2006 ACTAS NTC 5.2km Time Trials

ACTAS will be conducting long distance time trials during spring in preparation for the 2006/07 season. The distance will be approx. 5200m from Black Mtn. Peninsula to the entrance of Kingston Boat Harbour.

ENTRY

Racing in the time trials will be in singles. Pair entries will be included at the discretion of the NTC Head Coach in consultation with the athletes and coaches concerned. The format of the time trials may change according to the needs of the high performance program (particularly AIS). Those entering should consider that the trials are oriented towards the high performance program and, particularly for the Nov 11th trail, entry may be restricted.

Entries will be by email only (gordon.marcks@act.gov.au) and are to be received by:

5.00pm on the Tuesday prior to each time trial.

No late entries

TRIAL DATES (subject to change)

#1 Fri 15th September – single

#2 Fri 13th October – single

#3 Fri 10th November – single

* First boat will start at 7.30am
* Lightweights (men: 74.2kg, women: 60.4kg)
* Further instructions will be issued on close of entries.

Further enquiries should be directed to:

Gordon Marcks
Head Rowing Coach
ACT Academy of Sport
gordon.marcks@act.gov.au
Tel: 02 6207 4393 (BH)
Mob: 0407 787270
NTC Time Trial #3  
Fri 10th November 2006

**Bow Numbers**  
Numbers must be carried and will be available from the ACTAS shed from 530am Fri. Numbers will be given out when athletes weigh in on the morning. These must be returned as soon as possible after racing.

**Uniform**  
To assist in identification, rowers are to wear their club/state institute uniforms.

**Weigh-in**  
ALL athletes will be required to have their weight recorded. Weigh-in will be conducted at the ACTAS boatshed between 5.30-6.30am on Fri. Lightweights will be required to weigh-in at FISA average +6% (W=60.4, M=74.2)

**The course**  
The start will be at Black Mtn Peninsula, with the first boat leaving at 7.30am. All boats are to be on the western side (regatta course side) of the start line at that time. This is especially the case for rowers coming from ANU and Capital Lakes who can potentially collide with competitors who have already started. The finish line will be the entrance to Kingston Boat Harbour in East Basin. After starting, competitors are free to row to the finish using the shortest line possible.  
**Rowers who arrive late for their start may be started at the END of the field or excluded at the discretion of the starter.**

**Results**  
A full results summary will be circulated by email as soon as possible.

**Safety**  
Safety marshals will be stationed in front of Commonwealth Ave and Kings Ave bridges in speed boats. There will also be person on the large pontoon in front of the National Library. Non-competing rowers and coaches are asked to stay clear of the course during the time trial if possible. The area between Black Mtn Peninsula and Commonwealth Avenue will see the competitors traveling towards East Basin on the wrong side of the lake between approx 730am and 800am. As a result, non-competing rowers must proceed with extreme caution and follow any instructions from safety marshals.

**Friday - Singles**  
All athletes are to compete on Friday in singles.