



# 2025 World Rowing Indoor Championships

Competitor Information Guide



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# 2025 World Rowing Indoor Championships (WRICH)

*presented by Concept 2*

## Overview

The official 2025 World Rowing Indoor Championships (WRICH), presented by Concept2, will be a **global virtual event** allowing athletes to compete from anywhere using their Concept2 rowing machines. The competition will span two weekends in February 2025, with races in multiple categories, including 500m sprints, endurance relays, and 2000m races. It is open to rowers of all levels, from elite athletes to fitness enthusiasts.

The 2025 WRICH, presented by Concept2 has 4 rounds that begin on 15 November 2024.

### ROUND 1: World Open Heats

15 November 2024 - 20 January 2025

### ROUND 2: Continental Knockout Heats

Saturday 15 & 22 February 2025

### ROUND 3: Elimination Semi-Finals

Sunday 16 & 23 February 2025

### ROUND 4: Grand Finals

Sunday 16 & 23 February 2025

## Key Dates

<b>Entries open:</b>	15 November 2024, 12:00 hrs CET	
<b>Entries close:</b>	20 January 2025, 23:59 hrs CET	
<b>Event dates:</b>		
15 November 2024 – 20 January 2025:	World Open Heats	All categories
15 February 2025:	Continental Knockout heats	500m and Endurance Relay
16 February 2025:	Elimination Semi-Finals & Grand Finals	500m and Endurance Relay
22 February 2025:	Continental Knockout heats	2000m and Sprint Relays
23 February 2025:	Elimination Semi-Finals & Grand Finals	2000m and Sprint Relays

## What's New in 2025?

- **Round 1: World Open Heats:** Are open to anyone with access to a Concept2 rowing ergometer (PM3, PM4, or PM5 monitor). During the World Open Heats period, competitors will submit their best times, as many often as you like.

- **Rounds 2-4: Continental Knockout Heats / Elimination Semi-Finals / Grand Finals:** In a round-by-round knockout style tournament, participants can advance through to the next round with ranked times that are consolidated across all age groups. Please also see the "Event Format" section below for a detailed breakdown.
- **Medals and Rankings:** *WRICH and Age Group medallists and Rankings:*
  - Grand Final Medallists = Placings 1 – 3 in the Grand Final
  - Age Group medallists = Highest 3 Placings in Rounds 2-4
  - Rankings = Results from the different rounds will be available separately. There will be a ranking to filter the combined results by different parameters
- **Participation medal and Event Merchandise:** Options to purchase participation medals and WRICH and WR merchandise appear in the entry process. Merchandise will be available throughout and after the 2025 WRICH, presented by Concept2.
- **The VERSA Challenge:** World Rowing is finalising an agreement to stage an in-person Challenge in one of the world's iconic locations! The Challenge finalists will be invited from fastest ranked athletes following the new World Rowing Series (mid-2025) – and from the medallists at the 2024 Versa Challenge.

## Events

- **500m**
- **2000m**
- **Relays: Sprint relays (over 2000m)**
  - U17, U19, Open Relays
  - Masters (ave 40-44 yrs)
  - Para PR1 Mixed Team race (1 Man/ 1 Woman)
  - Para PR 2 & PR3 Mixed Team race (2 Men / 2 Women)
  - University Mixed Relay (2 Men / 2 Women)
  - 'Services' Mixed Relay (2 Men / 2 Women) for full or part-time active members of the Armed Services, Paramedics, Fire-brigade, Police, Coast Guard, etc.
- **Endurance relays (over 5000m)**
  - Open Men & Women, Masters Men & Women (average 40-44yrs)

See the Annex for a full list of events.

