by Concept2.

Age , Gender, and Para Eligibility

Age Eligibility

The age eligibility of an athlete is determined by their age on the date of the WRICH race in which they are competing (either 25 or 26 February).

Gender Eligibility

Please review World Rowing's regulations on eligibility by gender in the World Rowing Rules, in Appendix R1 – Bye-law to Rule 13 – Men's and Women's Events.

Para Eligibility

New In order to improve the accessibility of the WRICH in PR1, PR2, and PR3 events, both National and International Classifications will be accepted. Competitors must possess a valid national or international sport class in order to compete in PR1, PR2, or PR3 events.

To view the list of athletes who have been internationally classified, please view the Master Athlete Classification List on the <https://worldrowing.com/technical/para-rowing-classification> of the World Rowing Website.

If an athlete is not internationally classified, but has a valid national classification, this must be verifiable on the public master list on the National Federation website, or the National Federation of that athlete must email classification@worldrowing.com to confirm the sport class and sport class status of that athlete. *At its discretion, World Rowing reserves the right not to accept a national classification for WRICH eligibility.*

Athletes with a Physical Impairment

Classified athletes with a physical impairment are eligible to compete in the PR1, PR2, or PR3 marked events (excluding PR3-II).

An international classification panel for athletes with a physical impairment will be offered in Mississauga-Toronto, CAN, on 24 February 2023. National Federations may request an international classification on behalf of an athlete by uploading all classification documentation to the RowingTwo portal, and emailing classification@worldrowing.com, by 10 January 2023.

Athletes who are unable to obtain an international classification for the WRICH (during the virtual qualification phase) should contact their [National Rowing Federation](#) to schedule a national classification. If a National Federation does not have national classifiers, they may contact classification@worldrowing.com to request a video classification panel (VCP). The VCP will utilise alternative means, including video conferencing, combined with international and national classifiers, in order to temporarily classify those rowers who wish to participate in the 2023 WRICH. Athletes

classified by a VCP will receive a “NEW” sport class status, and will only be permitted to compete in the 2023 WRICH. VCPs are logistically demanding to organise, and require additional support from the National Federation to arrange, including the provision of athlete medical documentation into the RowingTwo portal. Such requests will be granted at World Rowing’s sole discretion. No requests made later than 20 December 2022 will be granted. Athletes classified by a VCP will be required to attend a full physical classification later by a World Rowing international panel before being allowed to compete in any future regatta or indoor rowing competition.

Federations wishing to arrange a virtual classification should email classification@worldrowing.com making such a request as soon as possible.

Athletes with an Intellectual Impairment

Competitors with an intellectual impairment may compete in a PR3-II (Intellectually Impaired) category if they are listed as eligible on the VIRTUS international master athlete list. In order for the athlete to be added to the VIRTUS international master athlete list, the athlete must go through a series of assessments with a trained educational psychologist (or equivalent in their nation). Once the assessments are completed the results must go to their country’s VIRTUS member organisation national eligibility officer (NEO) who will assess them once again, and pass them on to the VIRTUS International Eligibility Committee. Once the paperwork has been approved and fee paid, the name of the athlete will appear on the master Athlete list. The Virtus Eligibility Committee can take up to 12 weeks for a name to appear if the Committee has to go back to the athlete for further evidence. Athletes should ensure that their name appears on the VIRTUS international master athlete list least prior to the entry deadline for the event. For further information on VIRTUS, please visit their website at <https://www.virtus.sport/>

Athletes with a Visual Impairment

Classified athletes with a visual impairment are eligible to compete in the PR3 marked events (excluding PR3-II).

For questions about international classification, please email classification@worldrowing.com

Virtual Racing in the WRICH

The following is information for virtual competitors who qualify for the WRICH, who will race virtually in real-time alongside in-person competitors at the WRICH on 25-26 February 2023. This is preliminary information intended to inform competitors of the materials necessary to compete virtually. A complete Virtual Racing Guide will be sent directly to the competitors who have qualified to race virtually in the WRICH.

