

2024 World Rowing Indoor Championships presented by Concept2


Prague, CZE
23 & 24 February 2024

Competitor Entry and Qualification Guidelines



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Overview

This document is intended to provide information for athletes who wish to qualify for or enter in the 2024 World Rowing Indoor Championships presented by Concept2 (WRICH), which will be held as a single combined event with the 2024 European Rowing Indoor Championships (ERICH). The World Rowing (WR) Rules and Regulations apply to these competitions, and a complete set of Rules and Regulations can be found on the WR website.

Event-specific guidelines will be provided directly to competitors at a later date.

Championship Description

World Rowing Indoor Championships presented by Concept2

The 2024 World Rowing Indoor Championships presented by Concept2 (WRICH), is scheduled for 23 & 24 February 2024 and will be held in Prague, Czech Republic.

This is the most exciting opportunity for Indoor Rowing enthusiasts, from all over the world, to race the very best. The 2024 WRICH will feature a hybrid competition, 15 Rowers (per race category) will have the opportunity to race virtually against in-venue Rowers, in real time, for the World Championships.

The 2024 WRICH will host the second edition of the exciting Versa Challenge. World leading athletes will race in Prague in an exciting mix of events, that will crown World Rowing`s Versa champion. World Rowing will also invite up to two "wild card" entrants for both men and women. The search is on to attract iconic athletes from any sport - from across the globe - to race against Rowing`s best!

European Rowing Indoor Championships

The 2024 European Rowing Indoor Championships (ERICH), which will be combined with the 2024 World Rowing Indoor Championships presented by Concept2, is scheduled to take place on 24 & 24 February 2024 in Prague, Czech Republic. *The 2024 ERICH is ONLY open to in-person entries.*

Competitors will make one entry that automatically enters them for the WRICH and the ERICH. *There will be no dedicated European Championship only events.*

Note: European based athletes or teams who qualify for one of the 15 virtual WRICH qualification places, will **not** be eligible for a European Championship medal - or ranking – and will only be eligible for a WRICH medal/ranking. For more details, please refer to the sections below on See medals & Championships information below.

Consent Form

All athletes are required to read and accept the 2024 World Rowing Indoor Championships Competitor Commitment, Liability & Waiver. https://worldrowing-admin.soticcloud.net/wp-content/uploads/2023/07/Competitor-Commitment-Liability-Waiver_2024-WRICH.pdf

****By making an entry in the WRICH or ERICH, (whether virtual or in-person), you agree to the terms and conditions outlined in that document.**

Key Dates

- 03 November 2023 – Entries OPEN for all competitors (in-person/virtual/Versa)
- 04 December 2023 – Versa Qualification Period closes at 13:00 hrs CET
- 09 January 2024 – Deadline to submit medical Classification forms
- 09 January 2024 – Deadline to request in writing a “Virtual Classification Panel” review
- 15 January 2024 – Entries CLOSE at 13:00 hrs CET (both in-person and virtual)
- 15 January 2024 – Late Entries OPEN (in-person only) at 13:00 hrs CET
- 29 January 2024 – Late Entries CLOSE (in-person only) at 13:00 hrs CET.
- Mid-February 2024 – Final race schedule published
- 21 – 22 February 2024 – Para athletes classification at the venue in Prague, CZE
- 23 – 24 February 2024 – Competition dates (*On-the-day Entries* available)

Entry System

There are three different possibilities to enter:

- In-person entries
- Virtual entries
- Versa Challenge entries

Please find the entry portal at this link:

<https://worldrowing.entries.regatta-systems.com/wrich/2024>

Note: The 2024 World Rowing Indoor Championships presented by Concept2, and the 2024 European Rowing Indoor Championships will use the same entry portal. Competitors will make a single entry that will automatically enter them for the WRICH and ERCH, if applicable. There will be no dedicated ERICH only events.

Race Categories

Age and Para Race Categories

The following Age Categories are offered over 2000 metre and 500 metre distances. Competitors may enter and race “in-person” in Prague *without* needing to qualify in advance. 15 competitors per race category may also qualify to race virtually through qualification in advance of the event (see below).

