

## ACRA TIME TRIAL PROCEDURES AND REGULATIONS

ACRA Regatta participants,

The Board of Directors, has implemented a time trial format for the first round of the 2018 Championships. Thank you for your support of this event:

### **PRE-RACE**

Bow numbers have been assigned. Bow numbers will be picked up at the regatta desk Friday evening and collected on the return dock by LLRC or ACRA volunteers.

The traffic pattern DURING THE TIME TRIALS will be the same as for the sprint races.

### **TIME TRIAL RACING**

#### Starting Order

Lane placements selected at “random” determined by using random.org which generates random numbers in what is recognized by most experts as the best option available.

#### Racing Format

Crews will row into the starting line of the time trial at the direction of the start area officials. Assemble in bow number order BEHIND the start docks. Pass through the start docks into your lane. Know your bow number. Crews must not stop prior to the starting line to perform a racing start.

The starting timers will be stationed on the course at a point that will make the time trial 1850 to 1900 meters. Odd numbered crews MUST use lane 5, alternating with even numbered crews using lane 2. The referees will start the crews 15 to 20 seconds apart, leaving 30-40 seconds between crews in each lane.

Lanes 3 and 4 are not to be used except in case of emergency.

Crews are responsible for maintaining their proper order and distance. Crews failing to maintain their proper position may be delayed, moved to the end of the starting order, penalized, or excluded.

Crews will have approximately 100 meters to build up to race pace. A crew's race time begins once their bow ball crosses the 1,900 meter start line.

#### *Passing:*

A crew being overtaken must yield to the outside lane to allow the overtaking crew to pass. Crews racing in lane 2 would move to lane 1, and crews racing in lane 5 would move to lane 6. Any crew failing to yield will be excluded.

Referees will give instruction in accordance with the USRowing Rules of Rowing.

#### *Broken Equipment:*

A crew experiencing broken equipment during the race should move to their specified outside lane.

### **POST RACE**

Crews must clear the finish area as soon as possible to avoid any following crews being obstructed. Then return to the docks using the standard traffic pattern

Results and progression information will be posted as quickly as possible after the completion of each event in the same manner as heat results in the past.

Progressions from the time trials are noted on the race schedule. For progression into semifinals, the lanes will be assigned by finish order.

Please make certain that all of your crews are aware of these details, and the regatta looks forward to your cooperation as we make this new approach work to the benefit of all participants. Thank you your ACRA Board.