Equipment & Setup:

Competitors who qualify for the WRICH will need to provide all equipment needed to compete in the event virtually. It is the responsibility of the competitor to ensure the suitability of the equipment used. This will include:

1. Concept2 static rowing ergometer with an updated PM3, PM4 or PM5 monitor, calibrated for use with the model to which the PM is connected. Details on how to update PM firmware can be found on the [Concept 2 website](#).
2. A USB A-to-B cable, Compatible Windows or MacOS Laptop/ Computer with Google Chrome Browser installed, as outlined in the Live Race Set Up Manual.
3. A stable internet connection, as outlined in the Live Race Set Up Manual.
4. In the case of a lightweight qualifier, any necessary materials in accordance with the lightweight weigh-in protocol.
5. Any necessary materials for score and competitor verification (as described below).
6. An observer who is able to manage a line of communication (i.e. via Home race system and email) on behalf of the competitor.
7. Any necessary materials for live video streaming, as outlined in the Live Race Set Up Manual (for applicable races only).

Competitors should refer to the Live Race Set Up Manual for technical instructions on how to set up their ergometer, live race software, live streaming (where applicable) and other pertinent race day information.

Qualified competitors will be required to participate in a test of the live race software and video streaming (if applicable) with World Rowing within 3 weeks of the WRICH. The Live Race Manual will be emailed directly to virtual competitors at least 2 weeks prior to the WRICH.

Lightweight Weigh-in Protocol (for Qualified Competitors)

Competitors who have qualified for a lightweight race category are required to weigh-in between two hours and one hour before the start of their race at the WRICH. Video evidence needs to show in one video:

1. A labelled test weight in kilogrammes or equivalent (such as a dumbbell or weighted plate) being placed on the digital scale to be used, with a clear reading of the weight indicated on both the test weight and the digital scale reading visible. The weight cannot be a modifiable weight (i.e. a sandbag, adjustable dumbbell, etc).

2. The test weight subsequently removed from the digital scale, and the competitor's full body (including their face) on a digital scale in their racing clothes.
3. The scale reading visible in kilograms, showing the weight to 0.1 kilograms
4. Proof of the weigh-in date and time. The following webpage visible in the video (on a phone, computer, tablet): <https://worldrowing.entries.regatta-systems.com/clock>

Note: This webpage will act as the timestamp in your weigh-in video. The unique code provided each minute on the webpage will ensure that competitors are honouring the weigh-in window.

Any competitor who is not able to meet the above requirements appropriately, or who fails to make weight, will be excluded. 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.

In-Person Racing at the WRICH

Venue

The 2023 WRICH will be held at the Paramount Fine Foods Centre in Mississauga, Ontario, Canada. The address is 5500 Rose Cherry Place, Mississauga L4Z 4B6. For more information, visit: <https://wrichtoronto2023.ca/venue/>

Travel

The venue is close to Canada's largest international airport in Toronto (Toronto Pearson International airport, YYZ), is 90 minute drive from the USA border, and accessible by railway. Competitors, coaches, officials, and spectators flying to Canada for the WRICH are eligible for a special fare discount on Air Canada flights. **Use Promotion code: XQAJR8T1 in the Promotion Code Box.** *(Code is to be only used by people attending the 2023 WRICH).*

More information about getting to the venue can be found here: <https://wrichtoronto2023.ca/travel/>

Accommodation

Hotel partners that are a short distance are offering special rates available up to February 1, 2023. The Organizing Committee in partnership with the City of Mississauga will be operating a shuttle service between designated hotels and the race venue on Race weekend. A number of the hotel properties will also host an RowErg training room in the days leading up to race weekend. More information about the hotel offers can be found here: <https://wrichtoronto2023.ca/accommodations/>

Local Organising Committee

The Local Organizing Committee (LOC) is based in Canada and has considerable experience hosting the annual Canadian Indoor Rowing Championships. In partnership with Rowing Canada Aviron and the City of Mississauga, the LOC will assemble 120 volunteers to ensure athletes of the world are welcomed to the championships if racing in person or virtually. To stay updated, it is recommended to sign up to receive monthly race bulletins by email [HERE](#).

To contact individuals from the 2023 WRICH LOC, please visit the LOC website: <https://wrichtoronto2023.ca/organizingcommittee/>

Provisional Competition Schedule

Coming soon!