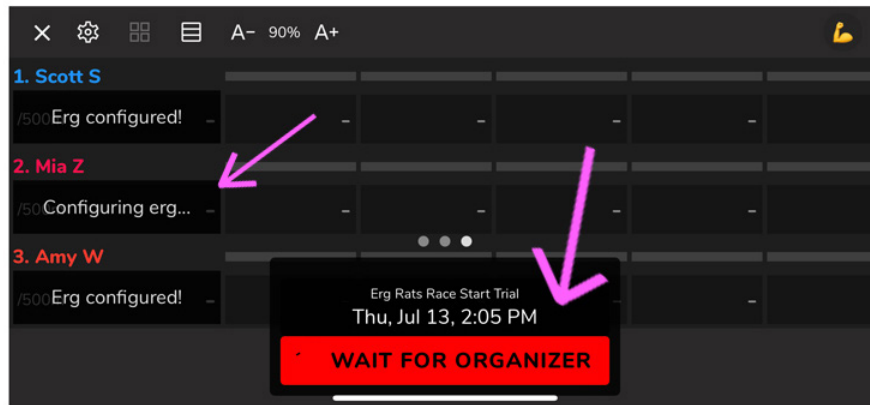**Press Event Calendar to Connect**

It all starts here.

When you open the Summer Sweater 1K competition on the ErgZone mobile app, it will look like this. Click on the event calendar to connect.

Pre-Race Configuration

This is what your screen will look like once you tap the SS1K Event Calendar and your monitor configures.

You will see this screen and the red "Wait for Organizer" message UNTIL the yellow countdown clock begins.

If you attempt to row at any point from now until the race starts at 9 am CDT, you will receive a false start message. Sit still.
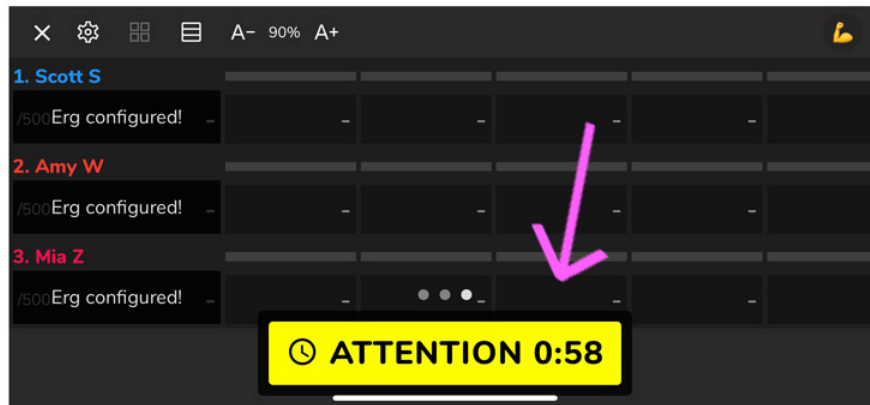
False Start Notice
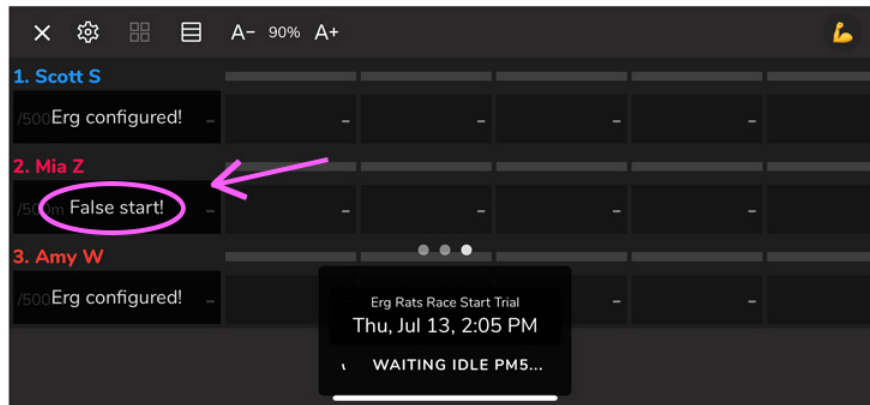
3. If you false start, stop moving! Let your monitor reconfigure.

You're good to go if either the red "Wait for Organizer" message or the yellow countdown clock reappears.

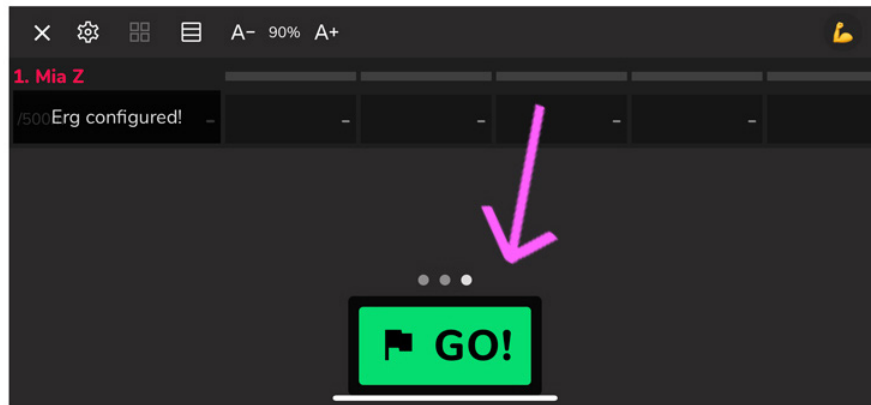Sit still without rowing until you see the green GO!

Countdown Clock

2. The countdown clock will begin at 8:59 am CDT, one minute before the start at 9 am CDT.

It will appear in a yellow bar on your screen. You must sit still and not row during this period. If you do, you will false start.

Start Rowing!

Wait for the clock to count down, and you see the word "Go!" before you begin racing.

If you pull the chain during the countdown clock, you will false start.

Missed Race Notice

4. If you miss the race start (because you false-started, were late connecting, etc., a red bar will appear with a message telling you that you've missed the start.)

If this happens, you will need to disconnect, set up your monitor for a 1000m, and race offline independently.

As soon as you finish racing, report your result manually on the ErgZone app. Do not send your results to us. You must enter it.

Completed Race

Hopefully, we will all be looking at a completed race screen after 1000 wicked-fast and painless meters!

GOOD LUCK!

THERE WILL BE TWO RACE START PRACTICE SESSIONS ON THE ERG ZONE APP TODAY, 7/15/23.

1 PM SESSION :

https://app.erg.zone/w/aPOnigW2R-yA9lB3G0Ed_Q

7 PM SESSION :

https://app.erg.zone/w/H7F_X89GRU2GX8cyeICLOg

KEY POINT:
THERE IS NO WARM-UP PERIOD ONCE YOU CONNECT TO
THE RACE ON THE ERGZONE APP.
"Moving once connected is bad."

Here's my suggestion for success:

- Set your drag factor and warm up offline.

- Put your handle in the cradle before you pick up your
phone to connect to the race. (Unless you are really good
at sitting motionless at the catch.)

- Five minutes or so before the race, connect to the SS1K
competition on the ErgZone race app by clicking the com-
petition event calendar.

- At 20 seconds remaining on the countdown clock, care-
fully lift your handle from the cradle without yanking the
chain and false starting.

- Wait for the yellow countdown clock to get to zero.

- GO!

You can false-start yourself out of the live race experience
if you're not careful. Don't do that!