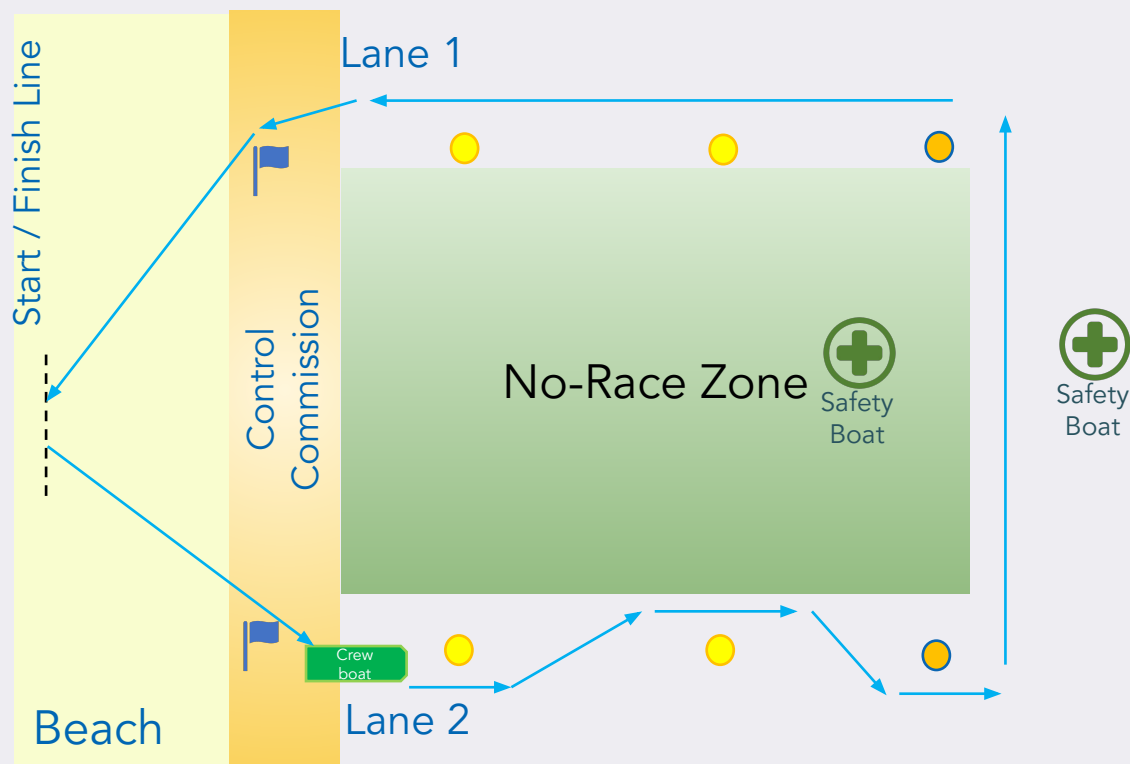




British Rowing Beach Sprints

Processional Time Trial and Side-by-Side Time Trial Courses - June 2022

TEAMWORK | OPEN TO ALL | COMMITMENT



Processional Time Trial

The Course

1. One of the crew will run from the start line straight to the boat on the water in Lane 2.
2. The crew will slalom out to the Turning Buoy (3rd buoy).
3. The crew will turn 90 degrees and row (approx. 25m) to beyond the Lane 1 Turning Buoy, and turn 90 degrees.
4. The crew will row straight back to shore in Lane 1, keeping outside of the slalom buoys.
5. Once on the shore one of the crew will run round the Lane Flag in lane 1, up the beach and to the finish line.

