

## TIME TRIAL PROTOCOL

2023 INTERSTATE STATE TEAM  
ROWING SOUTH AUSTRALIA

Please Note: Rowing South Australia ("RSA") will review this policy by no later than October of each year but may review and update the policy at any time and the publication or notification shall take effect in accordance with the RSA Selection Policy.

### **BACKGROUND**

The [RSA State Team Selection Policy](#) outlines the broad selection criteria for all rowers and coxswains and can be viewed on the [RSA website](#). This document operates as an appendix to the Selection Policy and outlines the procedure and protocol for SA based 'Closed' Time Trials.

### **TIME TRIAL ENTRIES**

Entries close the Wednesday prior to the Time Trial at 9am.

Entries must be submitted online through [Rowing Manager](#).

Closed Time Trials are only available to nominated athletes for either the Australian Teams or the Interstate State Team. Therefore, athletes must have submitted their nomination prior to the close of entries.

It is the responsibility of the athlete and their coach to enter the Time Trials. Late nominations/entries will not be accepted.

### **EVENT**

On the day of the Time Trial athletes must follow the protocol below.

1. **Weigh In** - Athletes are required to weigh in 1-2 hours prior to the first race. Weigh in will be in the SASI boatshed bay. Athletes are required to wear their zootie during weigh in.
  - a. **Lightweights** - Lightweight athletes must meet the minimum weight requirement as stated in the Lightweight Event Requirements. These weights are in line with the Australian Team Event Requirements.
2. **Collect Bow Number** - After weighing in, athletes will need to collect their bow number beside the weigh in station.
3. **Club/School Zootie** - Athletes are required to wear their club or school zootie for the Time Trial.
4. **Briefing** - Athletes are required to attend the mandatory safety briefing which is held 1 hour prior to the first race out the front of the SASI shed.
5. **Start** - Athletes are required to row around the back of the island up to the top of Bower Road. Athletes should get in the correct order and move up to the start line. Time Trials are a running start. One marshal will get you to go and another will inform you have started as you cross the start line.
6. **Race Protocol** - Athletes are required to follow course patterns as the course is not officially closed. To the best of their ability athletes should remain on the left of the course. Athletes must go under the bridges either on the left most arch or the centre arch. Any athlete who goes through the right-side arch will be disqualified and no time will be taken. Athletes must give way to overtaking boats.

### **DATES**

Activity	Type*	Date
October Time Trial Entries Close		9am 19 <sup>th</sup> October 2022
October Time Trial	Encouraged	22 <sup>nd</sup> October 2022
November Time Trial Entries Close		9am 16 <sup>th</sup> November 2022
November Time Trial	Encouraged	19 <sup>th</sup> November 2022
December Time Trial Entries Close		9am 14 <sup>th</sup> December 2022
December Time Trial	Mandatory	17 <sup>th</sup> December 2022

\*Please note the type is only regarding the Interstate State Team requirements. Those who have nominated for an Australian Team will need to follow their Event Requirement list as to whether the event is mandatory or encouraged.