



2021 National Rowing Championships Time Trials – Instructions for Athletes, Coaches, Timing, and Umpires

Reference: 2021 RCA NRC's Regatta 1850m Time Trial Flow Pattern

As per the Technical Package, the 2021 NRC Regatta shall use time trials for all heats, for all events. Time Trials are scheduled for Friday morning starting at 08:30.

Note: As per the Sanction Application, the **Cold Water Protocol** shall be applied in **all** cases where any racing shell capsizes during all training or racing sessions, including any race preparation and warm-up between the docks and the Start Area. Every person in any shell that capsizes shall be removed from the water immediately and returned to the dock to dry off and warm up before they can continue to prepare for any further races. This protocol is in place for the health and safety of all athletes.

Steps

- Rowers will be marshaled in the Pre-race Marshaling 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-Marshaling 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.
- 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 “<Bow #> <Crew Name> **On the paddle**” in 30 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 30 second intervals between boats in alternating lanes / 60 second intervals between boats within each lane.
- As the crews approach the Start Line, the Starter will announce “<Bow #> <Crew Name> **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 400m, 800m, 1200m, and 1600m 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 Chief Judge at the Finish 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 [here](#).