



2022 National Rowing Championships Time Trials – Instructions for Athletes, Coaches, Timing, and Umpires

Reference: 2022 NRC's Regatta - Time Trial Flow Pattern

As per the Technical Package, the 2022 NRC Regatta shall use time trials for all heats, for all events. The Time trials are scheduled for Friday 11th November – morning.

Time Trial Procedure

- Rowers will be marshaled in the Pre-race Marshalling area marked on the Time Trial Flow Pattern map according to event and in ascending numerical bow marker order - five minutes prior to the scheduled start of each event.
- The Pre-Marshall umpire will ensure that crews are in numerical order and ready to advance to the race course 2 minutes prior to the scheduled start of each event, and will assist the Marshal directing crews onto the course as they are called by the Marshal.
- Enter the course directly through lanes 1,2
- The Marshal will direct **even** numbered crews into Lane 2, and **odd** numbered crews into Lane 3.
- The Marshal will direct crews to start rowing towards the Start with the command “**Crew # - On the paddle**” in **40** second intervals. Crews will start rowing, building their power and speed to race pace when they cross the Start Line, at approximately the 100m mark. There will be 40 second intervals between boats in alternating lanes / 80 second intervals between boats within each lane.
- As the crews approach the Start Line, the Starter will announce “**Crew # - approaching the line**”. As the crews cross the Start Line, the Starter will say “**Go**”
- The Starter will be on a platform organized by the LOC that also supports the Timing Team who are responsible for recording the start time for each crew, as well as the starting order of crews.
- Umpires will be stationed alternating along the east and west sides of the course at the 500m, 1000m, 1500m, and 2000m points to monitor the races. Umpires will record the bow numbers as they row past and watch for failure of any crews being overtaken to give way to the overtaking crew in their own lane.
- **Overtaking:**
 - Even numbered** crews racing in Lane 2 shall give way to any crew also racing in Lane 2 that is overtaking them by *moving their boat to port into Lane 1*.
 - Odd numbered** crews racing in Lane 3 shall give way to any crew also racing in Lane 3 that is overtaking them by *moving their boat to starboard into Lane 4*.
- The Finish Judge will call out the bow number and crew name of each crew as it crosses the Finish Line, and sound the horn to signal to each crew that they have finished their race and can stop rowing.
- Crews must clear the Finish Area as quickly as possible after completion of their race. Crews may go to the Cool Down area, or may return immediately to land. Coaches please consult the ‘Time Trials’ and ‘Racing’ traffic patterns in effect at the NRC’s. These patterns are available on the Regatta Central website.

OC, 8 Nov 2022.