

Jefferson Dad Vail Regatta

Time Trial Rules for Cooper River

Time trials may be run at the Dad Vail Regatta. Time trials run over 1900 meters, starting at the 100 meter mark and finishing at the 2000 meter finish line. Crews will start in alternating lanes (such as 3 and 4) at 20-30 second intervals between lanes. There should be a gap of between 40 to 60 seconds within each lane being used.

Crews will be lined up in bow # order above the 2000m starting line. Do not go below the 2000m starting line until instructed. The starter will call each crew to approach the time trial start (100 meter line). Even bow numbers will row in the even numbered lane and odd bow numbers will row in the odd numbered lane. Crews will row into the time trial piece. Timing for each crew begins when the bow ball crosses the starting line. Crews will have approximately 60 meters to get to race pace before crossing the 100 meter line to start their time.

If a crew is being overtaken by a trailing crew, they **MUST** yield to the outside lane. In the example of using lanes 3 and 4, lane 3 would yield by moving to lane 2. Lane 4 would yield by moving to lane 5. Crews must yield when the trailing crew is within 1 boat length. Once the trailing crew has completed their pass, the passed crew may return to their original lane.

Failure to yield will result in an exclusion for the crew failing to yield. Referees are stationed along the time trial course and are watching for failure to yield. The referee will **NOT** instruct a crew to yield. The failure to yield and resulting exclusion will be reported to the finish line. The excluded crew will not advance to any subsequent round of racing.

The time trial ends at the 2000m finish line. When a crew's bow ball crosses the finish line, the time for that crew is then recorded. Crews are then progressed to the next round of racing based on the ranked finish times and the published progression.

Please note at the start, crews will be told they "are on the course". There is no horn or indication made when the crew has crossed the finish line.

Bow numbers for time trials will be provided at registration. Bow numbers will be collected at the recovery dock.