



Time Trials

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It reflects the Rules of Rowing in effect January 31, 2025

- Introduction
 - Definition
 - Circumstances
- Format of Time Trials
- Conditions under which Time Trials shall be used
- Conducting Time Trials

Definition:

A **time trial** is a race in which crews are started one after the other, whether in one or more lanes, and where the result is determined by the time taken by each crew to complete the course.

When do we use Time Trials?

- As part of the WR Progression System:
 - Case 11: 61 and more entries – The first round shall be in the form of one time trial for all crews;
- As a contingency in place of the WRPS
 - Contingency arrangements for weather conditions when no reasonable alternative is available under the Rules .
 - To recover lost time in a regatta by omitting one or more rounds and replacing with time trials.

Format

- Time trials should normally be run in individual heat format.
 - to minimise the time between the first and the last crew.
- maximum of 6 crews in each race
 - to provide the most equal conditions for all crews.

Exceptions



Exceptions:

- a) where the Progression System (>60 crews) requires one time trial for all crews in that event.
- b) where time has been lost so one or more rounds must be cancelled. In such case all remaining crews in a group (e.g. heats, or quarter-finals ABCD) shall compete in one time trial race.

Starting Order and Frequency of Crews Starting

Case A) As one time trial for all remaining crews

HEATS:

1st → highest seeded crew

2nd → second highest seeded crew

...

n → last seeded crew

n+1 → random draw between the other crews, supervised by a member of the jury.

QF, SF, F:

Start order: according to their placings in the previous round.

Same placing → supervised random draw.

Successive crews in a race shall be started at between 30 and 45 second intervals or as close thereto as possible.

Starting Order and Frequency of Crews Starting

Case B) As individual heats

HEATS:

1st → highest seeded crew

2nd → second highest seeded crew

3rd in the order of their lanes as given

from the official draw.

QF, SF, F:

Start order of each separate race: according to their placings in the previous round.

Same placing → supervised random draw.

Successive crews in a race shall be **started** at between **30 and 45 second intervals.**

Each separate race shall be started at not more than **five-minute intervals.**

Method of Starting and race distance

International regattas: with suitable timing facilities → “flying start”

Crews start rowing before the 100 meters point and their time is taken from that point to the time they reach the finish line. → Distance \geq 1.900 m.

WR Championship, OG, PG, relevant qualification or/and WR Cup regattas →

From a fixed start using the normal start and timing system.

Where there is an automatic start system installed this shall not be used for time trials. → Distance = 2.000 m.

Number of lanes

In principle two adjacent lanes:

Decision of Fairness Committee (PoJ in the case of an int. regatta) it is also their decision to leave a vacant lane between them.

If Fairness Committee decides that two lanes are not equal, then one lane only will be used.

Equal preparation:

If 2 lanes are used → same conditions for all crews (warm up facilities, etc.).

Equal time to move on to the Start → The first crew or crews to race in a time trial should not be allowed more time than subsequent crews in that time trial.

Conditions to use TT

- a) **Unrowable conditions:** The PoJ shall determine when conditions are, or are about to be, unrowable.
- b) **Unequal conditions:** Fairness Committee shall determine when conditions are unequal. (PoJ at international regattas)

Except where used as part of the World Rowing Progression System, **time trials shall not be used where other alternatives are available.**

