



2009 ACTAS NTC 5.5km Time Trials

ACTAS will be conducting long distance time trials during spring in preparation for the 2009/10 season. The distance will be approx. 5500m from the AIS boatshed to the entrance of Kingston Boat Harbour.

ENTRY

Racing in the time trials will be in singles. The format of the time trials may change according to the needs of the high performance program (particularly AIS/ACTAS).

Those entering should consider that the trials are oriented towards the high performance program and, particularly for the Nov trial, 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 Wednesday prior to each time trial.

No late entries

TRIAL DATES (subject to change)

#1 Fri 25th September

#2 Fri 23rd October

#3 Fri 20th November

Further enquiries should be directed to:

Gordon Marcks

Head Rowing Coach

ACT Academy of Sport

gordon.marcks@act.gov.au

Tel: 6207 4393 (BH)

Mob: 0407 787270

NTC Time Trial #3

Friday 20th November, 2009

Entry

Entry is by email only to:

Gordon.Marcks@act.gov.au

And is to be received by 5pm on the Wednesday prior to the trial.

Competitors will race in single sculls ONLY.

National Selection Requirement

Athletes wishing to be considered for any 2010 national team must compete in the NTC time trials. Any athlete who is unable to compete, MUST request exemption from the trial to ACTAS and Rowing Australia PRIOR to the trial taking place. Athletes in this situation should contact the ACTAS Head Coach as soon as possible.

Bow Numbers

Bow numbers will be required and be available for collection from the ACTAS boatshed at during the weigh-in times.

Competitors should take note of the issued start order and assist time keepers by identifying themselves when asked.

Uniform

To assist in identification, rowers are to wear their club or state institute uniforms.

Weigh-in

ALL athletes will be required to have their weight recorded.

There will be scales at the ACTAS shed. This is to be done before racing and the scales will be available from 5.30-6.15am on Fri (lightweights see below).

Lightweights

Lightweight athletes will be required to weigh-in 1-2hrs before their scheduled start time.

Weight limits are at crew average +6%:

Men: 74.2kg

Women: 60.42kg

Any athlete who doesn't meet the weight target or fails to weigh-in within the time limit will be judged as an open weight athlete

Athletes with Disabilities (AWD's)

AWDs are to compete in the ACT time trials according to the equipment and competition restrictions applied by Rowing Australia to the National Championships. Any questions in this regard should be directed to the ACTAS Head Coach for clarification.

The race distance for AWDs will be approximately half distance with the finish being at the centre of Commonwealth Avenue Bridge.

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 moored to the boom near the entrance to the boat harbor which will be the finish line. Competitors will be told when they have crossed the finish line.

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

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 people stationed on the large pontoons 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 7:00am and 7:20am. As a result, non-competing rowers must proceed with extreme caution and follow any instructions from safety marshals.

More Information

Gordon Marcks

Head Rowing Coach

ACT Academy of Sport

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