

APPENDIX R8		
Version 2024	Proposed Changes 2025	Comments
Time Trials – Bye-laws to Rule 62	Time Trials – Bye-laws to Rule 6263	Update Rule number.
TIME TRIALS		
1) Definition of Time Trials	1) Definition of Time Trials	
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.	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.	
2) Circumstances in which time trials shall be used as part of, or in place of, the World Rowing Progression System	3) Circumstances in which time trials shall be used as part of, or in place of, the World Rowing Progression System	
<ul style="list-style-type: none"> a) As part of the World Rowing Progression System (Appendix R7) Case 13: 49 and more entries – The first round shall be in the form of one time trial for all crews; b) As a contingency in place of the World Rowing Progression System <ul style="list-style-type: none"> i) Contingency arrangements for weather conditions when no reasonable alternative is available under the Rules (for example, Heats, where reallocation of lanes is not allowed and/or where there is not enough time to delay racing); ii) To recover lost time in a regatta (caused by adverse weather or other conditions) by omitting one or more rounds and replacing with time trials. 	<ul style="list-style-type: none"> a) As part of the World Rowing Progression System (Appendix R7) Case 13: 49 and more entries – The first round shall be in the form of one time trial for all crews; b) As a contingency in place of the World Rowing Progression System <ul style="list-style-type: none"> i) Contingency arrangements for weather conditions when no reasonable alternative is available under the Rules (for example, Heats, where reallocation of lanes is not allowed and/or where there is not enough time to delay racing); ii) To recover lost time in a regatta (caused by adverse weather or other conditions) by omitting one or more rounds and replacing with time trials. 	Verify the new progression Case numbers
SECTION A. FORMAT OF TIME TRIALS	SECTION A. FORMAT OF TIME TRIALS	
3) Format of Time Trials	3) Format of Time Trials	
Time trials should normally be run in individual heat format to minimise the time between the first and last crews starting and finishing, with a maximum of	Time trials should normally be run in individual heat format to minimise the time between the first and last crews starting and finishing, with a maximum of 6 crews	

6 crews in each race, so as to provide the most equal conditions for all crews.	in each race, so as to provide the most equal conditions for all crews.	
EXCEPTIONS –	EXCEPTIONS –	
a) where the Progression System (>48 crews) requires one time trial for all crews in that event; <u>and</u>	a) where the Progression System (>48 crews) requires one time trial for all crews in that event; <u>and</u>	
b) where time has been lost due to unrowable or unfair conditions or other reasons and there is not enough time to run all usual rounds before the finals, 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 processional race.	b) where time has been lost due to unrowable or unfair conditions or other reasons and there is not enough time to run all usual rounds before the finals, 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 processional race.	
4) Starting Order and Frequency of Crews Starting	4) Starting Order and Frequency of Crews Starting	
a) As one time trial for all remaining crews If the time trial is for the first round of racing (heats), the highest seeded crew starts first, followed by the second highest seeded crew, etc., and after all the seeded crews then the remaining crews shall start in order of a random draw, supervised by a member of the Jury, made explicitly for this purpose. If the race is for a subsequent round (repêchage, quarter-final, semi-final, final) the crews shall start in order according to their placings in the previous round. Where two or more crews have the same placing in the previous round then there shall be a draw, supervised by a member of the Jury, to determine their starting order. Successive crews in a race shall be started at between	a) As one time trial for all remaining crews If the time trial is for the first round of racing (heats), the highest seeded crew starts first, followed by the second highest seeded crew, etc., and after all the seeded crews then the remaining crews shall start in order of a random draw, supervised by a member of the Jury, made explicitly for this purpose. If the race is for a subsequent round (repêchage , quarter-final, semi-final, final) the crews shall start in order according to their placings in the previous round. Where two or more crews have the same placing in the previous round then there shall be a draw, supervised by a member of the Jury, to determine their starting order. Successive crews in a race shall be started at between	If the proposed World Rowing Progression System is approved, then “repêchage” may be deleted. If not approved it will be retained.

