

# THE START PROCEDURE

When you enter the NIA on Sunday 26th October for the BIRC you will be directed to registration where you will be given a Registration Card, a bottle of water and an event programme. Your registration card will have your name, event, event time (weigh in time if you are a lightweight) and the number of your race machine. Please keep this safe as it is required for you to race.

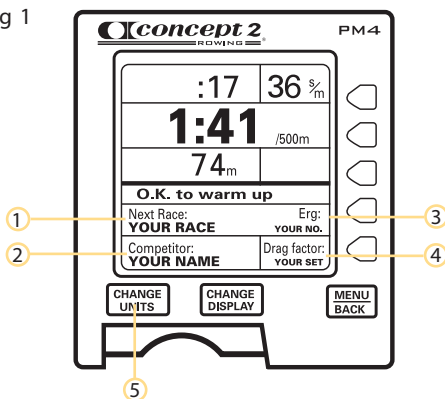
Ten minutes before your race you should go to the athletes holding area, this is shown on the floor plan. Also listen to the commentary on the day for any updates to the schedule.

Once your race is called you will be allowed into the race arena. You should find your race machine and give your registration card to the scrutineer sitting behind your machine. From that point onwards the start procedure is as follows.

## Pre-Race Checks and Warming up on your Race Machine

When you get on your race machine the monitor will be set for your race (see fig.1), however, you will need to perform a small number of checks (warning: the rower and monitor will be on the setting/s chosen by the person who has just competed before you).

Fig 1



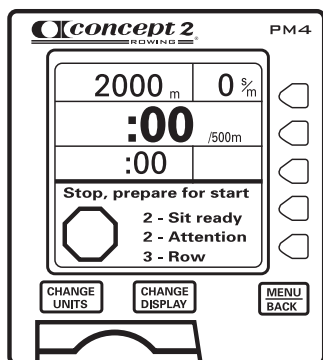
### Pre-race checks -

Check the Race Details –

- 1 Your **'race number'** is displayed beneath **'Next Race:'**
- 2 Your **'name'** is displayed beneath **'Competitor:'**
- 3 Your **'erg number'** is displayed beneath **'Erg#:'**

YOU MUST inform the scrutineer behind your machine if the Race Details do not match.

Fig 2



4 **Set the 'Drag Factor'** - Adjust the drag factor to the setting you wish to race on (it is displayed in the bottom right hand corner). This can be done by adjusting the damper lever on the flywheel cage between 1 to 10 and rowing 2-3 strokes.

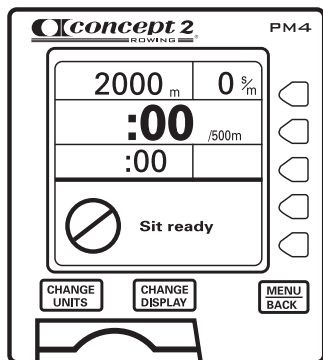
5 **Set the 'Display Units'** - To choose the units you wish to see your 'pace' displayed in use the 'Change Units' button to toggle between, split time for 500m (/500m) & time elapsed, split time for 500m (/500m) & average split time for 500m (ave./500m), Watts (watt) and average Watt's (ave watt), Calories per hour (cal/hr) and expended calories (cal).

**Set the 'height of the feet'** - This can be done by adjusting the sliding footplate.

Ask a scrutineer behind your machine if you need help performing any of the checks and settings above.

If you have entered the race floor on time you will be able to continue to warm up on your race machine until instructed by the race controller (commentator) to stop rowing.

Fig 3

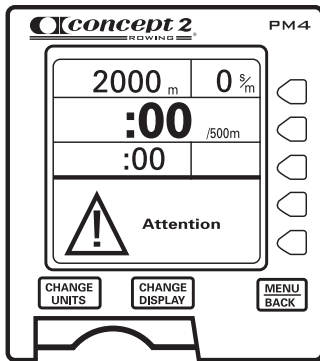


### Race Start Procedure

1. Approx 2 minutes before your race will be started you will be asked to stop by the race controller. Please put the handle in the handle hook.

2. Your monitor display will change to that shown in fig 2. Once this screen appears you will not be able to change the display as the race system will control all of the monitors for the race.

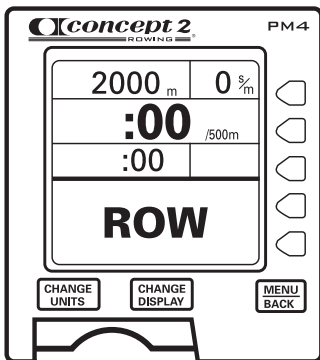
Fig 4



3. There will be 130 race machines in each race. These will be separated into three race systems of forty machines and ten machines not connected to a race system (the Bull Pen).

The race controller will announce which race system is going to be started and request the competitors on those machines to come forward and pick up their handles. It will sound something like 'will competitors on machines the red race system please come forward, pick up your handles, and prepare to start'. When you pick up the handle DO NOT pull on it as you may trigger a false start.

Fig 5



4. WATCH YOUR MONITOR!! It will display 'Sit ready', 'Attention', 'ROW'. Once it displays 'ROW' start racing. (see figures 3-5)

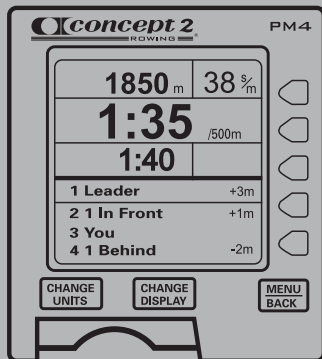
### Important:

- Ignore any distractions around you, concentrate on your monitor, once it displays 'ROW' you can start racing!!
- Please do not try and cheat the system by jumping the start – this will give you a false start and will result in the race being stopped and will delay the overall race schedule.
- The time between "Attention" and "ROW" will be different for each race to prevent people trying to predict when the start is and jump it.
- If a false start occurs the monitor will display 'False Start' and will list the lanes that have false started. Please stop rowing and put the handle back in the handle rest. Steps 2 to 4 will be repeated.

If you have any questions please ask the scrutineer sitting behind your machine

## The Display on the Monitor when you Race

Fig 6



### Above the thick black line:

#### Top left of Screen

Distance to go for a 2000m race and time to go for a timed race

#### Top right of Screen

Stroke Rate

#### Centre of Screen (large letters)

Pace/500m split

#### Bottom Left of Screen

Average Split /500m

#### Bottom Right of Screen

Section will be blank

### Below the thick black line:

This section will show four lines of information:

**Line 1:** This will show the leader on your race system and the number of metres they are in front of you

**Line 2:** This will show the person immediately in front of you on your race system with the number of metres they are in front

**Line 3:** This will show your name

**Line 4:** This will show the person immediately behind you and with the number of metres they are behind you

**If you are leading the race on your race system you will only see Lines 3 and 4.**

### Changing the Display on your Monitor

To change the display on your machine please press the change display button during warm up till the information you would like to see is displayed on your monitor. If you have any questions please ask the scrutineer sitting behind your machine.

## At the End of Your Race

At the end of your race you will be asked to stay by your machine until the medallists for each category have been identified. They will then be collected from their race machines and directed to the medal ceremony.

The commentators will announce when you are free to leave the race arena.

If there is more than one heat in an event then the medal presentation will take place after the last race of that event. If you think you have posted a fast enough time from the early heats please be at the front of the arena for the medal presentation at the end of the last race in your event.