

2011 Samsung World Rowing Cup - Munich
TIME TRIALS TEST

Instructions to Coaches and Crews

Flying Start (100m) Scenario

- Time Trials for all events will be raced on Friday 27th May.
- **For events with 13 and more entries** the Time Trials will replace the Heats. The repechages, quarter-finals, semi-finals and finals will all be normal side-by-side racing.
- **For events with 7 - 12 entries and less** (i.e. with no semi-finals), the Time Trials will be used only for the purpose of seeding. After the Time Trials, normal Heats will be held with the Draw and lane allocations based on the Time Trial results.
- Events with 6 and less entries will have Preliminary Races only and no Time Trials.
- The Time Trial Heats will be started at 6 minute and 5 minute intervals. Each heat will be a separate Time Trial.
- There will be two types of start:
 - (1) "Fixed start"
 - (2) "Flying start"

This document describes the process of **Flying Starts**.

For Flying Starts boats will not be held. All boats will use lane 7 for the Time Trial, each boat starting 30 seconds apart. Boats will be timed automatically as they pass through the 100m mark – they will race for 1900m.

The race will not be stopped for damage to equipment in the first 100m.

In the Draw for the Heats, the 2 seeded crews will be drawn in starting order 1 & 2 of each heat as they will start first and second in each Time Trial heat. Other crews will be drawn randomly to define the starting order. A Summary Start List will be produced showing the starting order for each crew.

Organisation

(See Traffic Rules Start Plans at Annex 2 (Flying Start))

- Boats should warm up and go to the Start following the normal Traffic Rules.
- Approximately 10 minutes before their race time crews should leave the warm-up area and move to the Preliminary Waiting Area near the 50m mark in Lanes 00 and 0 under the control of a Marshal. No additional warming up (involving turning) is permitted once crews pass through the 100m mark.
- Approximately 5 minutes before their race time crews will be instructed to move to Waiting Area 1 near the Start in Lanes 2 & 3 and wait for the instruction of officials. Boats should enter the Waiting Areas in starting order (order of bow numbers).
- Officials will instruct crews when to move from Waiting Area 1 to Lanes 5 and 6 (Waiting Area 2). All boats must be in Waiting Area 2 (lanes 5 & 6), at least 2 minutes before the start time.

- The Marshall behind the Start will instruct crews to come into lane 7 (the racing lane) approximately 1 minute before their start time. Crews must immediately follow the instructions of officials and be ready to race when they come into lane 7 (the racing lane). Boats must at all times be in their order of racing.

Start Procedure for Flying Starts

At the designated start time the Assistant Starter shall instruct the first crew, which shall be waiting between 30m and 50m in Lane 7 and ready to start, by saying:

“(Country)” – “Start Rowing”

The crew should immediately start paddling towards to 100m mark.

As the boat reaches the 80m mark, the Starter shall give the verbal command to the crew

“(Country)” – “Attention!” - “GO!”

The crew will be automatically timed as it passes through the 100m mark. There will be no light or flag signal given.

The following boats in the heat will then be started in the same manner approximately 30 seconds apart.

Overtaking Boats

If a boat catches a crew that has started before them, the slower boat in front must move aside into Lane 6 to allow the faster crew to pass. After the faster boat has passed them the slower boat must immediately move back into Lane 7. No boat shall hinder or cause interference to another boat which is passing them.

Umpires

- Umpires will be positioned in catamarans in Lane 6 at 500m, 1000m, 1500m and near to the Finish line. They will be responsible for checking that any overtaking by crews is carried out in the correct manner. Crews failing to give way to a faster boat or causing interference to another boat or failing to move back into their own lane after being overtaken may be penalised.