

Competitors Time Trial instructions

A representative of every crew must report to Check-In at the Regatta NO LATER THAN ONE HOUR before the time trial. Crews will be provided with an Empacher-type bow number and linen number to be worn on the racing kit of the Bowman.

Crews should present themselves to the 100m Marshal as they would for a side by side race in good time for their start. The 100m and Bridge Marshals will send crews through the bridge as if they were to race normally.

The Umpire in the Start tower will allocate lanes and crews should turn as close as is safe near the stake boats. They should then move down their lane level with the Umpire in the catamaran who will start them by crew number, name or lane. Timing will commence once the crew crosses the 100m line. It is expected that the crews will race in lanes 2 and 3, but this is at the discretion of the Race Committee. There will be approximately a twenty second gap between crews. If a crew is being overtaken they should move into either lane 1 or 4 depending on their allocated lane giving way to the faster crew without impeding the other racing lane and the nearest Umpire (located 500m, 1000m, 1500m and 1950m) will instruct the crew to do so only if the cox has not anticipated the need. Strokes should communicate the need to move over to their cox. Once overtaken the crew should then return to their allocated lane. If it is deemed that a crew has impeded another crew or has left its lane in order to gain an advantage from conditions the Race Committee may decide to award a time penalty.

Once crossing the finish line crews should clear the area by returning to the rafts or may warm down by turning right and up into lane 9, returning down 7. **NOTE THIS IS A DIFFERENT WARM DOWN PATTERN TO SIDE BY SIDE RACING. All crews should consult the Circulation pattern for Time Trials on the website and at Registration.** All crews in lane 7 will give way to crews that have just raced returning to the rafts or transiting to Lane 9 to warm down. There will be an Umpire at 1950m in Lane 5 to supervise the flow and crews that have finished their warm down may be held in Lane 6 near the finish until a gap is available. **When in the finish area all crews should exercise extreme caution and paddle very light, preferably not full crew and be very aware of the proximity of other hulls.**

The warm down pattern shall return to the normal racing format after the last crew involved in time trials crosses the finish line. There will be an Umpire launch at 1500m in lane 5 during the time trial and any crew in doubt should seek confirmation from this launch.

If it is deemed that the warm down pattern is becoming unsafe all crews will be instructed to return straight to the rafts after racing without warm down. The Regatta Committee wish to offer the Warm Down facility, but not at the expense of the safety of all Competitors.