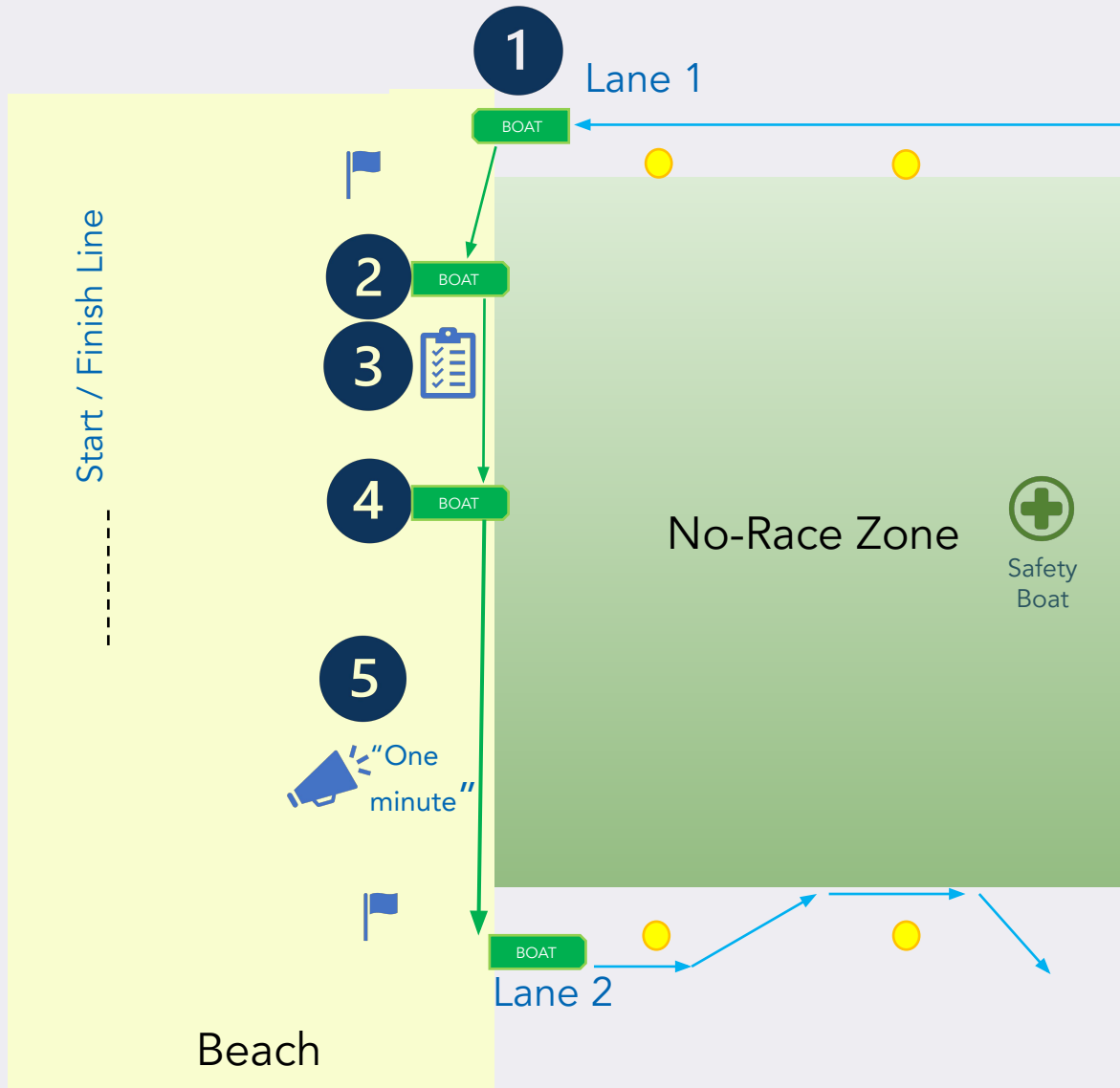
Boat Preparation

Racing crews should report at Control Commission (CC) to be allocated their boat before the race starts. Once racing has started, crews should be ready in Control Commission to receive their boat and prepare it for their race. The crew and their boat handlers will have approx 2 mins to prepare their boat and move it to lane 2 before the start of their race.

Note: The water area inside the Lane Flag, slalom buoys and Turning Buoys is termed the No-Race Zone, except for the area a crew is to slalom-out in Lane 2. This No-Race Zone area is for crews that have equipment failure and/or are retiring from the race. A racing crew entering this area with their hull, other than for the above reason, may be awarded a penalty.