## Eligibility criteria

- **Nationality:** Competitors must submit a valid passport or national ID at the time of entry to confirm their nationality. This will determine their eligibility for continental qualification. Once declared, a competitor's nationality cannot be changed, even if they hold multiple passports.
- **Age Categories:** WR Rules (Appendix 20) state: "The age of a competitor for indoor rowing events shall be the age at the date of the competition. Where the competition includes several days, the age shall be as on the scheduled date of the final for the event in which the athlete is competing". Age categories include Under 17, Under 19, Under 23, and various Masters age groups (e.g. 23-39, 40-44, 80+ etc) . See Appendix for event list.
- **Lightweight categories:** Lightweight competitors are defined as men weighing  $\leq 75$  kg and women weighing  $\leq 61.5$  kg. As per WR Rules, competitors must weigh in not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition. Note: An athlete who competes in more than one lightweight event on the same day will only be required to weigh in once before their first lightweight race on each day. Strict video verification required. See below.
- **Gender:** Please review World Rowing's regulations on eligibility by gender in the World Rowing Rules, in Appendix R1 – Bye-law to Rule 13
- **Relays: applying to all relays or team races below.** All members must be from the same Continental zone – except University and Services Relays where other conditions apply. (see Appendix).
- **University Relays:** Mixed relay of 2 x Men and 2 x Women. Any teams entering as a "University Team", must meet the following eligibility criteria\_
  - All 4 x students at the same University
  - Students who are currently officially registered as proceeding towards a degree or diploma at a university or similar institute whose status is recognised by the appropriate national academic authority of their country;
  - Former students of the institutions mentioned above who have obtained their academic degree or diploma in the calendar year preceding the event;
- **Masters Relays:** Any Masters age but must average between 40-44 years as per the date of the final of the race you enter. There are Men's and Women's relay options.
- **Services relay:** Mixed relay of 2 x Men and 2 x Women.
  - All 4 x members must be part of the same "Service"
  - Open to any full or part time active members of the Armed Services (Army, Navy, Airforce), Paramedics, Fire-brigade, Police, Coast Guard.
- **Para athletes (Physical Impairment):** To compete in PR1, PR2, and PR3 events at the virtual 2025 WRICH, presented by Concept2, both National and International Physical 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/>
- **Athletes with an Intellectual Impairment (II):** 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. 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. See: <https://www.virtus.sport/>
- **Athletes with a Visual Impairment (VI):** Athletes with a Visual Impairment are eligible to compete in the PR3 marked events (excluding PR3-II). For questions about international classification (visual or physical), please email: [classification@worldrowing.com](mailto:classification@worldrowing.com)
- **Para PR1 Mixed Team race:** Mixed race of 1 x Man and 1 x Woman. Open to athletes with a PR1 Sport Class classified by World Rowing or their National Federation. Each athlete completes 3 minutes on their own machine. 2 distances collated and averaged.
- **Para PR2&3 Mixed Team race:** Mixed race of 2 x Men and 2 x Women. Open to WR & NF Classified athletes with a PR2 or PR3 Sport Class – any mix of PR2/3. Each athlete completes 3 minutes on their own machine. 4 distances collated and averaged.
- **"Non Classified" Para athletes:** Any person with a disability, new to indoor rowing and who has not classified will be able to enter the "Open Para Race".
- This is a competition opportunity during the World Open Heats stage of the 2025 WRICH, presented by Concept2.
  - When you enter, simply "self declare" your Sports Class based on the criteria outlined here. [Para Rowing Eligibility Assessment \(wufoo.com\)](#)



## Make an Entry

<b>Entries open:</b>	15 November 2024, 12:00 hrs CET
<b>Entries close:</b>	20 January 2025, 23:59 hrs CET
<b>Individual events:</b>	50 EUR
<b>Team and Relay events:</b>	150 EUR (PR1 Mixed Team event = 75 EUR per Team).
<b>Make an entry:</b>	Click here: <a href="https://worldrowing.entries.regatta-systems.com/">https://worldrowing.entries.regatta-systems.com/</a> Options to buy WRICH and WR merchandise and participation medals appear in the Entry process
<b>Notes:</b>	Individual entries: you may request a 40 EUR reimbursement if you do not progress past World Open Heats). No reimbursements available for Relays and Teams.

