

### **November High Performance Time- Trials – Racing Format (Lane Safety)**

It is important that all crews and coaches familiarise themselves with the correct racing procedure and patterns for the upcoming HP trials. Any changes due to weather conditions or water levels will be communicated at the safety briefing prior to racing.

**We are currently closely monitoring water levels at the NRC and this may mean slight changes to lanes being used so it is important that all crews intending to race are at the safety briefing on Saturday morning.**

- **Crews Going to start** – Crews are to use **Lane 7 going to the start** and proceed through the bridge keeping close to stake-boats and not the bank. From the 500m mark the water depth gets significantly lower so please keep closer to the buoys on your left-hand side of lane 7
- **Above the bridge** – Train in a clockwise direction. It is the crew's responsibility to be lined up in bow number order and be on time for their start time. If a crew is late, they will be put back to the end of that particular section and may at the discretion of the starter be disqualified from racing
- **Racing 1<sup>st</sup> 3k** – Crews will be called to the start and assigned a lane. Racing will take place in **Lanes 1 and 2 only**. Proceed through the buoys at the 2k finish and continue onto the 2k-3k course always keeping the line of buoys on your left. (These are the only lanes from which you will be able to safely access the 2-3k line.)
- **3k Finish** – Once you pass the 3k finish allow your boat to drift for at least 1 length before turning and then turn and get going again as quickly as possible. Any crews taking an above average time (TBC) to turn will be penalised by having time added to their overall result
- **Racing 2<sup>nd</sup> 3k** – Again be sure to keep the 3k to 2k line of buoys on your left at all times and once back onto the 2k course get into **lanes 4 and 5 only** to race back towards the start/finish line. (Lane 3 will be closed and with safety/coaching launches).
- **Crews crossing the 6k finish line** – Once crews finish racing keep moving and proceed slowly and safely into lane 7 (always being mindful of fast finishing crews coming towards you), move through the bridge and around the back of the bridge and back through the bridge and get into **lane 0** to paddle back to the NRC slips. (Any crew not following this cool-down pattern will be disqualified).
- Once you reach the 1500m mark you will be asked to stop and directed across by a safety official once safe to cross. (From 1k to 1500m be very careful not to go too close to the bank as gets shallow, again keep closer to line of buoys).

**Note Lane 3 & 6 will be closed off**

**Priority must always be given to racing crews so if warming up or cooling down please be mindful of this and stop until the crew racing has passed as not to create any unnecessary wash or safety concern.**

