

# 2025 South Island Masters Championships Long Distance Head Race (time trial) 25 April 12:30pm

## Race Instructions:

1. **12:30 Start and Finish Location:** Hans Bay Jetty
2. **Starting Procedure:**
  - Crews will start in groups, to travel in an anti-clockwise direction as per the map
  - The Starter will call the crew up to the start
  - Crews must be stopped at the Start line ( 20 second Penalty will apply if crew rows through the start )
  - The Starter will call the Crews by Alpha Number (B 2 Go)
  - Starts will be at 10-second intervals.
3. **Course Description:**
  - Row around the island.
  - Aim for the next safety boat, keeping it on the inside of the course (Bow Side).
4. **Safety and Navigation:**
  - Safety crews stationed every 500 meters along the course.
  - Two Turn boats with flags are positioned 2000 meters down the course.
5. **Race Format:**
  - Complete two laps of the 4 km course.