General principles

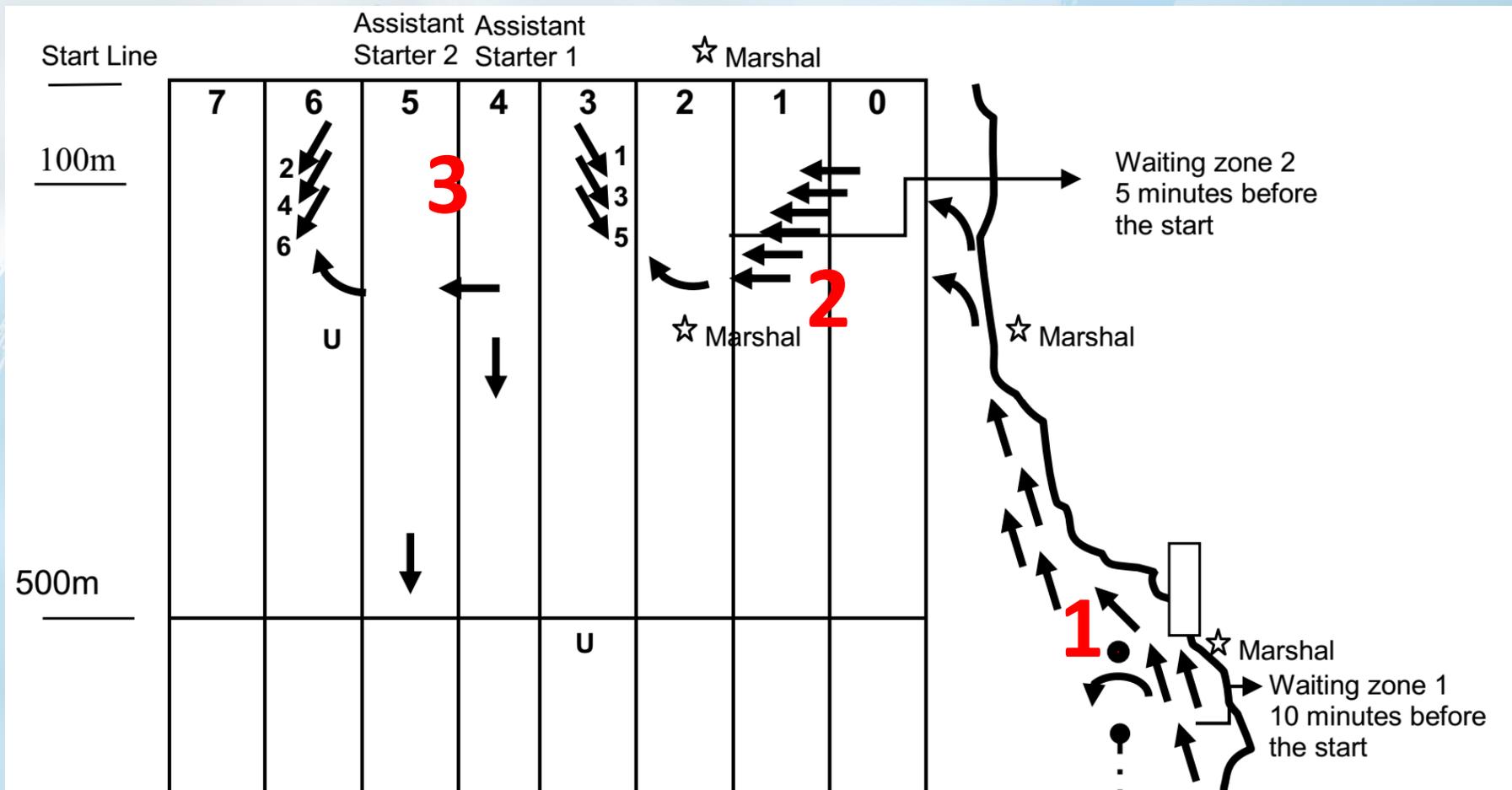
- approx. 30 seconds (60 seconds for para-rowing events) interval between 2 crews.
- 1 or (max.) 2 (adjacent) lanes to be used.
- Crews can take their lanes a maximum of 1 minute before their start time.
- Fixed start or flying start.
- If seeded, the seeded crews will start first in seeding order.
- If a crew is caught by any crew that starts behind them, they must move out of the lane and once been overtaken they must move back into the original lane.
- Finish times for crews are recorded in the highest accuracy that the timing system will record.

