



## **SARA Final Trial – Senior Athletes – Saturday 28<sup>th</sup> April 2007**

### **Information for Athletes**

The SARA Final Trial will take place at Strathclyde Park on Saturday 28<sup>th</sup> April. The format of the trial will be a 1900m Time Trial (to ascertain lanes), followed by a 2000m side-by-side Race.

### **Timetable**

#### **Saturday 28<sup>th</sup> April 2007**

08.30 – 09.30	Registration / Weigh-In ( <b>LWT - 58KG MAX WOMEN / 71KG MAX MEN</b> )
10.30	<b>Timetrial (1900m)</b> – All boats. Starting at 30 second intervals, by boat category and then by results of February Time Trial. Standing or Running Start – Athlete's Choice
12.30 - 13.00	Timetrial Results In / Collect Lane Numbers for 2000m Race
14.00	<b>2000m Race - M HW 2- (2 Boats) &amp; M LW 2- (3 Boats)</b> – Lane order will be based on the fastest gold medal time from morning timetrial and may be seeded in adverse weather conditions.
14.15	<b>2000m Race - M HW 1x (1 Boat) &amp; M LW 1x (5 Boats)</b> - Lanes decided as above
14.30	<b>2000m Race - W HW 1x (1 Boat) &amp; W LW 1x (4 Boats)</b> - Lanes decided as above
16.00	Wrap Up and Sunday plans announced re.Crew Formations.

#### **Sunday 29<sup>th</sup> April 2007**

All athletes are to make themselves available for a Sunday Crew Forming Session. The Scotland Management Team may decide on the Saturday that certain athletes are not required to attend, but at this point all athletes should make themselves available.

The Sunday session would start at 9am and would finish no later than 2pm. All lightweights will be required to weigh-in again at the beginning of the Sunday session.

#### **Strathclyde Park Regatta – Saturday/Sunday 21<sup>st</sup>/22<sup>nd</sup> April 2007**

All athletes invited to final trials are reminded of the requirement for them to compete at the Strathclyde Park Regatta in their chosen Open Event. I.e. M Open 1x, M Lwt 1x, M Open 2-, M Lwt 2-, W Open 1x, W Lwt 1x, W Open 2-, W Lwt 2-. **CLOSING DATE FOR ENTRIES – WEDNESDAY 11<sup>TH</sup> APRIL**

Those registered athletes who did not receive an invite to final trials are also strongly encouraged to enter in their relevant event. The Performance Planning Group will be monitoring the performance of all athletes in these events.

Lee Boucher  
Team Manager