## Entry Procedure

# 1

- Create your profile at the WRICH entry portal. <https://worldrowing.entries.regatta-systems.com/>.
- You will need to load up a photo of your Passport.

# 2

- Make your Entry.

# 3

- Perform your World Open Heats race/piece at any location.
- Record your time over the distance in the category you plan to enter.
- To lodge a time, you have three options. See Submit your Score Section.

# 4

- Login to your profile on WRICH entry portal.
- Submit your score as per one of the three options.
- For Lightweights, refer to the section below on the weigh-in video submission .

### Notes

- You must complete your qualification time within the timeframe of the 2025 WRICH, presented by Concept2 World Open Heats (15 November 2024 – 20 January 2025).
- Update your qualification time as many times as you like between those dates.
- Late submissions will not be accepted.

## Qualification Principles

- Relay Team changes or competitor changes are not permitted between the 2025 WRICH, presented by Concept2 World Open Heats entry point and the 2025 WRICH, presented by Concept2 Finals weekend(s)
- In individual events, if an individual is unable to participate in a round (e.g. Elimination Semi-Finals) for which they have qualified (for any reason, including medical), that place will be offered to the next ranked competitor via the same qualification pathway.
- If a member of a Relay team is unable to participate in any round for which they have qualified for medical reasons, the competitor(s) must provide a medical certificate to World Rowing as soon as possible in order to approve of a medical substitution.
- Competitors are responsible for ensuring that they are able to meet the verification and eligibility requirements for their qualification entry(ies).
- Details on an entry (for example, competitor name, email address, and other personal details) can be changed by the competitor up to the close of entries time. After the submission of a qualification time, the competitor(s) attached to an entry cannot be changed, and typos will need to be corrected by World Rowing upon request.

## Submitting your score

Participants can submit scores as many times as they wish in an attempt to qualify for the Continental Knockout Heats. See the Event Format section below.

**Score Verification:** There are three (3) options to load a verified score:

- **Option 1)** Upload a score to the Concept2 Logbook (and connect it to your entry portal)
- **Option 2)** Submit a 16-Digit Verification Code of your score to the WRICH entry portal:
  - Sign up or log in to your Concept2 Logbook account: sign up or sign in here <https://log.concept2.com/signup> . Load your score. The Concept2 Logbook option will link to the WRICH entry portal.
  - To manually enter your score (with no Concept2 Logbook), type in your score when you make an entry and also type in the 16-digit verification code from their Concept2 performance monitor. To get the verification code for a piece:
    - Ensure your PM is running the latest firmware.
    - Ensure the date and time on your PM is accurate.
    - Take care when setting up your workout and complete your piece.

- After you have completed your piece, select (View Detail) for the piece.
- Go to Main Menu > More Options > Memory and select the magnifying glass icon for the workout you want to view ([C2 video tutorial to display the verification code](#)).
- If you are using a USB flash drive, go to USB Logbook > List by Date and select the magnifying glass icon for the workout you want to view.
- On the View Detail screen, for PM5s running the latest firmware the fourth gray button on the right has a V symbol in a circle. Press this button once. On PM5s running older firmware, the fourth gray button on the right has no action associated with it. Press this button twice.
- The 16-digit verification code is displayed in the upper right corner of the monitor.
- If you enter in a lightweight event you will be asked to load up a short video of yourself weighing in before you record your time.

- **Option 3)** Entering your score from your National Indoor Rowing Championships – provided that the date of the event falls between 15 November 2024 - 20 January 2025.

- **Weigh-in for Lightweights athletes:** For the World Open Heats, Lightweight competitors must record their weigh-in at the earliest two hours but not later than one hour before submitting your score. The short 10-15sec video must show:
  - The competitor stepping onto the scale in race clothing.
  - The scale reading in kilograms, showing weight accurate to 0.1 kg.
  - Proof of the date and time, alongside the weigh-in process. If you wish you can use a phone time/date stamp, or other digital, hard copy reference.
  - You may use any video camera or camera phone to record this video on the condition that the quality is sufficient to see all of the above listed details.
  - Taking a Video: [https://www.youtube.com/watch?v=Q\\_0qar\\_yx4M](https://www.youtube.com/watch?v=Q_0qar_yx4M)

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

**Note:** details for Lightweights qualifying for the Continental knockout, Semi-Finals and Grand Finals phase(s) will receive weigh-in guidelines and details in the Finalists Guide prior to the event.