Jury tasks

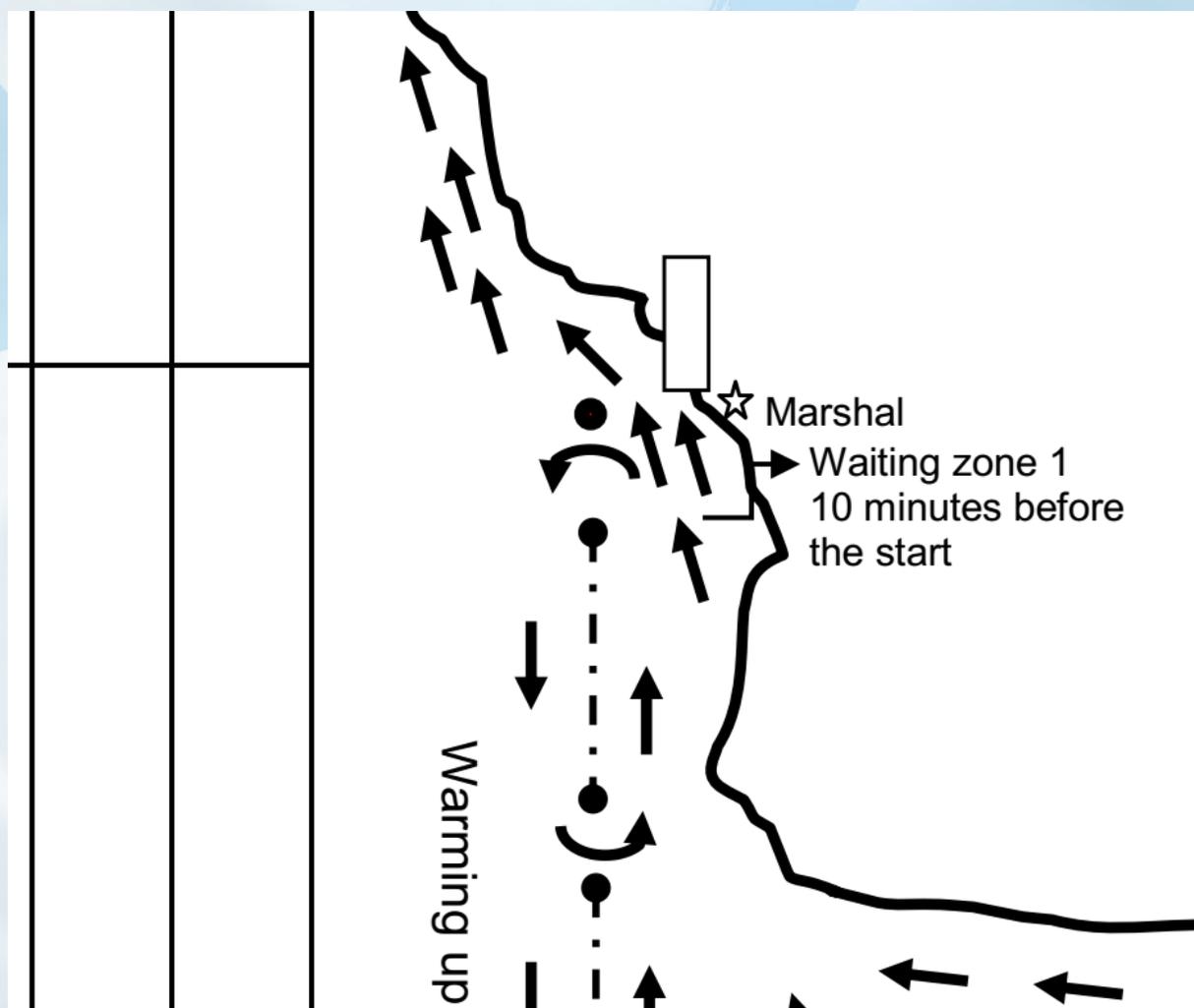
- Starter and 2 assistant starters
- Judge at the Start
- Marshalls
- Preparing the crews
- Umpires in fixed position (no movement of launches)
- Judges at the Finish
- Control commission

