

BE ON TIME FOR YOUR START!

You must have **YOUR** boat number in a number holder (tape is not allowed in races). If you do not have a boat number holder, or your number holder is for some unexplainable reason, on the front of your boat, understand that this is not a new rule. It is not even within the last decade. There is no excuse, so do not expect to be excused. At a minimum, ask nicely.

Give people room to paddle – If you don't have room, neither does the person beside you. If you overtake a slower paddler, it is YOUR responsibility to ensure you do not impede that paddler. It is your duty to stay clear, not theirs. ICF rules do not allow you to ride wash of a different class of boat.

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The 2000m start: Every 30 seconds, there will be a 5 second warning, followed by the start horn. This is automated, so there is no adjustment for those late to the line. If you are late, your start time has passed, and your time is running. Your assigned start time is your start time, whether you are there or not. False starts, or starting over the line will be penalized a **minimum** of 2 seconds. Penalties are shown with an by adjusted start time on the draw. If your start time in the results is earlier than the group you started with, or earlier than you originally assigned group, it is due to the assessment of penalty time.

Turn around the turn markers at the 1000m and come back to finish IN LANE 9. When you cross the finish, get out of the way.

Following the 2000m seeding race, groups will be drawn for the 5000m final. The first heat will be no more than 10 boats, but since the event is a TIMED event – a time control as much as a head to head race - , any paddler in the 1st - 9th heat can still win the overall, so use wash wisely.

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5000m (Map, Next Page): USE THE SAME BOAT NUMBER : start groups will be every 2 minutes, ON THE MIC MAC SIDE. We will NOT wait for stragglers, If you miss your start group, you can go with a later group, but your assigned start time is your start time, and it will not be adjusted. Making it to the start line on time is a required skill in racing; we evaluate that skill by sticking to start times. Joining an earlier group will result in disqualification. The 5000m course is a single marked loop, going through both lakes. Start by Mic Mac, and try to finish in lane 9. The penalty for missing a turn marker is 5 seconds provided you did not use it to gain an advantage. Purposely cutting a corner will result in disqualification. Go under the bridge on the **RIGHT** side only. Officials have been instructed to disqualify paddlers purposely travelling through the bridge on the left - this is not just a rule, it is law, and a serious safety issue.

Finally: This is a race, and you are athletes. Purposely ramming boats, pushing them off course, trying to turn other boats around, or causing general mayhem is NOT racing. Accidents happen, but make this about your skills, tactics, strategies and fitness, not about a willingness to destroy either equipment, or the experience of other athletes.

Officials have been asked to take a hard line on any deliberate contact, or acts of poor sportsmanship (think bad-mouthing/swearing). Offending paddlers will be disqualified if caught, and may be referred for more severe penalties.

When selecting teams, we are not looking for athletes likely to be disqualified, or to cast the Atlantic Division in a poor light. We ARE looking for athletes who can rise to the occasion, and race!

RETURN YOUR NUMBERS!!