<p>30 and 45 second intervals or as close thereto as possible.</p>	<p>30 and 45 second intervals or as close thereto as possible.</p>	
<p>b) As individual heats If the time trial replaces heats then in each separate heat the highest seeded crew shall start first and the second highest seeded crew shall start second. The remaining crews shall start in the order of their lanes, as given from the official draw. If the time trial is for repêchages, quarter-finals, semi-finals or finals then in each separate race the crews shall start in order according to their placings in the previous round. Where two crews have the same placing, (e.g. both were heat winners), then there shall be a draw, supervised by a member of the Jury, to determine their starting order. Successive crews in a race shall be started at between 30 and 45 second intervals or as close thereto as possible. Each separate race shall be started at not more than five-minute intervals.</p>	<p>b) As individual heats If the time trial replaces heats then in each separate heat the highest seeded crew shall start first and the second highest seeded crew shall start second. The remaining crews shall start in the order of their lanes, as given from the official draw. If the time trial is for repêchages, quarter-finals, semi-finals or finals then in each separate race the crews shall start in order according to their placings in the previous round. Where two crews have the same placing, (e.g. both were heat winners), then there shall be a draw, supervised by a member of the Jury, to determine their starting order. Successive crews in a race shall be started at between 30 and 45 second intervals or as close thereto as possible. Each separate race shall be started at not more than five-minute intervals.</p>	<p>If the proposed World Rowing Progression System is approved, then “repêchage” may be deleted. If not approved it will be retained.</p>
<p>5) Method of Starting</p>	<p>5) Method of Starting</p>	
<p>a) International regattas: Only where suitable timing facilities exist, time trials may be conducted using a “flying start” in which crews start rowing before the 100 metre point and their time is taken from the time they pass through the 100 metre point to the time they reach the finish line. b) At World Rowing Championship, Olympic, Paralympic and relevant qualification regattas and World Rowing Cup regattas, time trials shall be conducted from a fixed start using</p>	<p>a) International regattas: Only where suitable timing facilities exist, time trials may be conducted using a “flying start” in which crews start rowing before the 100 metre point and their time is taken from the time they pass through the 100 metre point to the time they reach the finish line. b) At World Rowing Championship, Olympic, Paralympic and relevant qualification regattas and World Rowing Cup regattas, time trials shall be conducted from a fixed start using</p>	

<p>the normal start and timing system. Where there is an automatic start system installed (using boots to hold the bows of boats) this shall not be used for time trials.</p>	<p>the normal start and timing system. Where there is an automatic start system installed (using boots to hold the bows of boats) this shall not be used for time trials.</p>	
<p>6) Race Distance</p>	<p>6) Race Distance</p>	
<p>Using a fixed start, the race distance for time trials shall be 2,000m on a World Rowing standard course. In exceptional cases and where a flying start is used, the racing distance should not be less than 1,900 metres.</p>	<p>Using a fixed start, the race distance for time trials shall be 2,000m on a World Rowing standard course. In exceptional cases and where a flying start is used, the racing distance should not be less than 1,900 metres.</p>	
<p>7) Number of Lanes</p>	<p>7) Number of Lanes</p>	
<p>a) Time trials shall in principle be conducted from fixed starts using two adjacent lanes subject always to the Fairness Committee deciding that conditions are equal in two lanes. (The use of two lanes gives crews more time to come onto the start (1 minute per lane)).</p> <p>b) It shall be the responsibility of the Fairness Committee to decide if 2 lanes are equal and that the 2-lane format can be used. The Fairness Committee shall also decide if two adjacent lanes should be used or if there should be one vacant lane between the two racing lanes. This decision might vary from course to course, but all factors should be considered, including security of crews and any impact of wash from one crew to the next.</p> <p>i) In particular, for time trials where all remaining crews in a group compete together in one time trial (as part of the Progression System >48 entries or</p>	<p>a) Time trials shall in principle be conducted from fixed starts using two adjacent lanes subject always to the Fairness Committee deciding that conditions are equal in two lanes. (The use of two lanes gives crews more time to come onto the start (1 minute per lane)).</p> <p>b) It shall be the responsibility of the Fairness Committee to decide if 2 lanes are equal and that the 2-lane format can be used. The Fairness Committee shall also decide if two adjacent lanes should be used or if there should be one vacant lane between the two racing lanes. This decision might vary from course to course, but all factors should be considered, including security of crews and any impact of wash from one crew to the next.</p> <p>i) In particular, for time trials where all remaining crews in a group compete together in one time trial (as part of the Progression System >48 entries or</p>	

