

# Challenge West/BC Championships Regatta

## Time Trial Instructions

*There are over 100 boats racing in the time trial EACH day. It will be crowded on the docks and on the warm-up course. Please be efficient and SAFE.*

*For fair, safe, efficient racing it is critical that boats be familiar with the instructions below and LISTEN TO THE OFFICIALS.*

### **Bow Markers**

- Bow markers for the time trial MUST be picked up the day BEFORE the time trial (Friday for Saturday time trial; Saturday for Sunday time trial).
- Bow markers must be returned by noon on the day of the time trial.

### **Launching**

- Both docks will be open for launching, starting at 5:45 a.m., closing at 6:15 a.m.
- Boats are asked to launch in sequence so that everybody has a fair opportunity to warmup.
- YOUR BOW MARKER MUST BE ON YOUR BOAT BEFORE YOU STAND IN LINE TO LAUNCH. Oars must be on the dock or carried with the boat.
- Please launch quickly and efficiently as dock space will be at a premium.

### **Warm-up**

- Please familiarise yourself with the posted warm up pattern and adhere to it.

### **Time Trial**

- Time trial starts at 6:30 a.m.
- Boats marshal and will be started in bow marker. It is your responsibility to get yourself in order.
- A boat that misses its slot will be asked to start at the end of its group (e.g., a men's 2x who misses their slot will race at the back of the men's 2x's). If a boat misses its group, it will be eliminated.
- Officials will call each boat up to the line by bow number.
- The time trial is a ROW INTO, not a standing start. Boats should start rowing when they are called up to the line, and be at race speed when they cross the line. You will have about 5 strokes to row into the start.
- The start line for the time trial is 100m from the standard standing start line (the first 100 m of the course is marked by red buoys).
- Official will call "ON" as your boat crosses the start line.
- Please be in position and ready to go as the boat ahead of you crosses the start line.

- Boats will be started at 15 second intervals, alternating between 2 lanes (to be confirmed at Saturday and Sunday coaches' meeting).
- There is no finish line horn (because boats finish too close together). Please make sure you row past the orange buoys located just past the finish line.

### ***No Cooldown On Water***

- Please come DIRECTLY into the dock after you have finished the time trial, as boats for the heats cannot launch until boats from the time trial are in.
- Both docks will be available for docking up until 7 am.
- **Boats docking after 7 am must use the east (highway side) dock.**
- Please have someone available with your shoes to help you get off the dock quickly and efficiently.