For 2024, the following age categories will apply for both the World Rowing Indoor Championship presented by Concept2 and European Rowing Indoor Championships.

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 – 74	70 – 74	70 – 74	70 – 74
75 – 79	75 – 79	75 – 79	75 – 79
80+	80+	80+	80+

Openweight		Lightweight	
Men	Women	Men	Women
PR1	PR1	–	–
PR2	PR2	–	–
PR3	PR3		
PR3-II	PR3-II		

Team Categories

The following Team Events are open for entry and 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. See eligibility criteria below.

Mixed Team	2 Men, 2 Women	Format: 2000m relay, switching every 250m. All teammates will row twice but must switch every 250m. Teams can switch Rowers however they wish (and can assist one another with foot straps, handle, and seat).
Men’s Team	4 Men	
Women’s Team	4 Women	

Medals & Championship Titles

- Medals will be awarded to the top three finishers in both the WRICH and ERICH.
- Based on the overall ranking, the highest ranked European athletes at the WRICH will be awarded ERICH medals. For example, if the highest ranked European athlete is ranked 20th overall, they will receive an ERICH Gold medal.
- As the 2024 ERICH is only an in person event, medals will only be awarded to competitors racing in-person at the 2024 ERICH.
- The 15 virtual athletes racing in each race category do not qualify for an ERICH medal.

Competitor Qualification

Qualification for In-Person Competition

Competitors who will travel to Prague and race “in-person” **DO NOT** need to qualify in advance to compete at the WRICH & ERICH. The entry details and deadlines for in-person competitors is noted above. Competitors may enter in as many events as they like. Each has its own fee.

Qualification for Virtual Competition

Overview

This applies for all age categories, para, and team events.

Fifteen (15) virtual places (per race category) will be offered at the 2024 WRICH.

- The WRICH Qualification is open to any person.
- All competitors must enter and submit a verified Qualification Score within the Qualification period on a Concept2 static ergometer equipped with a PM3 or later.
- Entry dates and Entry Portal details are noted above.
- The 15 virtual competitors (or teams) must qualify to race virtually against the in-person competitors rowing in Prague.
- The breakdown of the 15 places available is:
 - Top 10 from ALL virtual scores (from any continent) who submit a verified score, plus
 - The next highest ranked person or team (not already in the top 10) from each of the five continents will be awarded the one place for their Continent (5 total). For example – if there is one participant from Asia in the overall top 10, the second overall ranked Asian will receive the continental spot. Continental regions are listed below.
 - In the case of the 5 Continental qualifiers, if a valid virtual Qualification Score from any continental region is *not* lodged, that 1 virtual place will be reallocated to the highest ranked competitor or team from a Continent who has not already qualified an athlete.

- Nationality of teams at team events: All members of a team must be from the same continental region (although they do not need to be from the same club or country).
- Teams from universities or clubs: Teams from clubs and universities are encouraged to enter. When entering a university team, please add the name of your university as follows: *University of xxxx - team name*. For example: "University of Indoor Rowing – Dream team 1". For more information, please read the eligibility guidelines below.

Submitting a Verified Qualification Score

After making an entry, you must submit a Verified Qualification Score. This can be done in two (2) ways:

- **Sanctioned Event Score:** Use the score from a Sanctioned Event as the Qualification Score for any WRICH race of the same category and distance. Information on Sanctioned Events can be found below.
- **Independent Qualification Score:** Submit an independently performed Qualification Score. Both the score and the athlete's identity must be verified according to the verification materials explained below.

Notes:

- Competitors must submit a Qualification Score of the same race type as the race category for which they are trying to qualify.
- "Teams" should submit a Qualification Score of 2000m, performed as described in the "Race Categories – Team Categories" section.
- 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 Events

- 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 make an entry in the WRICH portal, and load their result into their profile in the WRICH entry portal (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.
- Winners of these sanctioned events do NOT automatically qualify for the 2024 WRICH. This approach simply allows competitors to use their score without having to submit additional verification materials.
- The facility is only available to athletes attempting to qualify for one of the 15 Virtual WRICH positions to race virtually. The 2024 ERICH is an in-person only event.