Time Trials

Conducting TT



ZONE 1

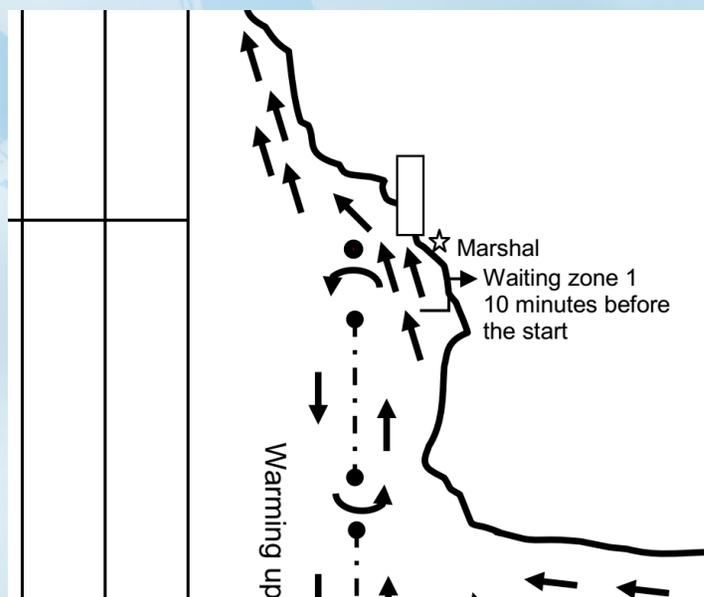


ZONE 1

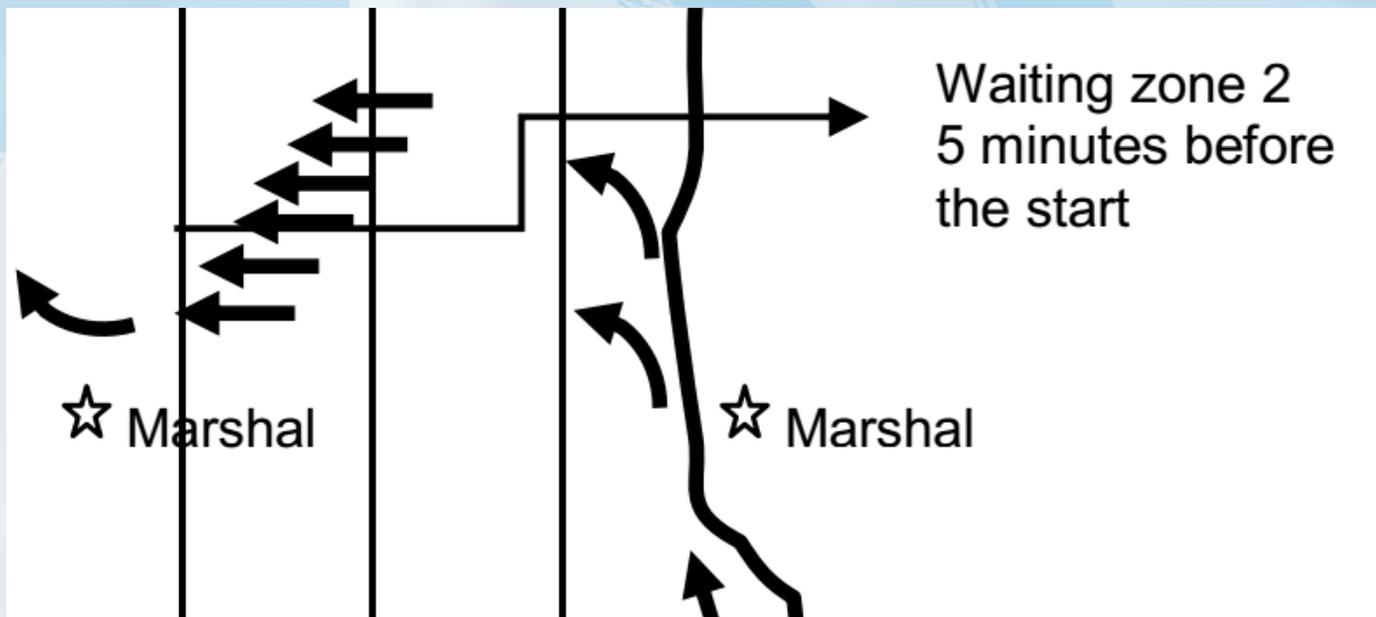
Main tasks:

