

## 2019 World Urban Games Online Qualifier Instructions – Indoor Rowing

### **Online Qualifier Workout: 2-in-1 Challenge**

#### **For Time : 1,200 metres**

The online qualification challenge will be a 2-in-1 challenge. Athletes will be ranked by their overall time for a 1,200 metre piece, and will also be ranked by the time of their final 300 metres within that 1,200 metre distance.

Combined, these two rankings (1,200m & final 300m) will determine the overall rank of the athlete. These two rankings will be weighed equally, except in the event of a tie. In the event of a tie, the better ranking would fall to the athlete with the better overall 1,200 metre time.

For more information about the World Urban Games, including a link to the Qualification Guide for Indoor Rowing, please visit

<http://www.worldrowing.com/events/2019-world-urban-games/event-information>.

### **To Set up the Workout**

Complete the 2-in-1 challenge and submit your score as outlined below between 19 July 2019 (17:00hrs CEST) and 28 July 2019 (23:59hrs CEST).

The qualification workout must be completed on a Concept2 rowing ergometer, model D, with a PM3 or later screen. Visit <https://www.concept2.com/indoor-rowers/finder> to locate a Concept2 rowing ergometer close to you.

To complete the challenge, you must set the monitor to 1,200 metres. To do this, please follow the instructions below:

- On your Concept2 Performance Monitor, press any button to turn the monitor on.
- Push the 'Menu' or 'Menu/Back' button
- Push the 'Select Workout' button
- Push the 'New Workout' button
- Push the 'Single Distance' button
- Using the arrow buttons and +/- buttons, set the 'set distance' amount to 1,200 metres
- Ensure that the distance under the heading 'Change Split Length?' reads 300 metres (this can be set using the arrow and +/- buttons). 300 metres is the default split length for 1,200 metres.
- Push on the checkmark button to start the workout

Complete the workout, and then follow the steps below to record and submit your score.

## Record and Submit your Score

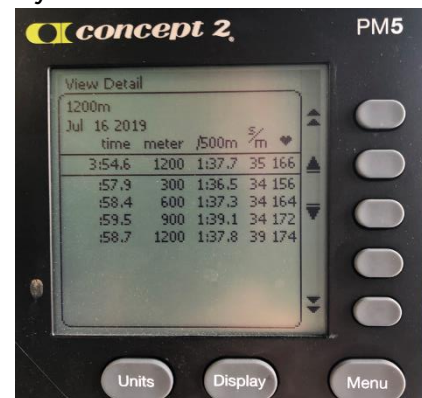
After you have completed the 2-in-1 challenge, be sure to take a photo of your result. To access the memory screen that stores your result, follow the instructions below:

### On a PM5

1. On the Main Menu, select 'Memory'.
2. Choose how you want to see the workouts listed: List by Date or List by Type. If List by Type, then choose a specific type and select List Workouts.
3. Use the up and down arrows to navigate to the workout you want to view and select the magnifying glass icon (fourth button on the right).

### On a PM3 or PM4

1. On the Main Menu, select 'More Options'.
2. Select 'Memory'.
3. Choose how you want to see the workouts listed: List by Date or List by Type. If List by Type, then choose a specific type and select List Workouts.
4. Use the up and down arrows to navigate to the workout you want to view and select the magnifying glass icon (fourth button on the right).



Take a clear photo of your result with the overall time and split times visible (like this photo!)

## Log your Score in the Concept2 Logbook, and

Submit your 1,200 metre time in the Concept2 Logbook at <https://log.concept2.com/login> by logging into, or creating, your free account. After you have logged your 1,200m time, follow these instructions to enter the qualification process for the World Urban Games:

1. Visit <https://log.concept2.com/challenges/world-urban-games/entry>
2. Click the 'Entry Form' tab
3. Select the 1,200m score that you wish to enter in the online qualifier from the 'Result' dropdown, and enter the final 300 metre time from the same workout
4. Upload a photo of the memory screen from the Performance Monitor (for verification purposes only). If your workout was recorded with the ErgData app, uploading a photo of your screen is not mandatory.
5. Select your passport country from the corresponding dropdown. If you hold multiple passports, you should select one (please refer to the [Qualification Guide](#) for more information.)
6. Confirm your entry and hit the submit button. You will receive a confirmation email to the email address associated with your Logbook account.

**Follow the [Men's](#) and [Women's](#) results throughout the online qualification period! For more information on qualification for Indoor Rowing at the World Urban Games, please refer to the [Qualification Guide](#).**