Boat Preparation

Diagram of Boat Movements



- 1** Crews finishing will exit the boat without hesitation so that the boat can be prepared for the next allocated crew.
- 2** The boat will be turned (bows facing water) and placed on the shore by the OC Boat Helpers.
- 3** The crew that is due to use this boat will be instructed by a Control Commission Umpire to start preparing the boat.
- 4** The crew have approximately 2 minutes to prepare the boat. Crews must have their own Boat Handlers to help them move their boat into the start position.
- 5** One minute before their Race Time the crews will be under the Starter's orders and take their boat to the water. Any crew delaying without good reason will risk the Starter starting without them. The Runner must be on the Start Line.

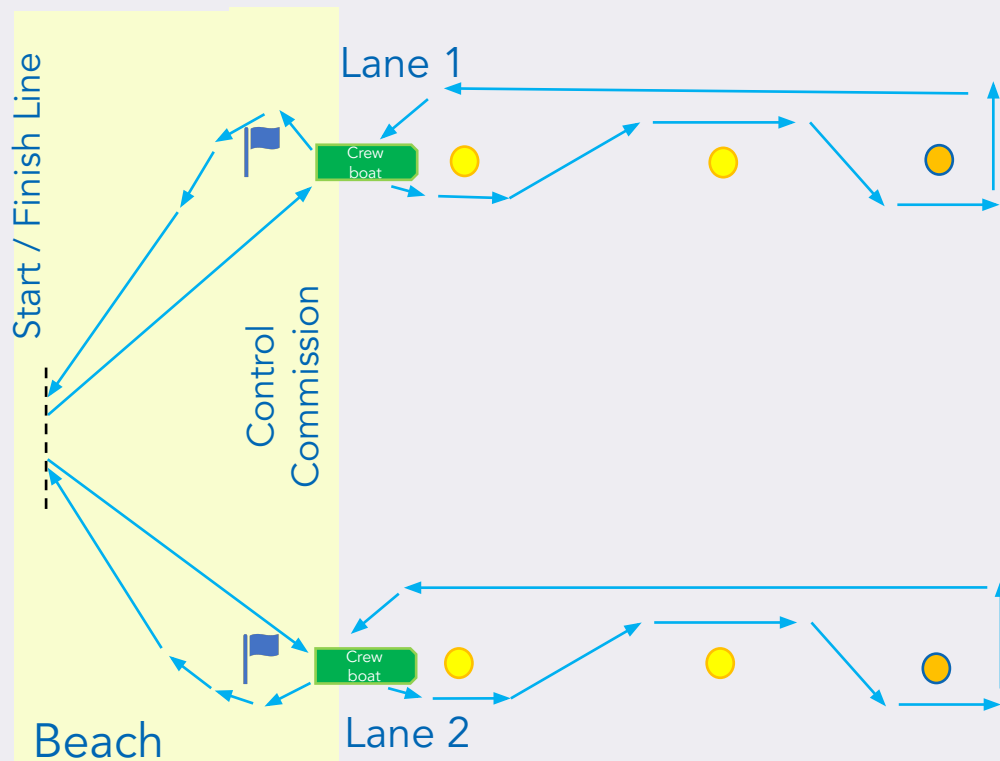


Processional Time Trial

Instructions & Rules

The following Instructions and Rules for the Processional Time Trial are in addition to the British Rowing Rules of Racing:

1. Crews must be ready to race at their allotted Race Time.
2. Crews must have their Boat Handlers ready to enter Control Commission area to prepare and move their boat to their start position.
3. A crew being overtaken must give way to the faster crew including giving room to the faster crew around the Turning Buoys.
4. Crews must complete the course as prescribed in the diagram.
5. Crews must not row in the No-Race Zone unless they are experiencing an equipment failure and/or are retiring from the race.
6. The Runner will run from the Start Line directly to their boat. On the return, the Runner must run round the Lane Flag.
7. Times will be published once all crews have completed their Time Trial.



Side-by-Side Time Trial

The Course

Side-by-Side Time Trials shall follow the format as prescribed in Appendix F2 of the British Rowing Rules of Racing.