

Head of the Molonglo

Instructions for Competitors



Bow Numbers

Bow numbers will be available at individual sheds from 6am.

The Course

The start will be from the white poles in front of the AIS boatshed with the first boat leaving at 7.00am.

After starting, competitors are free to row to the finish using the shortest line possible.

The finish line will be close to the entrance to Kingston Boat Harbor in East Basin.

The race distance is approximately 5500m.

A coaching boat will be at the boat harbour on the finish line.

Competitors will be alerted when they have crossed the finish line.

Rowers who arrive late for their start will be started at the END of the field.

Results

Results will be available on the Rowing ACT website shortly after the conclusion of racing.

Safety

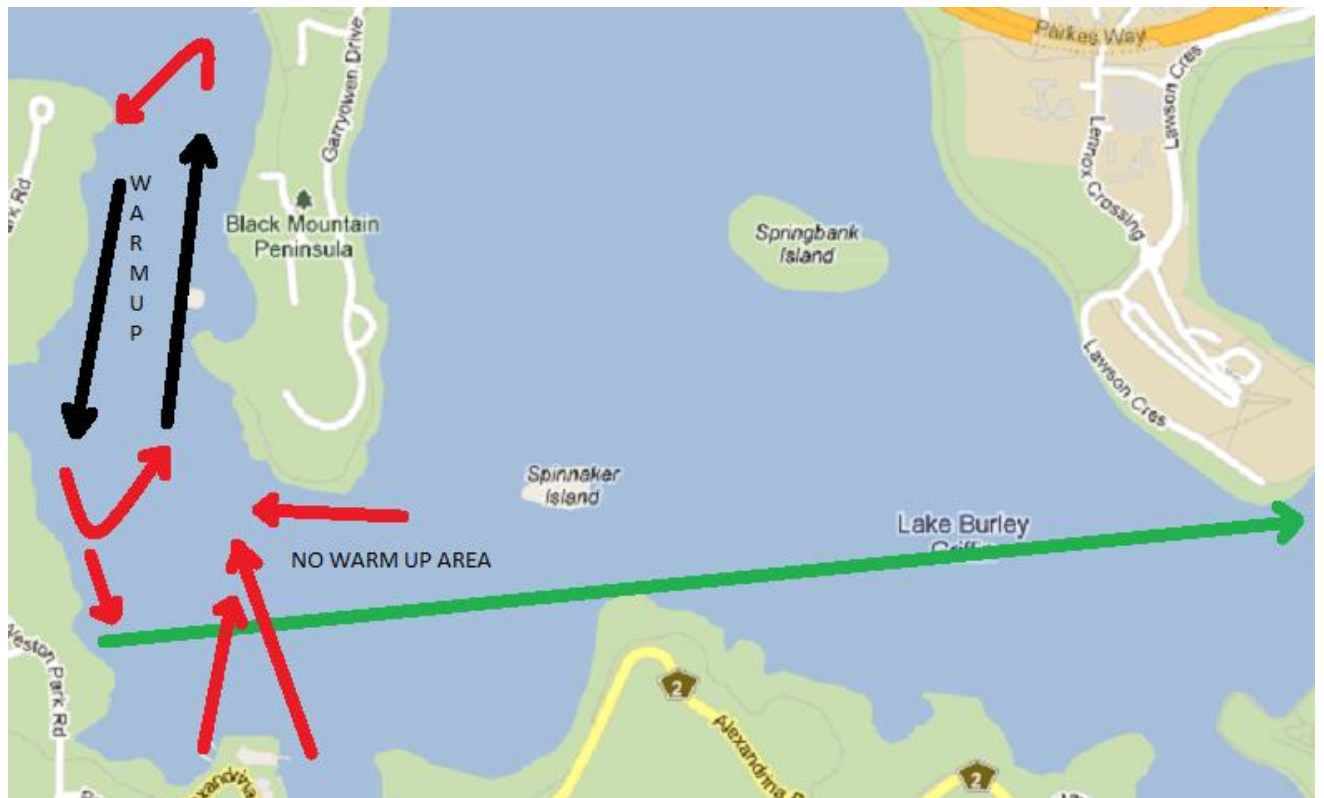
Safety marshals will be in positions along the course and in the warm up area in speed boats.

Non-competing rowers and coaches are asked to stay clear of the course during the time trial.

The area between Black Mountain Peninsula and Commonwealth Avenue will see competitors travelling towards East Basin on the wrong side of the lake between approx 7:00am and 8:00am. As a result, non-competing rowers must proceed with extreme caution and follow any instructions from safety marshals.

View map on following page.

Please see the map below which outlines the basic traffic flow during the time trial:



Red Arrows: Areas of extreme caution and **NO WARM UP**

Black Arrows: Warm up area

Green Arrow: Time trial course