To apply to be a Sanctioned Event, please review the requirements and follow this link: <https://worldrowingforms.wufoo.com/forms/rdu9erg10485t5/>

Independent Qualification

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 (score and identity verification) 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.

Performance Monitor Setup

1. To turn on the Performance Monitor, press any button.
2. On the Main Menu, choose More options
3. Select Display drag factor
4. Set desired resistance
5. On the Main Menu, choose Select Workout.
6. Select New Workout.
7. Select Single Distance.
8. On the Set Distance window, set the workout distance (**2000m or 500m**), split length, and PaceBoat (as desired):
 - Choose plus or minus to increase/decrease the values as needed.
 - Choose the right and left arrows to navigate through the various digits.

How to verify Qualification Score & Identity

All qualification Scores & verification materials must be submitted in the WR Entry Portal.

Score Verification

Before rowing, please ensure that the dates and times on your Concept2 Performance Monitor are set accurately, and **check 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 two following options:

- Submit a 16-Digit Verification Code of your Qualification Score to the entry portal
 - Instruction video link: <https://www.youtube.com/watch?v=aF4alyE-2jo>
- Search for your score from the Concept2 logbook via the entry portal.

Competitor Verification

Competitors are required to submit a video of the full qualification row. We need to know it is “you” performing the score. 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 sunglasses, 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.
 - 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:
 - <https://www.youtube.com/watch?v=JeWfENDXZSE&feature=youtu.be>

Lightweight athletes - Weigh-in Verification

Competitors wishing to qualify for a lightweight race category are required to weigh-in **between two hours and one hour before they start their qualification row.**

The video evidence submitted must show all of the following in one (1) uninterrupted 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
- 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: https://www.youtube.com/watch?v=Q_0qar_yx4M

Note: 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.

Virtual Qualification – Other Information

The following conditions apply to all competitors attempting to qualify for one of the 15 virtual entries 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 2024 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, to attempt to qualify for one of the 15 places (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. The 15 virtual competitors (or teams) must qualify to race virtually against the in-person competitors rowing in Prague.
7. The breakdown of the 15 places available is:
 - a) Top 10 from ALL virtual scores (from any continent) who submit a verified score, plus
 - b) The next highest ranked person or team (not already in the top 10) from each of the five continents will be awarded the one place for their Continent. For example – if there is one participant from Asia in the top 10, the second overall ranked Asian will receive the continental spot. Continental regions are listed below.

- c) In the case of the 5 Continental qualifiers, if a valid virtual Qualification Score from any continental region is *not* lodged, that 1 virtual place will be reallocated to the highest ranked competitor or team from a Continent who has not already qualified an athlete.
8. In the event that there is a tie in the virtual 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 the 1 Continental qualifying place, then WR will review the scores.
 9. In the case of the World Rowing Versa Challenge, if there are fewer than 10 valid Qualification submissions, World Rowing may fill 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).
 10. Team changes are not permitted between the WRICH Qualification and the WRICH. **The same person(s) who has qualified for the WRICH must compete in that event at the WRICH.** If a member of a team is unable to participate in a race for which they have qualified for *medical* reasons, the competitor must provide a signed medical certificate to World Rowing as soon as possible in order to approve a medical substitution. If a member of a team is unable to participate in the race for which they have qualified for non-Medical reasons, World Rowing will attempt to contact the next ranked team from that same continental region up to two weeks prior to the date of competition to extend the opportunity to compete.
 11. If an *individual* is unable to participate in a race category for which they have qualified (for any reason, including medical), that place will be offered to the next ranked competitor 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).
 12. 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 2024 WRICH. Competitors with multiple nationalities must choose one for the purposes of the 2024 WRICH.
 13. Competitors must meet all eligibility requirements outlined in these terms and conditions for the WRICH, irrespective of any local requirements.

