

Announcing the Cornhusker State Games Virtual Regatta

- While the pandemic has partially eased its grip, it's still not completely over. This year, the Omaha Rowing Association will host a virtual regatta for all to enjoy on their own rowing machines (ergs). The event is being held in conjunction with our summer sports festival, the Cornhusker State Games (CSG).
- This regatta will take place virtually and competitors are responsible for their own facilities and equipment. Competitors will follow all local regulations and safety procedures (including those related to COVID-19).
- There are two race options to compete in the CSG regatta: **Live and asynchronous**. The live portion will take place on **July 17, 2021**. The asynchronous event will occur at any time during the week preceding the live event (July 10 -17). Rowers may compete in both options and may enter as many events for which they are eligible.

All competitors are responsible for the information included here, so please read carefully

Events and Schedule

The race events are the same for both live and asynchronous options. Both are posted on Regatta Central. Please note that the live events have specific start times.

Registration:

- Entries will be submitted on Regatta Central at: regattacentral.com
- Payment is due in Regatta Central at the time of entry.
- The final entry deadline is July 10
- International competitors are welcome to participate in the Cornhusker State Games regatta.
- **Sorry; there will be no refunds!** This includes withdrawals or if a competitor is unable to make his/her race time, or failure to connect via the Time-Team platform.
- When entering an **asynchronous event**, competitors will have the option to choose one of the following rowing machine categories during registration:
 - Concept2, RP3, WaterRower, Hydrow, NordicTrack, Other
- By registering for an event, all competitors agree to abide by the Race Committee's decisions as final.
- This event is not affiliated with USRowing and a USRowing membership is not required to compete

Entry Deadlines:

Live and Asynchronous events

- Regular registration runs from May 18 to July 10, 2021

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Entry Fees are as follows:

	Regular Entry
Asynchronous 1x	\$25
Asynchronous 2x (per rower)	\$25
Asynchronous 4x (per rower)	\$25
Live 1x	\$30
Live 2x (per rower)	\$30
Live 4x (per rower)	\$30

Classifications

Age Categories:

- **Open:** A competitor of any age may compete in the open category.
- **U15:** A competitor may compete in the U15 category until December 31 of the year of their 14th birthday.
- **U17:** A competitor may compete in the U17 category until December 31 of the year of their 16th birthday.
- **U19:** A competitor may compete in the U19 category until December 31 of the year of their 18th birthday.
- **U23:** A Competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.
- **Master:** A Master rower is one who has attained, or will attain, the age of 21 during the current calendar year. A Competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A Competitor thus becomes a Master on January 1 of the year of his or her 21st birthday.
 - Masters Categories: (AA) 21 to 26 years; (A) 27 to 35 years; (B) 36 to 42 years; (C) 43 to 49 years; (D) 50 to 54 years; (E) 55 to 59 years; (F) 60 to 64 years; (G) 65 to 69 years; (H) 70 to 74 years; (I) 75 to 79 years; (J) 80 to 84 years; (K) 85 and over; 49 and under; 50 and over
 - For this regatta, masters must row in their designated age category if that is specified (no rowing up or down). Masters may row in open races if they are eligible.
 - For team events, the category is determined by the average age of the competitors in each entry.
 - No time handicaps will be applied for Masters Rowers

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- **Boat Classes**

- **1x: 1000 or 2000m.** Single individual racing 1000 or 2000m, depending on classification
- **2x: 1000 m per person.**
 - Live racing: Two rowers racing to complete 2000m total. Each of the two rowers will row approximately 1000m. Depending on the relative speed of the rowers, one rower may row more than 1000m and the other may row fewer. If a team member loses connection, the additional meters will have to be rowed by the other team member.
 - Asynchronous racing: Each rower will race exactly 1000m and submit results to RegattaCentral
- **4x: 500m per person.**
 - Live Racing: Four rowers racing to complete 2000m total. Each of the four rowers will row approximately 500m. Depending on the relative speed of the rowers, some rowers may row more than 500m and some may row fewer. If a team member loses connection, the additional meters will have to be rowed by the other team members.
 - Asynchronous racing: Each rower will race exactly 500m and submit results in RegattaCentral
- **Mixed boats:** A mixed 2x will include one male and one female rower. A mixed 4x will include two male and two female rowers.