Collecting crews Start Time (ST)
+ 10 min & send them to
ZONE 2

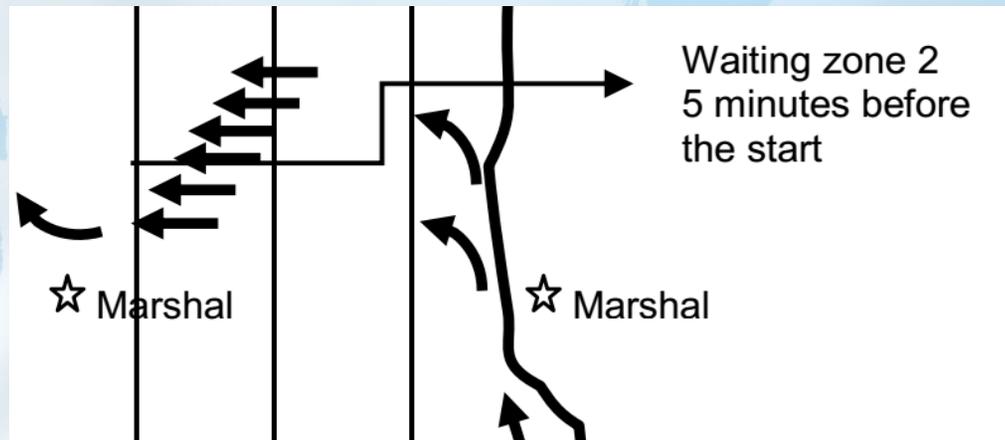
Observing crews ST + 15 min
& starting to collect them



ZONE 2



ZONE 2



Main tasks:

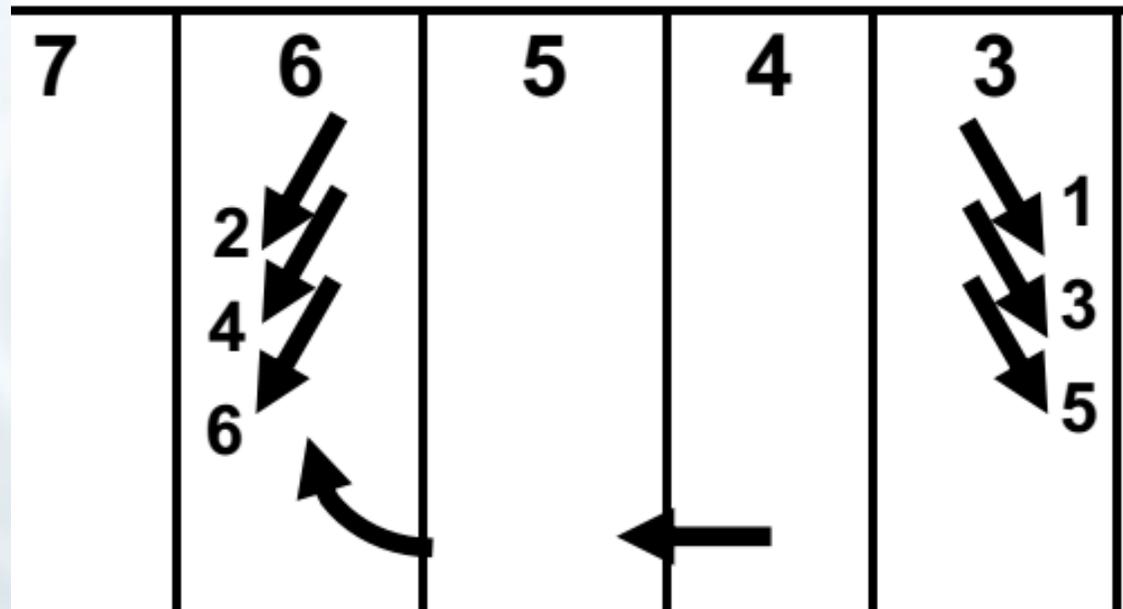
Splitting crews in 2 groups 1-3-5 & 2-4-6 and putting them in “lane”-order

After last crew of previous race has started send the crews 2-4-6 to lane 6 and crews 1-3-5 to lane 3

ZONE 3

STARTER

Assistant Starter 2 Assistant Starter 1

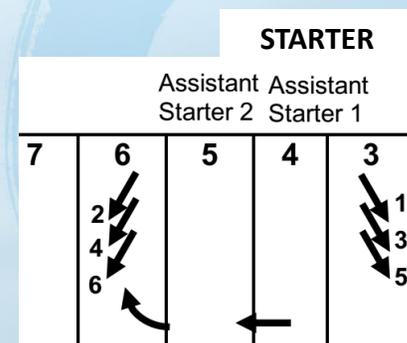


ZONE 3

Main tasks:

Assuring boats are directed with bow towards finish

Giving the go to get attached (max. 1 min before their start)



Judge at the Start & aligner

- “Continuous” alignment.
- Clear instructions by mentioning each time the lane.
- Goal: being correctly aligned within 30 sec.
- Turning on (and switching off) the white light for each crew.
- Communicate started bow number to finish (person to be defined).

