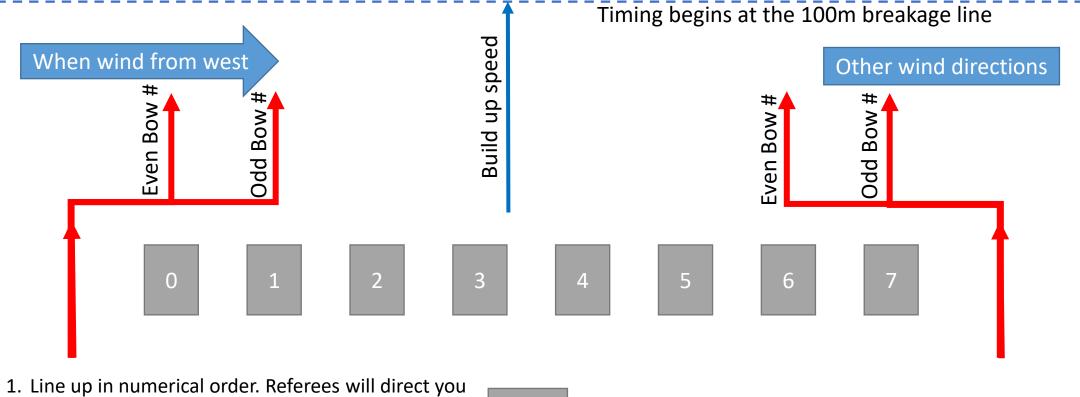
FSRA Time Trial Start Pattern



Wave Attenuator



- 1. Line up in numerical order. Referees will direct you forward on to the course into your lane.
- 2. Get to your lane quickly and pause (no backing up)
- 3. When the starter tells your boat to start rowing, build pressure so you are full speed at the 100 m mark (head race type of start)

Start Tower

Diagram not to scale