Competitor 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 23rd or 24th 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

In order to improve the accessibility of the 2024 WRICH and ERICH 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 World Rowing Website or at <https://worldrowing.com/technical/para-rowing-classification/>

If an athlete is not internationally classified, but has a valid national classification, this must be verifiable on the public master list on the Member Federation website, or the Member 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 Prague on 21st and 2nd of February 2024. Member Federations may request an international classification on behalf of an athlete by uploading all classification and medical documentation to the WR RowingTwo portal.

Deadline for Member Federations to load medical documents: by 09 January 2024.

Athletes who are unable to obtain an international classification for the WRICH (during the virtual qualification phase) should first contact their National Rowing Federation.

If a Member Federation does *not* have national classifiers, they may contact classification@worldrowing.com to request a **Virtual 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 2024 WRICH. Athletes classified by a VCP will receive a "NEW" sport class status and will *only* be permitted to compete in the 2024 WRICH. Conducting a VCP will be granted at World Rowing's sole discretion.

Deadline for VCP requests: 09 February 2024.

Requests for a VCP should be submitted as soon as possible via email to classification@worldrowing.com, by noting "VCP Request 2024 WRICH" in the header.

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 on-water regatta or any Indoor Rowing competition.

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 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 **MUST** ensure that their name appears on the VIRTUS international master athlete list **BEFORE** making an entry. Entries made on an unapproved VIRTUS classification - will not be refunded.

<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). Note: VI Classification will **NOT** be offered at the 2024 WRICH in Prague.

For questions about international classification (visual or physical), please email: classification@worldrowing.com

University Teams

Any teams entering the Team events (relays) as a "University Team", must meet the eligibility criteria of a University athlete as outlined by FISU – the World University Sports Federation.

Virtual Racing at the 2024 WRICH

The following is information for competitors who qualify for one of the 15 allocated virtual positions in each race at the WRICH. Competitors will race virtually in real-time alongside in-person competitors at the WRICH on 23-24 February 2024.

Further updates to this information will be published by World Rowing at www.worldrowing.com/event/2024-world-rowing-indoor-championships.

This page will be updated regularly as new information becomes available.

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:

- 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](#).
- 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.
- A **stable internet connection**, as outlined in the Live Race Set Up Manual.
- In the case of a lightweight qualifier, any necessary materials in accordance with the lightweight weigh-in protocol.
- Any necessary materials for score and competitor verification (as described below).
- An observer who is able to manage a line of communication (i.e. via Home race system and email) on behalf of the competitor.
- 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.

Mandatory test: All 15 virtually 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. Participation is mandatory. Further information will be emailed to virtual competitors prior to the WRICH. This will detail all the requirements to make sure that you have a good experience and have all the technology in place.

During the WRICH, where in-person and virtual competitors race each other “live” - if internet connectivity is lost, the incident will be treated as an equipment “breakage” (in Classic rowing terminology) and athlete will be awarded a DNF result (did not finish). For this reason, participation in the internet connectivity test is essential in order to give you the best understanding of your venues capacity to deliver a stable signal.

Lightweight Weigh-in Protocol

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 of the competitor’s weight must be uploaded to the World Rowing Indoor Championships entry portal at least one hour prior to the start of their race. Video evidence needs to show in one video:

- A labelled test weight in kilograms 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.)
- 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.
- The scale reading visible in kilograms, showing the weight to 0.1 kilograms.

- 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 honoring 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.

The 2024 Versa Challenge

General information

The World Rowing Versa Challenge is now in year two of operation and the 2024 edition will have exciting new Challenges. Following a simple qualification process, **ten men and ten women** will be invited to compete in the Versa Final, in-person in Prague, CZE on 23 and 24 February 2024.

In an innovation, four additional athletes (two women, and two men) will be invited by World Rowing as "Wild Cards" entrants to race the qualified athletes in Prague.

