

# WETSPOT SUMMER TIME TRIAL SERIES 2015-16



The popular Wetspot summer time trials are about to kick off again in 2015-16. Full details of the time trials, and the rules they are conducted under, are set out below.

**DATES AND LOCATION:** Time trials will commence on Wednesday, 14 October at Molonglo Reach (BGCC club house). Time trials will be conducted every Wednesday twilight until 16 December, resume again on Wednesday, 13 January 2016, with the final race and presentation on Wednesday, 23 March 2016 (final race date subject to confirmation depending on finalisation of 2016 paddlesports calendar).

**PARKING:** will not be a problem. We have access to the gate key.

**TIME TRIAL ASSISTANTS:** Scott MacWilliam has kindly volunteered to manage as many of these as he can. However, assistance is always appreciated. If you are able to assist, can you please let us know? Contact details are at end of this flyer.

**TIME TRIAL BARBEQUE:** will be on after the TT (thanks Litsa!).

**PARTICIPATION BY NON-BGCC/PNSW MEMBERS:** non-BGCC/PNSW paddlers are welcome to participate. However, for insurance purposes, they must to pay a \$20 single event entry fee. This is a mandatory AC/PNSW requirement.

**SAFETY:** the timekeeper is the final arbiter on whether it is safe to conduct time trials. Lifejackets are optional if you are over 14 years of age. However, club rules require all paddlers using club boats to wear a class 2 or 3 lifejacket at all times while using club boats. Paddlers under 14 years of age **MUST** wear a lifejacket.

**TIME TRIAL FORMAT:** The format for the series, which is similar to that of previous years (thanks, John Preston!), is set out below:

There are 3 race distances to choose from:

- 4.3km (1 lap);
- 8.6km (2 laps);
- 12.9km (3 laps)

Please note: if you nominate to start any of the distances and pull out without completing the set course you will be given a DNF and the points that go with that classification (1 point).

- Paddlers **must nominate** which distance they are going to attempt and record their name, boat number, boat type (eg—K1, SUP, outrigger etc) on the relevant starting sheet. If you

change boat class/SUP type during the time trial season—eg, go from a TK1 to a K1—you will have to establish a new PB in the new boat. Your points will not carry over from the slower boat.

- Make sure you have and display a boat number so we can record your time.
- Paddlers doing the 2 longer courses have the option of doing **portages** at the end of lap 1 and the end of lap 2. Portages will be started on the pontoon placed to the right of the course before you reach the polo court. Access the pontoon from either side and portage to the club beach via the grass to the left of the bike path. If you do a portage on your first lap you are expected to do one on subsequent laps. Failure to comply with this will result in a 60 second addition to your time. Those paddlers who intend to paddle at major events in K1s and K2s should be doing the portages. Those doing portages will have a PB which includes portage time (you can't improve your PB subsequently by not portaging). **If you are going to portage please indicate this to the timekeepers when you sign on.**
- There will be **3 starts, 5 minutes apart.**

Start 1 (as close to **5.50pm as possible**) for those doing 3 laps;

Start 2 (**5.55pm or five minutes after the first start**) for those doing 2 laps.

Start 3 (**6pm or five minutes after the second start**) for those doing 1 lap.

If you **miss your nominated start** time we will do all possible to work out a time from when you should have started. However, unless we can do this accurately, you may not receive an official elapsed time.

- Your first race over your nominated distance will establish your PB for that distance/boat type and earn you 6 points in the **point score competition**. Should you beat your PB in a subsequent race (in the same boat type) you will earn 9 points. Should you come within 2% of your PB in a subsequent race you will get 6 points. Should you come outside your PB by more than 2% in a subsequent race you will get 3 points. Should you not complete your nominated distance, you will be given a DNF and 1 point. If you are the timekeeper you get 6 points.
- **Doubles** will have to earn a PB for each crew member. Points earned will be given to both paddlers as individuals. If the boat crew changes, it is necessary to establish a new PB.
- **Points** earned will be tallied and at season's end there will be a prize given to the top point scorer.
- We thank **Wetspot** who are contributing towards the prizes.
- The **start** is in line with the blue and red buoys off the beach pontoon. Please warm up in the area east of the start.
- Stay to the right of the course. **White buoys** indicate some known danger and some caution is required in that area. Paddlers must paddle to the right of the **red/pink buoys**. Turn at the **yellow buoys** (the first turn is on the river outside the Hospice the second is after the first bridge before the new bridge work). **All turns are anticlockwise.**

- To have your time recorded you must **finish to the right of the blue buoy** off the club beach. **Please don't pass between the blue buoy and the beach unless you are finishing. This is an international rule and should be followed at club level. A 1 minute penalty will apply to paddlers who do not finish in this way.**
- Please be aware that the time trial attracts paddlers of various degrees of ability and confidence. **Please be courteous to others.** When passing slower paddlers tell them you are approaching and on which side you are going to pass. Give room to others on the turns and in the areas where there are potential hazards.
- Should someone capsize, the accepted protocol is for other competitors to **assist if required.** If you assist a paddler who has a legitimate problem on or in the water please see the timekeeper in order to have some time allowance made for your inconvenience.

For further information in the time trial series, contact the marathon convenor, Russell Lutton at [rgl4762@bigpond.net.au](mailto:rgl4762@bigpond.net.au)

Results and the cumulative pointscore will be published on the BGCC website as soon as possible after each time trial.