Live Racing

Live racing will take place via the Time Team platform on July 17, 2021, starting no earlier than 9:00 Central Time. The events will be raced in the order listed on the **Cornhusker State Games Page on RegattaCentral**. The schedules/ events will likely change, depending on entries, races may combine events, but awards and results will still be based on individual categories.

This [document](#) provides a step-by-step plan to connect the erg, a device/computer with internet access, and the Time-Team software. After going through these steps, you will be able to connect your Concept2 erg to your computer and race virtually against your competitors.

Athletes should be on their competition erg at least 30 minutes prior to the start of their race. All events will be run on time and will not wait for any athlete who is having trouble connecting. **Competitors are required to read the full Time-Team Manual on how to connect and use the platform on race day.**

[Time-Team - Homerace manual - Google Docs](#)

<https://docs.google.com/document/d/1xEsula6TyPy25QcsUPXddksckuJkhJxXrkyXCoaMD2Y/e/dit#>

In addition, the British Indoor Rowing Championships put together the following [video](#) to walk through the

steps: https://www.youtube.com/watch?v=Ru2Gr2rByeM&ab_channel=BritishRowing

If your rowing machine loses connection with the server after you have started racing, your monitor will tell you to “Keep Rowing”. Keep rowing while you see this message! Complete your race and the system will send your data as soon as the internet connection is restored. If Time-Team is unable to process your results automatically, email your results (including a photo with the verification code) to usltwtirnc@gmail.com.

Equipment for live racing

- Live competitors must provide and use the following equipment to compete:
 - Concept 2 rower (any model) with PM3, PM4, or PM5 performance monitor (upgraded to current firmware), connected via USB-A cable to a PC, MacBook, or Chromebook with stable internet (wired preferred) in order to access the Time-Team platform.
 - USB A to B cable
 - Example of cable (sometimes called a printer cable): <https://www.amazon.com/AmazonBasics-USB-2-0-Cable-Male/dp/B00NH11KIK>
 - Slides or any other additional equipment are not permitted.
 - For a full list of needed equipment, please visit the Time Team manual:
 - [Time-Team - Homerace manual - Google Docs](#)
- Prior to the regatta, you can test your connection/setup at: <https://master.regatta-systems.com/homerace>

Awards for live racing for US Competitors

Medals will be presented for the winner of each event in the live portion of the regatta. The fastest US entrant in each category will be designated as CSG Rowing Champion and receive a \$5 Dunkin’ Donuts gift card, personalized with the race logo, the winner’s name, event, and winning time. At the time of registration, each competitor must provide an address in order to receive shipment of any awards won.

Awards for live racing for International Competitors

International competitors are welcome and encouraged to participate in this regatta! If the winner of an event is not from the United States, that entry will receive a personalized \$5 Dunkin’ Donuts gift card with the phrase “Winner” Winning international competitors will be asked to pay international postage to ship their gift cards. (Patience is also requested, as that process will take significantly longer.)

Sample of award:

Results will be posted on RegattaCentral and <https://time-team.nl/en/info/results>

Asynchronous Racing

Asynchronous racing will take place from July 10 -17 2021. Competitors will race on their own equipment, on their own schedules. The race piece must be completed during the week of July 10-17, 2021.

Submitting results for asynchronous racing:

- Log in to regattacentral.com then go to “my entries.” Choose “submit results.” Enter your time(s) and submit. For 2x and 4x team entries, the times of each team member will be submitted.
- Please take a photo of your screen showing the results of the piece. The regatta officials reserve the right to request a photo of the results for verification.

Equipment

- Competitors may compete on any rowing machine that records time and meters. The categories to choose during registration are: Concept2, RP3, WaterRower, Hydrow, NordicTrack, Other (if you are on a Concept2 with slides, choose “Other”)

Awards for asynchronous racing

No awards will be presented for asynchronous events.
Results will be posted on RegattaCentral.

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