

**High Performance Trials (20-21 November, NRC)**

**Running Order (Provisional)**

**Day 1 – Saturday**

- 08:00 - NRC Open
- Lightweight weigh-in (2 hours before your start time – see timetable tomorrow)
- 08:45 – Athlete safety briefing (Outdoors and wearing mask)
- 09:15 – Slips open for racing
- 10:00 – 6k time trial start
- 12:00 – 6k time-trial finish
- 14:00 – 16:00 – Course open for training if required
- 16:15 – NRC closed

\*Results and confirmed Sunday plan will be emailed to coaches and athletes by Saturday evening.

**Day 2 – Sunday – (Provisional and subject to change)**

- 07:00 – NRC Open (**No Briefing unless otherwise communicated**)
- Lightweight weigh-in (2 hours before your start time – see timetable Saturday evening)
- 08:15 – Slips open for racing
- 09:00 – 6k time-trial start
- 11:00 – 6k time-trial finish
- 12:00 – de-rig boats and depart
- 13:00 – NRC closed
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\*Results emailed to coaches Sunday pm.

**\*Please note the above running order is provisional and subject to change based on weather**

conditions, water levels, observations and results from day 1 etc.\*