

## Time Trial Procedures for V4 and F4 with Coxswains

- After Thursday morning heats for all boats, a time trial course will be established.
- The course will be approximately 1750 meters long.
- An initial seeding for order of release will be based on last year's results with adjustments being made using results from EARC Sprints, Pac 10, Dad Vail, WIRA, and ECAC championship results. Seedings are not open to challenge.
- Odd numbered crews will be assigned to lane #5 and even numbered crews to lane #4.
- Lanes 3 & 6 will be used for crews who need to give way to an overtaking crew. Lane 5 crews will move right into lane 6 and lane 4 crews will move left into lane 3.
- Crews will be released from the staging docks in numbered order and will proceed toward the start in the same manner in which they would for a 2,000 meter race. All crews will proceed through the Route 130 bridge and make a full tour of the warm up area before returning to the area adjacent to the starting line. Crews will enter the starting area from the lane 1 side of the course and proceed as directed to their lane.
- Crews will be released at intervals of 20-30 seconds and are responsible for getting to speed by the start line. (No stopping for racing starts is allowed.) There will be a large red ball between lanes four and five approximately 100 meters above the start, a yellow ball at 50 meters and a green ball on the start line
- Upon finishing crews will need to continue paddling **DIRECTLY TO THE STAGING AREA** to clear the finish line for following crews.

R B  
 O 1 R  
 U 3 I  
 T 0 D >>>>  
 E G V  
 E V  
 V  
 V  
 V  
 V  
**START** V

**FINISH**

Lane 1	no crews in this lane	no crews in this lane
Lane 2	no crews in this lane	no crews in this lane
Lane 3	passing lane for even numbered crews	
	<b>RED BALL</b>	<b>YELLOW BALL</b>
Lane 4	Even numbered crew	
Lane 5	Odd numbered crews	
Lane 6	passing lane for odd numbered crews	

**STARTER PLATFORM**