HomeRace Challenge Option

Note: If you choose to enter in a HomeRace Challenge event you will be contacted by the RCA High Performance staff and Time-Team and provided with more details on technical requirements and hook up/log-in procedures. *To be seeded in the appropriate race, you will need to provide your most recent 2,000m score.*

INTRODUCTION

HomeRace is a world leading regatta management solution that allows participants to race each other in real-time - virtually. It has been developed by Time-Team, who have been working with FISA for the last three years to stage the World Rowing Indoor Championships.

After you enter a HomeRace event, RCA and Time-Team will contact each participant by email to clarify all procedures and technical requirements. To be appropriately seeded, you will need to supply your most recent 2,000m time. Each participant will receive a unique identifier to log into before your race.

GETTING SET UP

In advance of the race

Here is a link to the [HomeRace manual](#) which you may find useful when setting your machine up and connecting it to your computer. It includes troubleshooting advice and tips for minimizing connectivity issues. We recommend that you run through this procedure in advance of race day to confirm you are able to access the race system. You will need to have Google Chrome downloaded on your laptop.

In order to take part in the event you will need to ensure your Concept2 monitor (PM3/4/5) has the most up to date FIRMWARE. You can check this by downloading the [Concept2 utility software](#) and following the instructions. This process should only take a few minutes, but we recommend that you do this in advance of race day.

You will receive a **'participant secret'** email from Time-Team which is the race link for each of your events. Each link will be unique to you and to the event you are competing in. These links will take you through to the race 'lobby' for each event. Please arrive in the lobby 40 minutes prior to your race start time.

NOTE: Connect your erg and computer in the days before your race at the following site to check your connectivity: http://homerace.nl

HELP: If you have technical questions, please email info@time-team.nl

Competitor timeline

- 40 minutes prior to race start – enter the race lobby via your 'participant secret'
- 5 minutes prior to race start – race lobby locked for entry, no further admittance allowed*
- 2 minutes prior to race start – competitors must be in position and ready to race
- 1 minute prior to race start – stop rowing, put your handle down and watch your monitor and/or computer screen for race start instructions

*If you miss your race, you may be added to the 'better late than never' race at the end of the day by emailing mdraper@rowingcanada.org with the header 'URGENT – MISSED RACE'. Competitors who race in this event will not be awarded prizes (in the case of straight finals).

While in the race lobby you may continue to use your machine to warm up at any point until you are directed to stop rowing through a message that will appear on your computer screen. During this time your rowing machine monitor may change screens a number of times – this is normal, and you do not need to do anything while this is happening.

A race official will be monitoring the race lobby for each event, and any updates from them will come through the lobby. These messages will be visible on your computer screen.

Race start procedure

You will be given a warning two minutes before the race is due to start. With one minute to go you will need to stop rowing and put your handle down to allow the rowing machine fan to stop. You will then be instructed to pick up your handle and get ready to race. All race start instructions will be visible on your rowing machine monitor.

You can find further details of, and familiarize yourself with, the race start procedure and race view below:

RACE START SEQUENCE

PM3/PM4/PM5 VIEW DURING THE START SEQUENCE

When all rowers are at the sit ready position, the starter
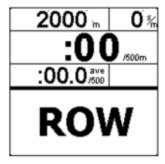will begin the START SEQUENCE

This is the first screen that will show on
your PM3/PM4/PM5 display.

Followed pretty quickly by this one.

There is a random time delay of one to
two seconds between **Attention** and
ROW.

Begin rowing when **ROW** is visible
on your display. If you start early the
computer will false start you.

CI concept 2   CONCEPT2.COM

0215

PM3/PM4/PM5 VIEW DURING A RACE

1530 m	32 s/m
1:42 /500m	
1:53.2 ave/500	
1 Rob Waddel	+23 m
4 Steve Redgr	+ 9 m
5 Dick D.	
6 Pete D.	-12 m

The top half of the screen shows your personal information, as usual. You can press the **UNITS** button to reach your desired units.

◄ This line shows the rower in first place.

◄ This line shows the rower ahead of you.

◄ This line will always show you, even if you are in 1st place.

◄ This line shows the rower behind you.

This example shows what Dick D. will see during the race. He is in fifth place, Pete D. is 12 meters behind him and Steve Redgrave is 9 meters ahead of Dick. Rob Waddel is leading the race and 23 meters ahead of Dick.

Ω concept 2 CONCEPT2.COM

0215

Technical issues during HomeRace

If you experience technical issues during your race, please continue to row until you have completed the distance. If the connection comes back in this time the race system will be able to read your back up file and extrapolate your score. If it does not come back, your monitor will still contain your score which can be manually added after the race.

To recall the monitor data, go to the 'More Options' on the display, then 'Memory' button, List by Date and select the workout corresponding to your race. Press the 4th button twice to display an authentication code. Take a photo of that and send it through to info@time-team.nl and we will ensure the data is manually added.

After the race

Once the race has finished, the race official will approve the race, at which point the race system will disconnect your monitor. You do not need to do anything while this is happening, but please do not disconnect your monitor from your computer until the rowing machine monitor has returned to the normal view.

Results

Results will be provisional on completion of the race and will be made available on the Rowing Canada Aviron website. Once results of each race are made official our results page will be updated to reflect this.

Sports Presentation

HomeRace events will be streamed live on the RCA YouTube page with live commentary.