

### **Instructions for time trial on Sunday**

- Aim of the day is to have fun and do some racing
- The chance of having this on a more regular basis through winter and lock-down relies on everyone doing their part and following instructions
- Please obey river rules and respect other river users
  - o RIVER RIGHT at all times!
  - o Counter clockwise turns – right to left
- Start of the course is outside the Club on the right facing downstream

#### **Start order**

9am Div 1,2 and 3 on the water

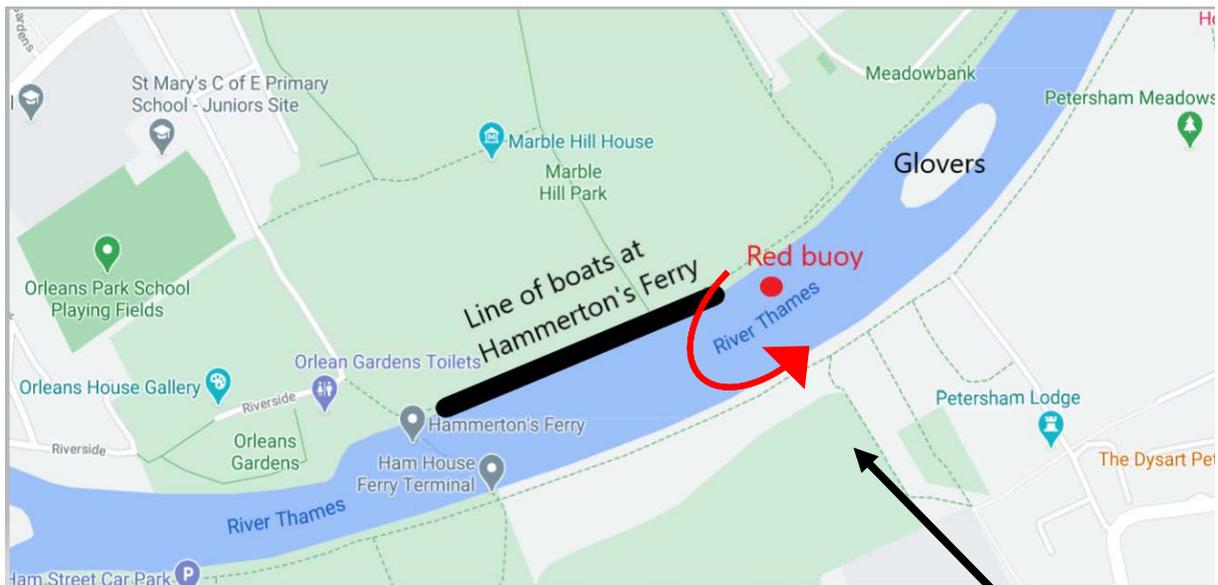
9:05 Div 4, 5 and 6 on the water

9:10 Div 7, 8 and 9 on the water

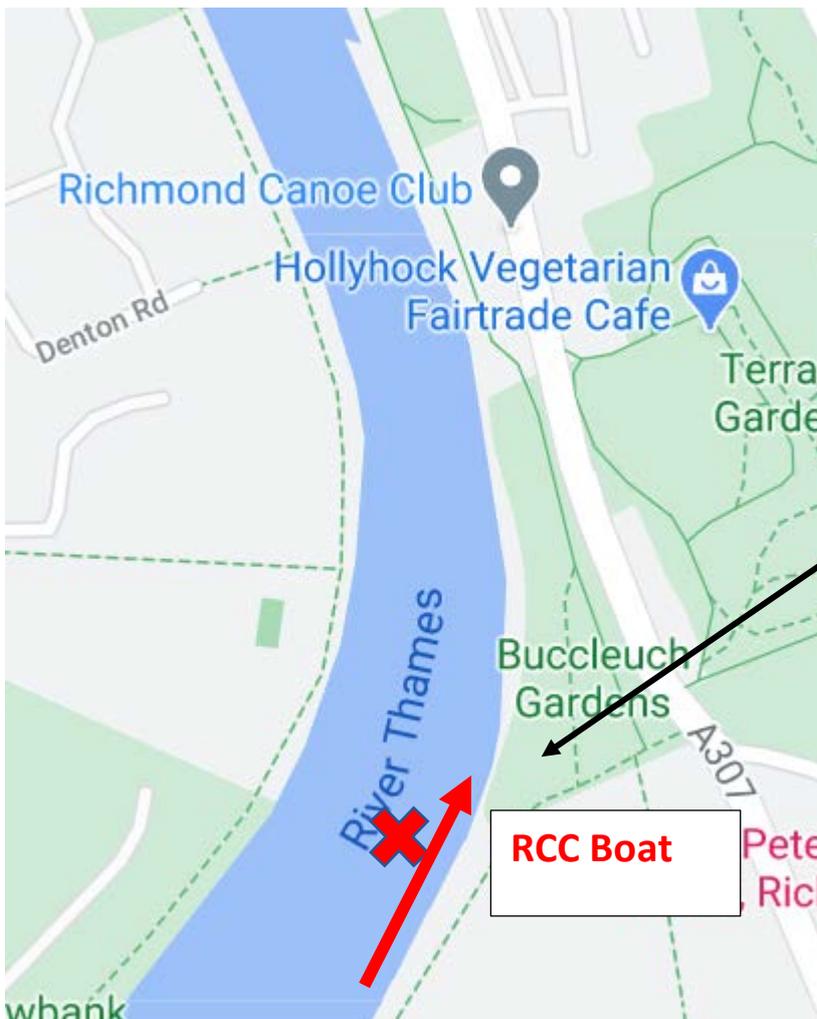
9:15 Starts in Div order starting with Div 1 – check black board on the day for starting groups i.e. combining divisional starts