## World Open Heats

**Progression: Open to all. The fastest 150 overall in each continent zone, plus 10 extra per age group progress to the Continental Knockout heats.**

<b>Times:</b>	Entry is open from 15 November 2024 12:00 CET - 20 January 2025 23:59 CET
<b>Details:</b>	Open for anyone of any age, ability, location or experience to enter. There are three (3) options to load a verified score. Do this as many times as you like to try to qualify for the next stage. See the "Submitting your score" section above.
<b>Rankings:</b>	After the close of the World Open Heats (20 January), all times from all ages will be consolidated and ranked in an overall Men's ranking, an overall Women's ranking, overall Lightweight's ranking (Men & Women) and overall Para Ranking (per Sport Class), and overall Relays ranking in each relay category.
<b>Who goes to the Continental Knockout Heats</b>	<ul style="list-style-type: none"> <li>The top 150 Men, 150 Women and 150 Lightweights (both Men &amp; Women) and up to 100 Para athletes (all Classes) based on time, will directly qualify for the Continental Knockout Heats in February 2025.</li> <li>Additionally, the fastest 10 from each WR age category who do not qualify directly, will also qualify.</li> <li>The fastest 50 Sprint Relay/teams in each category qualify. Fastest 25 Endurance relay teams qualify for the World Open Heats (M&amp;W and Masters)</li> </ul>
<b>Zones:</b>	From your entry and passport details, you will be ranked in one of three Continental zones. Asia & Oceania, Africa and Europe, The Americas (see Appendix for details).

## Continental Knockout Heats

**Progression: The fastest 50 go to the Elimination Semi-Finals.**

<b>Saturday 15 February 2025:</b>	Events: 500m and Endurance Relays
<b>Saturday 22 February 2025:</b>	Events: 2000m and Sprint Relays
<b>Race Times:</b>	<ul style="list-style-type: none"> <li>Qualified Competitors will race their Knockout heat in one of 3 Continental zones based on your passport and entry.</li> <li>Asia &amp; Oceania: 06:00 – 09:00 hrs CET</li> <li>Africa &amp; Europe: 11:00 – 15:00 hrs CET</li> <li>Americas: 16:00 – 18:00 hrs CET</li> </ul>
<b>Details:</b>	<ul style="list-style-type: none"> <li>After all continental zones are completed, all times from all ages will be consolidated and ranked in an overall Men's ranking, Women's ranking, Lightweight's ranking (Men &amp; Women) and Para Ranking (per Sport Class), and Relays/Teams ranking. <ul style="list-style-type: none"> <li>The fastest 50 go to the Elimination Semi-Finals. 50 Men, 50 Women and 50 Lightweights (both M&amp;W) and 50 Para athletes (per Class).</li> <li>The fastest 30 Sprint Relay teams in each category qualify for the Elimination Semi-Finals.</li> <li>For the Endurance relay, 10 teams will go direct from Knockout heats to Grand Final.</li> </ul> </li> <li>The exact race schedule will be published in the Finalists Guide distributed in January 2025.</li> </ul>



## Elimination Semi-Finals

**Progression: The fastest 20 qualify for the Grand Finals.**

<b>Sunday, 16 February 2025:</b>	Events: 500m and Endurance Relays
<b>Sunday, 23 February 2025:</b>	Events: 2000m and Sprint Relays/Teams
<b>Race Times:</b>	Live broadcasts of the Semi-Finals and Grand Finals will take place between 16:00 and 21:00 hrs CET.
<b>Details:</b>	<ul style="list-style-type: none"> <li>• From the Elimination Semi-Finals, the fastest 20 times in each category. <ul style="list-style-type: none"> <li>◦ 20 Men, 20 Women, 20 LM, 20 LW, 20 Para (categories consolidated on times).</li> <li>◦ The fastest 10 Relay teams (both M&amp;W) in each category qualify for the Grand Final.</li> </ul> </li> <li>• The exact race schedule will be published in the Finalists Guide distributed in January 2025.</li> </ul>

