

# INAS WORLD INDOOR ROWING

## CYBER CHAMPIONSHIPS 2019

JANUARY 15 – MARCH 31



### EVENTS

MEN'S 500m & 1000m

WOMEN'S 500m & 1000m

TEAM MIXED 2000m RELAY (2 Men & 2 Women)

II1 (Intellectual Disability)

II2 More Significant Impairment (Down Syndrome)

II3 (High Functioning Autism)\*

\*Demonstration Basis Only: No Medal

Athletes must hold a minimum of an INAS national eligibility and valid competition license (for details consult your INAS member organization). Entry should be made by the INAS member organization by emailing the regatta director to receive an entry form. Once the form is received, the athlete can begin submitting race results to be added to the leader board. Ranking will be posted weekly until the final day of submission.



### VIDEO SUBMISSION RULES:

- Each entry must be administered on a Concept2<sup>®</sup> Rowing Machine (Model C,D,E or Dynamic)
- Athlete and entire erg must be in view for the entire row
- Witness must zoom in on monitor after row as part of the video submission. (Not a separate picture)
- Email video to [Patrick.johnson@inas.org](mailto:Patrick.johnson@inas.org) with video submission in subject box. Email body should include athletes name, witness name, country, date of videotaping.

THE INTERNATIONAL FEDERATION FOR ATHLETES WITH INTELLECTUAL IMPAIRMENTS