Time Trials

Conducting TT: Fixed start -2 lanes-



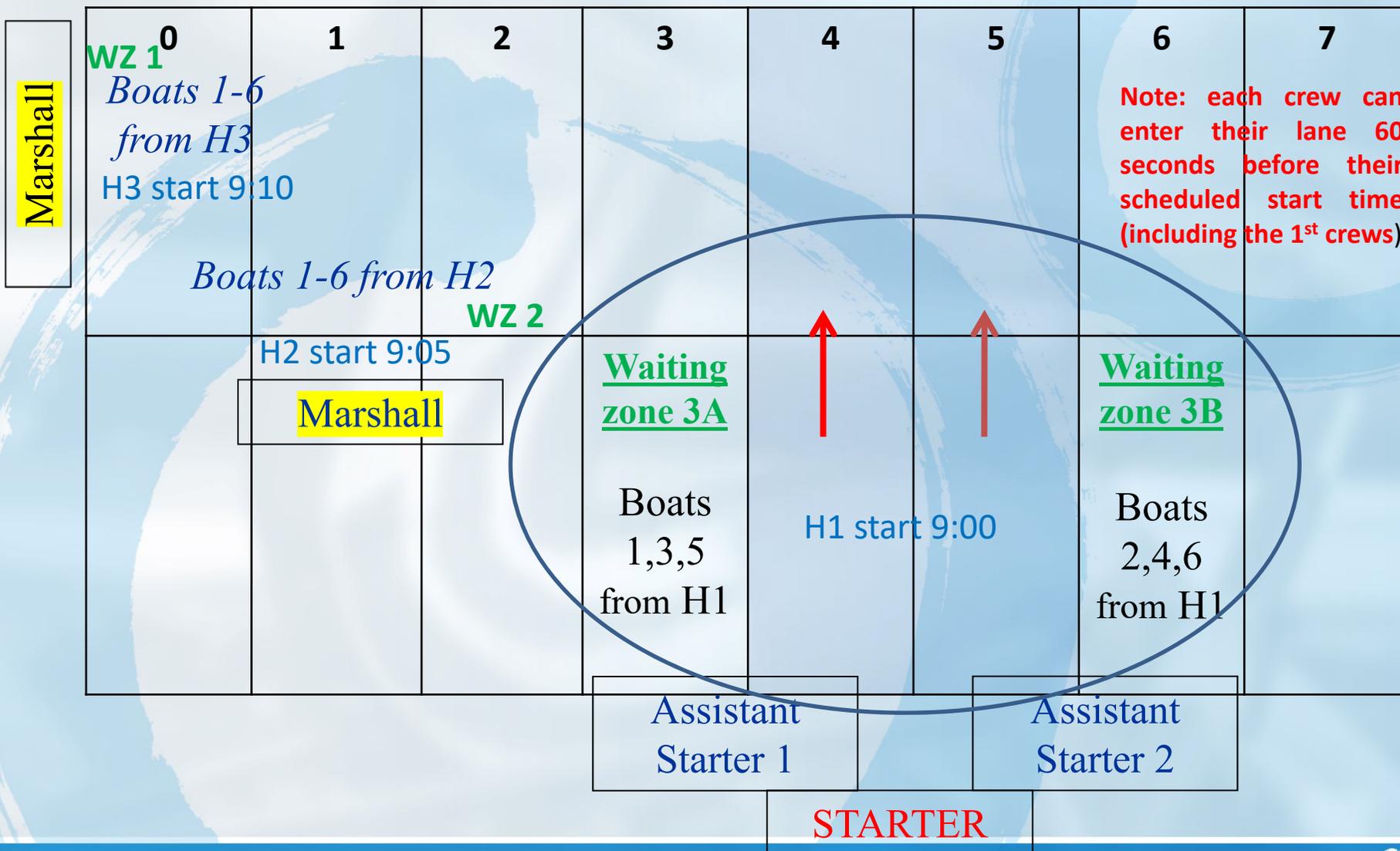
Normal alignment

Starter

- Concentrate on the start procedure for the particular race
- “2 minutes” before 1st crew of each race
- Afterwards to each crew (at their particular start)
 - Crew name
 - **“ATTENTION”**
 - **RED LIGHT**
 - **GREEN LIGHT**
- Green light switches off by itself after 15 seconds.
- Green light can be switched off manually.
- If delay (for whatever reason) catch back time slowly.