<p>contingency scenario), the use of two lanes will reduce the time required and therefore minimise any impact of changing conditions between the first and last crews in the race.</p> <p>c) If the Fairness Committee decides that two lanes are not equal then the time trial shall be run using one lane only.</p> <p>In the case of regattas where no Fairness Committee is appointed, including international regattas, decisions attributed to the Fairness Committee shall be the responsibility of the President of the Jury.</p>	<p>contingency scenario), the use of two lanes will reduce the time required and therefore minimise any impact of changing conditions between the first and last crews in the race.</p> <p>c) If the Fairness Committee decides that two lanes are not equal then the time trial shall be run using one lane only.</p> <p>In the case of regattas where no Fairness Committee is appointed, including international regattas, decisions attributed to the Fairness Committee shall be the responsibility of the President of the Jury.</p>	
<p>8) Equal preparation</p> <p>a) Where 2 lanes are used for a time trial, equal conditions shall be provided for all crews, including warm-up. The location and design of warm-up zones should ensure that crews in each of the two racing lanes will have equal time for warm-up. (For this purpose it might be necessary to create two warm-up zones, one on each side of the course for each of the two racing lanes used.) Care shall also be taken to ensure any external disturbance is equal for both lanes (e.g. proximity of warm-up/cool-down boats and/or TV boats.</p> <p>b) 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. They should only be allowed to move to the start finger and</p>	<p>8) Equal preparation</p> <p>a) Where 2 lanes are used for a time trial, equal conditions shall be provided for all crews, including warm-up. The location and design of warm-up zones should ensure that crews in each of the two racing lanes will have equal time for warm-up. (For this purpose it might be necessary to create two warm-up zones, one on each side of the course for each of the two racing lanes used.) Care shall also be taken to ensure any external disturbance is equal for both lanes (e.g. proximity of warm-up/cool-down boats and/or TV boats.</p> <p>b) 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. They should only be allowed to move to the start finger and</p>	

prepare for the start as if a crew had just started before them.	prepare for the start as if a crew had just started before them.	
9) <u>Timing of Crews in Time Trials</u>	9) <u>Timing of Crews in Time Trials</u>	
Times of crews in time trials shall be recorded to the highest available accuracy of the photo-finish system as necessary to determine the rankings between crews.	Times of crews in time trials shall be recorded to the highest available accuracy of the photo-finish system as necessary to determine the rankings between crews.	
SECTION B. CONDITIONS UNDER WHICH TIME TRIALS SHALL BE USED	SECTION B. CONDITIONS UNDER WHICH TIME TRIALS SHALL BE USED	
10) Except where used as part of the World Rowing Progression System, time trials shall not be used where other alternatives are available in accordance with Rule 63 (Unrowable Weather Conditions). The following definitions shall be used when determining whether time trials should be held.	10) Except where used as part of the World Rowing Progression System, time trials shall not be used where other alternatives are available in accordance with Rule 63 <u>64</u> (Unrowable Weather Conditions). The following definitions shall be used when determining whether time trials should be held.	
a) <u>Unrowable conditions</u> Parts or all of the course and/or warm-up area are not rowable and it is not possible to conduct fair racing ("rowable" means that crews are able to warm up and race without risk of their boats swamping or overturning due to rough water conditions). In such adverse conditions, if the warm-up area is rowable and either one or two lanes are rowable and equal, time trials may be held in place of side-by-side racing. The President of the Jury shall determine when conditions are, or are about to be, unrowable.	b) <u>Unrowable conditions</u> Parts or all of the course and/or warm-up area are not rowable and it is not possible to conduct fair racing ("rowable" means that crews are able to warm up and race without risk of their boats swamping or overturning due to rough water conditions). In such adverse conditions, if the warm-up area is rowable and either one or two lanes are rowable and equal, time trials may be held in place of side-by-side racing. The President of the Jury shall determine when conditions are, or are about to be, unrowable.	
c) <u>Unequal conditions</u>	c) <u>Unequal conditions</u>	

<p>Conditions are not equal for all crews over the full length of the course. In such unequal conditions, if one or two lanes are equal over the full time required to complete the time trial, time trials may be held in place of side-by-side races. (It will also be a factor if conditions at the different points of the course are changing quickly/suddenly or are predicted to change quickly/suddenly during the time required to complete the time trial.) At World Rowing Championship, Olympic, Paralympic, Youth Olympic and relevant qualifications regattas and World Rowing Cup regattas, the Fairness Committee shall determine when conditions are unequal. At international regattas the President of the Jury shall so determine.</p>	<p>Conditions are not equal for all crews over the full length of the course. In such unequal conditions, if one or two lanes are equal over the full time required to complete the time trial, time trials may be held in place of side-by-side races. (It will also be a factor if conditions at the different points of the course are changing quickly/suddenly or are predicted to change quickly/suddenly during the time required to complete the time trial.) At World Rowing Championship, Olympic, Paralympic, Youth Olympic and relevant qualifications regattas and World Rowing Cup regattas, the Fairness Committee shall determine when conditions are unequal. At international regattas the President of the Jury shall so determine.</p>	
<p>SECTION C. CONDUCTING TIME TRIALS</p>	<p>SECTION C. CONDUCTING TIME TRIALS</p>	
<p>11) The Council shall approve guidelines for the conduct of time trials.</p>	<p>11) The Council shall approve guidelines for the conduct of time trials.</p>	