Over the two competition days of the WRICH, competitors will race in five different Challenges 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 first group of Challenges, establishing a ranked Leaderboard that will provide the starting point for the last and final Challenge. **The winner of the last and fifth Challenge will be crowned the 2024 Versa Champion.**

*Versa athletes are not permitted to compete in any other events at the WRICH or ERICH.

Versa Qualification

Qualification Process

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).

- Competitors must lodge a qualification time in two different Versa Challenges – one endurance based, and one sprint based.
- A score in each qualifying Challenge must be lodged.
- The 2 qualifying Challenges must be completed **between 3 November** (opening 13:00 hrs CET) **and 4 December** (closing 13:00 hrs CET).
- Competitors may make as many attempts at achieving a better score as they wish before the end of the qualifying period.
- Competitors can lodge a time in two ways. Either by:
 - 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). Instruction video link ([LINK](#)) or.....
 - Search for your score from the Concept2 logbook via the entry portal.
 - Simply log-in to your Concept Logbook account, complete the Work Out(s), and search for your score from the Concept2 logbook via the Entry Portal. To make a Logbook account go to: <https://log.concept2.com/login>
 - Please note for the 2024 Versa Challenge, Concept2 has made the Qualification Events available as Workout-of-the-Day on select days during the qualification period and available via select shareable links. Please look out for more information on the dates of these select WOD Versa Qualifiers.
- Athletes are required to upload a full video of both workouts on the Entry Portal – irrespective of which way they lodge their time. Video details are outlined in this “Verification Guidelines” document (see above).
- Versa Qualification Scores must be submitted and verified via the WR 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.

Versa Qualification Events

Endurance Qualifier

Description: 1,000m on, 0 seconds off, 2,024m on, 0 seconds off, 1,000m on

Scoring:

- a. Rank for total time.
- b. Rank for time on the 2,024m interval

Remarks: Please set the screen as variable intervals distance.

- 1st interval 1,000m, 0 seconds rest
2nd Interval 2,024m, 0 seconds rest
3rd interval 1,000m.

Please follow this link to access the Endurance Qualifier on the Concept2 ErgData App

Link: <https://workout.ergdata.com/shared/nmh7lfo6>

Sprint Qualifier

Description: 10 x 1 min – 30 secs off

Scoring:

- a. Rank for total distance in metres during the 1' min intervals.
- b. Rank for 3rd minute for distance in metres

Remarks:

- Overall ranking determines invitation to in-person competition in Prague
- Athletes will receive qualification points based on their ranking in each challenge.
- Please set the screen as an interval workout.

Example Video

<https://www.concept2.com/service/monitors/pm5/how-to-use/setting-time-interval-workout>

Please follow this link to access the Sprint Qualifier on the Concept2 ErgData App

Link: <https://workout.ergdata.com/shared/rx5e9pxo>

Versa Qualification Points detail:

- Combined ranking of Qualifier 1a, 1b, 2a and 2b will result in a final ranking.
- 10 women and 10 men will be invited based on qualification ranking, *plus* 2 women and 2 men invited by WR as “Wildcard entries” – who do *not* need to qualify.
- Non-qualifiers can still lodge an in-person WRICH entry until 15 January.

Ranking of qualifiers.

- The position you finish in each challenge is the number of points that you get.
- For example: 80 athletes enter in the Versa qualification:
 - Challenge 1a; Fastest overall time = 1 point, 2nd overall time = 2 pts, 80th = 80 pts, etc.
 - Challenge 1b: Fastest time for 2024m = 1 point, 2nd overall time = 2 points etc
 - Challenge 2a: Overall Most Metres = 1 point, 2nd = 2 points, etc.
 - Challenge 2b: Most metres in 3rd interval = 1 point, 2nd = 2 points etc.
- Points from the 4 components are added together to make the final point score.
- ****Competitors tied with the same point score, will be split by the ranking achieved in Qualifying Challenge 1a.**

Invitation to the Versa Challenge Final

Invitation to race in-person, in Prague - is determined by the ranking on the final point score.