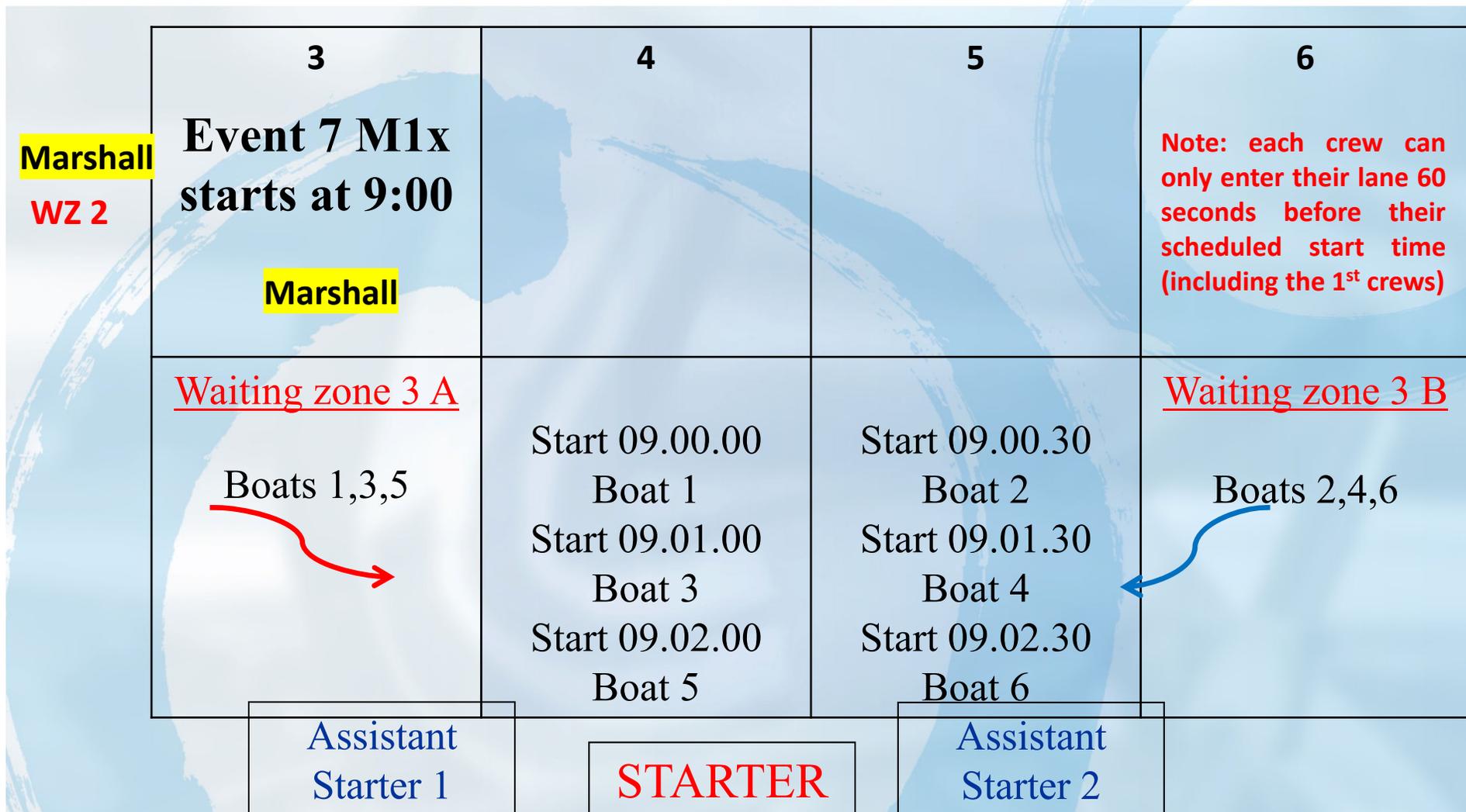
Time Trials

Conducting TT: Fixed start -2 lanes-



Time Trials

Conducting TT: Fixed start -2 lanes-

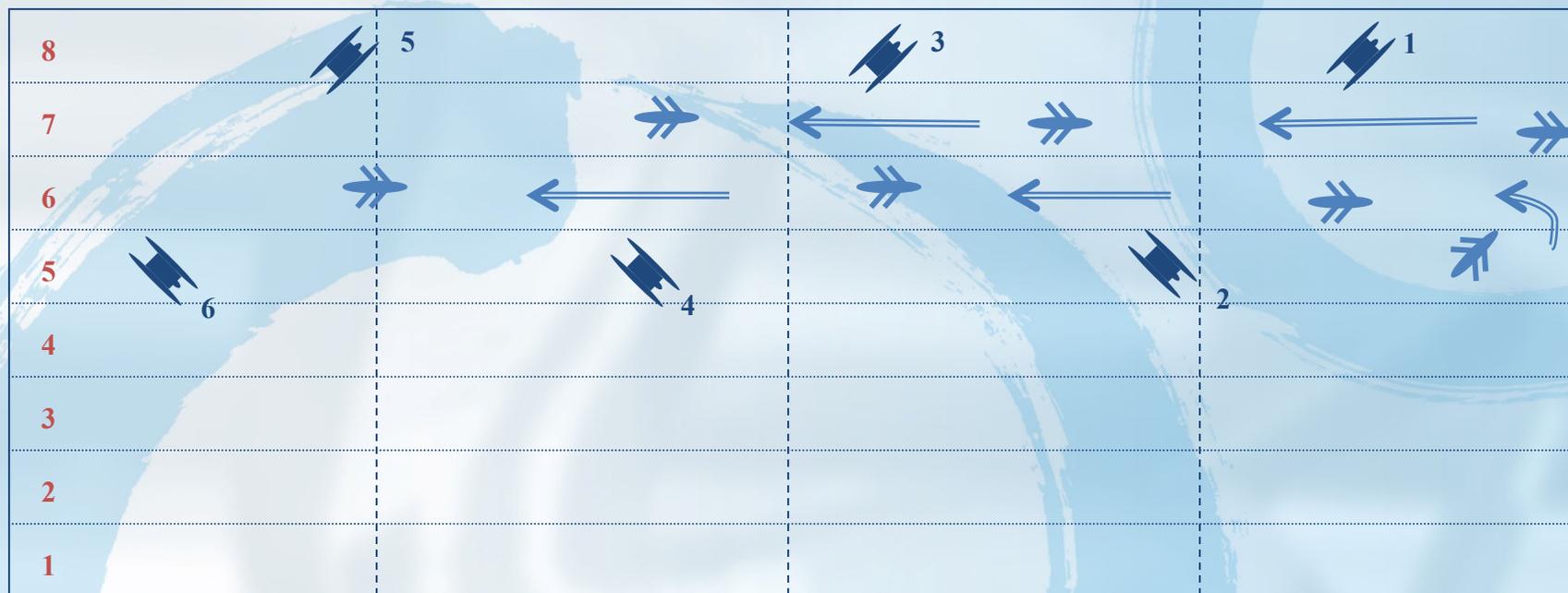


Preparation



Time Trials

Conducting TT: rotation umpire boats



finish

1500

1000

500

start

- A time trial may use 1 or 2 lanes.
- The Umpires are stationed along the course.
- The Umpires observe the crews and take any appropriate actions.
- Do not block distance markers for athletes or media.

Example of Time Trial Using 1 lane



TIME TRIALS

Thank you !