You will be called to the start from upstream

- Beware of the small floating platform at the bottom of Corporation island
- NO sneaking on the left of Glovers on the way downstream – there will be a RCC boat on the bend and you will need to go right of it as you go downstream
- Please be cautious of numbers on the foot path and pontoon – we will monitor the pontoon so please listen to the marshals as to when you can get on to the water
- When getting off the water please paddle to the bottom of the boats on the right after the RCC pontoon and queue in an orderly manner between the boats and the bank to get out
- One-way system around the club – up the stairs at the back of private boatshed and out through the clubhouse, along the balcony and then down the outside stairs – NO EXCEPTIONS
- Change rooms will be open, please arrive changed. Quick change after the paddle, NO SHOWERS, and only enter the change room if there is a free white cross on the benches.
- Remember to bring your own mug for tea afterwards and a water bottle

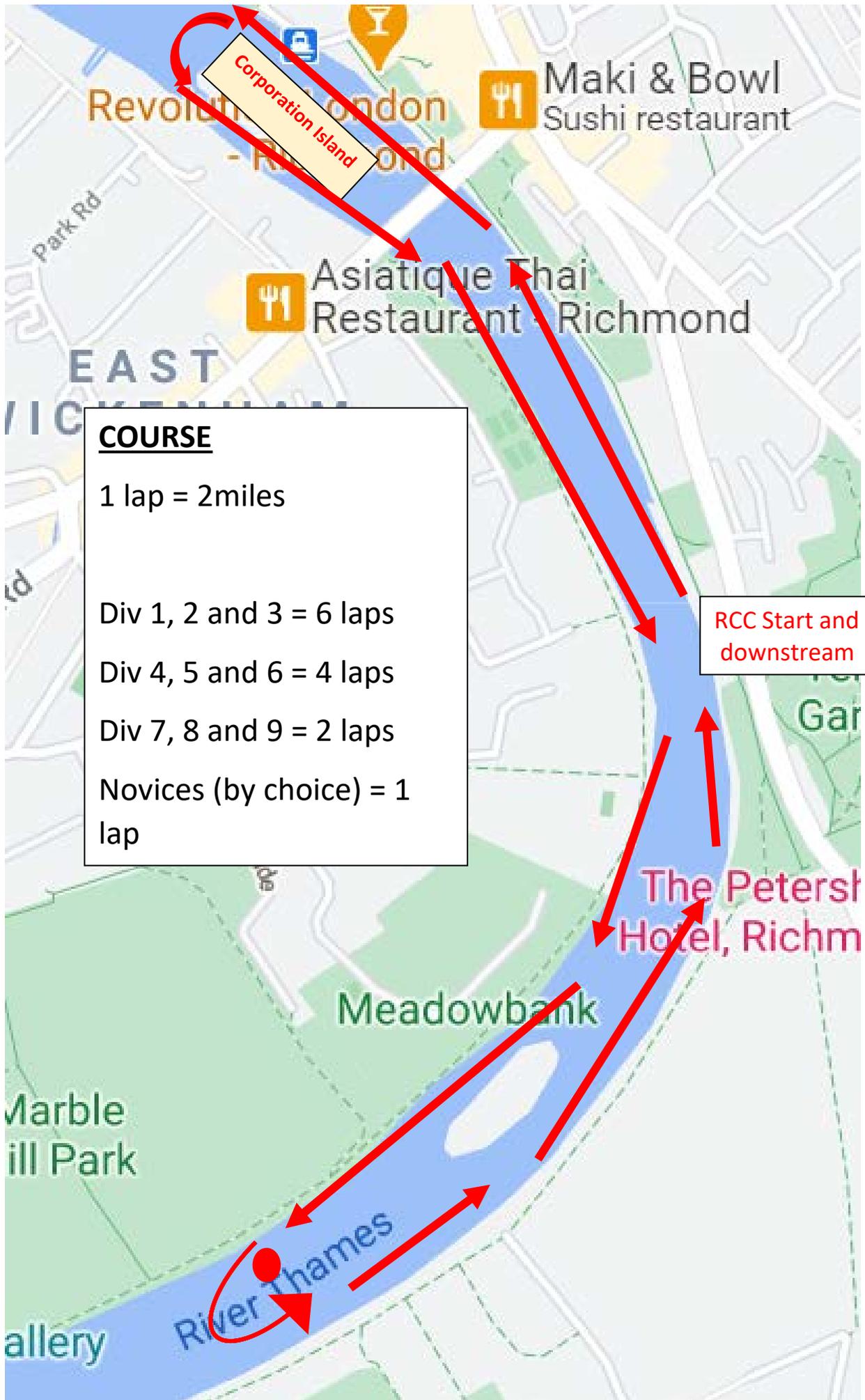


Left turn around buoy just below Hammerton's Ferry pontoon



On the downstream course NO paddling on the left of Glovers. There will be a boat as marked on the left and ALL boats are to pass on the right of the RCC boat.

**RIVER RIGHT!!!**



**COURSE**

1 lap = 2miles

Div 1, 2 and 3 = 6 laps

Div 4, 5 and 6 = 4 laps

Div 7, 8 and 9 = 2 laps

Novices (by choice) = 1 lap

RCC Start and finish – downstream