

1. Time Trial Racing Lane.

- 1.1. Lane 3 will be the racing lane
- 1.2. Lane 4 will be the passing lane.

2. In the event that a crew or sculler is about to be passed by another crew.

- 2.1. The crew or sculler being passed must not interfere with the passing crew/sculler
- 2.2. All crews and scullers being passed must move into Lane 4.

3. Timing.

- 3.1. Crews and scullers will be started at 30 second intervals in the Time Trial

4. Time Trial Starting.

- 4.1. Athletes will be marshalled into bow number sequence at the 1600 meter mark and placed into the race lane
- 4.2. The Marshall at the start will deliver the following instruction to crews and scullers
 - 4.2.1. Crews and scullers will be instructed to start line with- CREW #1 , ZONE # ON THE PADDLE.
 - 4.2.2. As the crews and scullers approaches the start line the starter will say:
CREW #1, ZONE # APPROACHING THE LINE – and says GO as they cross over the line.

5. Finish.

- 5.1. As the crew or sculler crosses over the line they will be notified that they are finished.

6. Progression.

- 6.1. Men's Single – All progress to heats 1 and 2
 - 6.1.1. Heat Seeding based off time trial results
 - 6.1.1.1. Heat 1- 1st/3rd/5th/7th/9th placed of time trial.
 - 6.1.1.2. Heat 2- 2nd/4th/6th/8th/10th placed of time trial
 - 6.1.2 1/2nd from each heat go into the A final, 3/4th from each heat go into the B final, 5th from the heat (if applicable) goes into the C final
- 6.2. Women's Double Scull – All progress to Heat 1 and A final
- 6.3. Women's Single – All progress to Heats 1 and 2
 - 6.3.1. Heat Seeding based off time trial results
 - 6.3.1.1. Heat 1- 1st/3rd/5th/7th/9th placed of time trial.
 - 6.3.1.2. Heat 2- 2nd/4th/6th/8th/10th placed of time trial
 - 6.3.2 1/2nd from each heat go into the A final, 3/4th from each heat go into the B final, 5th from the heat (if applicable) goes into the C final
- 6.4. Men's Double Scull – All progress to Heat 1 and A Final
- 6.5 Mixed Quads
 - 6.5.1. 1/2nd from each heat go into the A final, 3/4th from each heat go into the B Final
 - 6.5.2. Exhibition crews will not be judged and will progress to the C Final