## Grand Finals

**Progression: 1st, 2nd and 3rd place will be awarded official WRICH titles.**

<b>Sunday, 16 February 2025:</b>	Events: 500m and Endurance Relays
<b>Sunday, 23 February 2025:</b>	Events: 2000m and Sprint Relays/Teams
<b>Race Times:</b>	Live broadcasts of the Elimination Semi-Finals and Grand Finals will take place between 16:00 and 21:00hrs CET.
<b>Details:</b>	1st, 2nd and 3rd qualify for a medal. See Medals and Rankings section.
<b>Race categories:</b>	Please see the Appendices.

### Medals and Rankings

- **Medals:** Following the completion of the Grand Finals, medals will be awarded to the fastest 3 finishers in every age category, plus fastest 3 in the Grand Finals.
  - Grand Final Medallists = Placings 1 – 3 in the Grand Final
  - Age Group medallists = Highest 3 Placings in Rounds 2-4
- **Rankings =** Results from the different rounds will be available separately. There will be a ranking to filter the combined results by different parameters. More information on the procedure can be found in the Finalists Guide published in January 2025.
- **Participation medal and Event Merchandise:** Options to purchase participation medals and WRICH and WR merchandise appear in the entry process. Merchandise will be available throughout and after the WRICH.

### Equipment & Event Setup

Competitors must ensure they have the following equipment and setup for the competition:

- **Concept2 Ergometer:** Only Concept2 static rowing ergometers with PM3, PM4, or PM5 performance monitors are allowed. The monitors must be updated with the latest firmware and calibrated for accuracy. Details on how to update your PM firmware can be found on the [Concept 2 website](#).
- If you qualify for the Continental Knockout heats, more detailed information will be distributed in the Finalists Guide released in January 2025.

## Medical & Anti-Doping

- **Medical Requirements:** Competitors must ensure they are physically fit and have been medically cleared to participate in strenuous activities. Since the event is virtual, it is highly recommended that competitors do not race alone and have someone present to assist in case of an emergency. You will be required to agree to a medical waiver to enter the WRICH.
- **Anti-Doping:** Doping is fundamentally contrary to the spirit of sport, the principle of fair play, medical ethics and can be harmful for the health of the rowers. For information about prohibited substances and methods, please consult WADA's Prohibited List. Please note that as a condition of participation in the WRICH, competitors may be subject to anti-doping testing.

If World Rowing chooses to collect a sample from a competitor who is not an International Level competitor and that competitor is using a Prohibited Substance or Prohibited Method for therapeutic reasons, World Rowing will permit the competitor to apply for a Retroactive Therapeutic Use Exemptions (TUE). Please note that participation in this event on its own, does not qualify a competitor as International Level for TUE purposes.

For additional information: Please refer to World Rowing's anti-doping information page on the website Anti-Doping information page which includes information about TUE. Please also refer to the International Testing Agency's (ITA) information page <https://ita.sport/athlete-hub/>

If you have questions about applying for a TUE please contact [tue@ita.sport](mailto:tue@ita.sport). For additional questions related to Anti-Doping, please contact [wr@ita.sport](mailto:wr@ita.sport)

## Liability & Waiver

By participating in the 2025 WRICH, presented by Concept2, competitors acknowledge and accept all World Rowing regulations and ethical standards, and specifically the following conditions:

- **Assumption of Risk:** Competitors acknowledge that indoor rowing is a physically demanding activity that carries inherent risks of injury or health complications. By entering the WRICH, competitors confirm they are in good health and capable of participating. They accept full responsibility for any injury, illness, or damage that may occur as a result of their participation.
- **No Insurance Provided:** World Rowing does not provide insurance coverage for competitors, including life, medical, or liability insurance. It is the competitor's responsibility to ensure they are adequately insured, or to acknowledge the risks involved in competing without such insurance.
- **Responsibility for Injury or Damage:** Competitors agree that World Rowing, its event partners, and organizers are not liable for any injury, loss, or damage to competitors' health, property, or well-being. Competitors accept full responsibility for any risks associated with the event.
- **Recommendation for Safety:** For safety reasons, all competitors are advised not to race alone. It is recommended that you have someone present during racing. At a minimum, competitors should inform someone of the planned date and time of their race.
- **Underage Competitors:** Underage competitors must have a parent or guardian present during all race attempts. Parents or guardians assume full responsibility for the safety and well-being of junior participants.
- **Filming & Image Rights:** By entering the WRICH, competitors consent to being filmed or photographed for promotional purposes. World Rowing and its partners may use this footage for marketing, development, or broadcast, without compensation.

**A Liability and Waiver document must be agreed to during the Entry process.**



Individual events			
Open weight		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+
PR1	PR1	–	–
PR2	PR2	–	–
PR3	PR3	–	–
PR3-II	PR3-II	–	–

Sprint relay events	
Men	Women
Under 17	Under 17
Under 19	Under 19
Open Men	Open Women
Masters Men (any Masters age, but must average 40-44 years)	Masters Women (any Masters age, but must average 40-44 years)
Mixed	
University Mixed	
“Services” Mixed	
PR1x Mixed team event	
PR2/3 Mixed team event	

- University Mixed Teams = (2 x Men & 2 Women) must be enrolled full time in a current University course
- “Services Mixed” = (2 x Men & 2 Women) any currently serving full or part time member of any armed services, fire brigade, police, coast guard, ambulance paramedics, etc.

Endurance relays	
Men	Women
Open Men	Open Women
Masters Men (any Masters age, but must average 40-44 years)	Masters Women (any Masters age, but must average 40-44 years)

- Endurance relay distance = 5,000m
- Endurance relay team = 4 people
- Each athlete must race at least 1 x time in the 5000m, any distance

### Open Para Race

**“Non-Classified” Para athletes:** If you are new to indoor rowing as a person with a disability, have not been classified in a Sport Class and want to race, you will be able to enter the “Open Para Race”.

- This is a competition opportunity during the World Open Heats phase of the WRICH.
- You will be able to enter the WRICH just as every other participant.
- Go to this link to self-assess your impairment: [Para Rowing Eligibility Assessment \(wufoo.com\)](http://wufoo.com)
- When you enter, simply “self-declare” your Sports Class based on the criteria outlined at the conclusion of the Para Rowing Eligibility Assessment.
- At the conclusion of the World Open Heats (20 January 2025), your time will appear on a race list, and you will receive a “Participation Certificate” by email.

- Sprint relay distance = 2,000m
- Sprint relay team = 4 people
- Mixed relays = 2 Men & 2 Women, each athlete must race at least 1 x time any distance
- Para Mixed Team events = Each athlete completes 3 minutes on their own machine.
- PR1 Mixed Team = 2 athletes (1 x Man & 1 x Woman). Distances collated and averaged
- PR2/3 Mixed team = 4 athletes (2 x Men & 2 Women). Distances collated and averaged



## Continental Zones

The following 3 Continental zones will be applied to participants during the World Open Heats and the Continental Knock-out Heats phases. You will race in the Zone of the passport/national identity card you indicate upon entry. Continental Rankings will be according to the Continent in which you have entered the race.

### AFRICA & EUROPE

**Africa:** will include competitors with proof of nationality from the following nations: 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.

**Europe:** 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, Turkey, Ukraine.

### THE AMERICAS

**The Americas:** 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, Virgin Islands.

### ASIA & OCEANIA

**Asia:** 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, DPR 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.

**Oceania:** will include competitors with proof of nationality from the following nations: 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.



 ***concept 2***®