First place is the athlete with the least points. Last place is the athlete with the most points.

Should an invited Versa athlete need to withdraw due to illness, the next ranked person will be invited to take their place, and if required for such a reason, World Rowing reserves the right to invite an athlete(s) into the Versa Challenge if required to maintain the operational functionality of the Challenges in Prague

Additional Information for the 2024 Versa Challenge

Following the selection of the 10 men and 10 women, a detailed planning process will be sent to each athlete, followed up by a series of online meetings to provide more detailed briefings prior to arriving in Prague. Four *additional* athletes (two women, and two men) will be invited by World Rowing as "Wild Cards" entrants to race the qualified athletes in Prague. "Wild Card" invitees do *not* need to qualify to race in Prague.

The Versa Challenge is an important part of World Rowing`s Indoor Rowing strategy. Athletes will feel engaged and "special" and will be an important part of promoting Indoor Rowing to the broader rowing and non-rowing community, both in the lead up to the event, during the event – and also importantly after the event – as we look to broadly promote the sport. The World Rowing Communications team will engage with each Finalist to develop their personal "story" and to generate interest in their home School, Club and Nation – as well across the wider community.

Provisional Competition Schedule

The Provisional Schedule is below. The detailed event schedule will be finalised after the close of entries and published in early February 2024.

THURSDAY 22. FEBRUARY: Czech National Indoor Rowing Championships.

FRIDAY 23. FEBRUARY

2000 metres

Under 17 Men and Women
17-18 Men and Women
40-44 Lightweight Men and Women
40-44 Men and Women
45-49 Lightweight Men and Women
45-49 Men and Women
50-54 Lightweight Men and Women
50-54 Men and Women
55-59 Lightweight Men and Women
55-59 Men and Women
60-64 Lightweight Men and Women
60-64 Men and Women
65-69 Lightweight Men and Women
65-69 Men and Women
70-74 Lightweight Men and Women
70-74 Men and Women
75-79 Lightweight Men and Women
75-79 Men and Women
80+ Men and Women

PR1 Men and Women
PR2 Men and Women
PR3 Men and Women
PR3-II Men and Women

500 metres

19-20 Lightweight Men and Women
19-20 Men and Women
21-22 Lightweight Men and Women
21-22 Men and Women
23-39 Lightweight Men and Women
23-39 Men and Women

Team Relay - Men
Team Relay - Women
Versa Challenge

SATURDAY 24. FEBRUARY

2000 metres

19-20 Lightweight Men and Women
19-20 Men and Women
21-22 Lightweight Men and Women
21-22 Men and Women
23-39 Lightweight Men and Women
23-39 Men and Women

500 metres

Under 17 Men and Women
17-18 Men and Women
40-44 Lightweight Men and Women
40-44 Men and Women
45-49 Lightweight Men and Women
45-49 Men and Women
50-54 Lightweight Men and Women
50-54 Men and Women
55-59 Lightweight Men and Women
55-59 Men and Women
60-64 Lightweight Men and Women
60-64 Men and Women
65-69 Lightweight Men and Women
65-69 Men and Women
70-74 Lightweight Men and Women
70-74 Men and Women
75-79 Lightweight Men and Women
75-79 Men and Women
80+ Men and Women

PR1 Men and Women
PR2 Men and Women
PR3 Men and Women
PR3-II Men and Women

Team Relay - Mixed
Versa Challenge

****Provisional as of 2 Nov 2023**

Continental Regions

The **Africa** ranking will include competitors with proof of nationality from the following nations: Algeria, Angola, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Cabo 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 the following nations: 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, US Virgin Islands.

The **Asian** ranking will include competitors with proof of nationality from the following nations: 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 the following nations: Albania, Andorra, Armenia, Austria, Azerbaijan, 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, San Marino, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Türkiye, Ukraine

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

Notes 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: <https://www.concept2.co.uk/indoor-rowers/racing/records/individual-record-requirements>), 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.