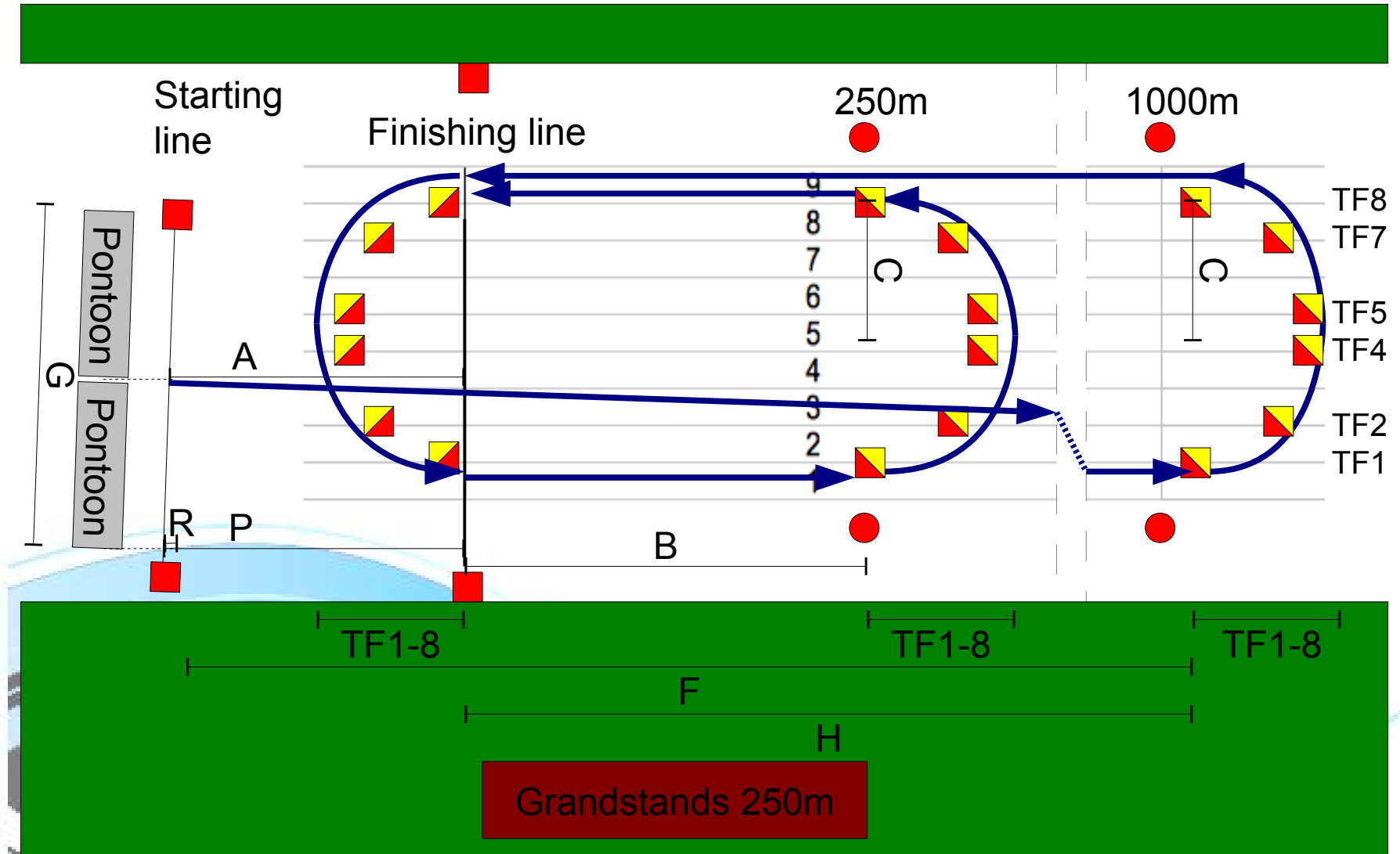


# ICF Long distance 5000m

One long and four short laps  
June 10th, 2010

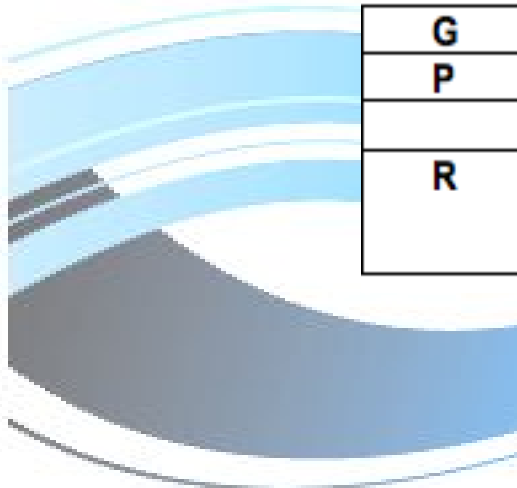


# 5000m with 1st long and 4 short laps

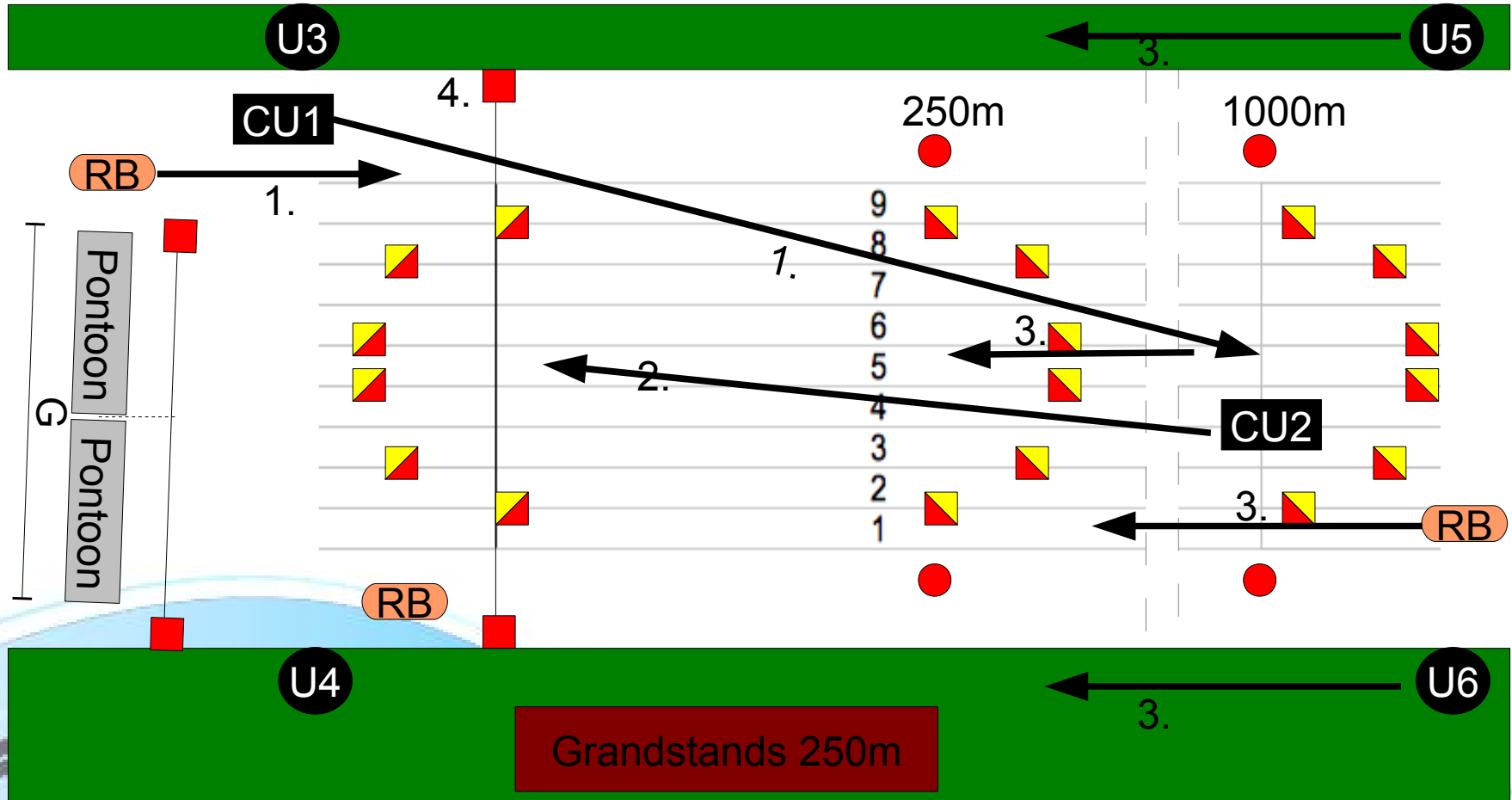


# Calculations for 1<sup>st</sup> long and 4 short laps

Distance	System of 5000m	1+4 laps
<b>A</b>	Middle point of starting line after Finishing line	59,53 m
<b>B</b>	Straight parts of lap	250,00 m
<b>C</b>	Radius of turn	31,50 m
<b>D</b>	Full short round	697,88 m
<b>H</b>	Distance from finishing line to 1 <sup>st</sup> turning point	1 025,00 m
	<b>Total rounds (1<sup>st</sup> long and rest short laps)</b>	<b>5</b>
<b>E</b>	Total distance	5 000,00 m
<b>F</b>	First leg	1 084,53 m
<b>G</b>	<b>Length of Starting pontoon</b>	<b>60 m</b>
<b>P</b>	Edge point of starting line after Finishing line (m)	59,94 m
	Maximum length of 1 <sup>st</sup> leg	1084,94 m
<b>R</b>	Extra distance for the edge of starting line at the end pontoon on right side when G is valid (R=P-A)	0,41 m
	<b>Position of turning flag at the cable</b>	<b>1 (TF1)   2 (TF2)   3 (TF4)   4 (TF5)   5 (TF7)   6 (TF8)</b>
	Distance from turning line (m)	0,00   22,05   31,18   31,18   22,05   0,00



# Process of Course Umpiring



CU1 = Course Umpire of 1<sup>st</sup> leg, 1<sup>st</sup> turn and turns of 250m

CU2 = Course Umpire of 2nd leg, turns at the finishing line

U3-6 = Course Umpires

RB = Rescue Boat (at least 3 needed)

# Process for Course Umpires

1. CU1 will follow leading boats on the other side and stop to the centre of 1<sup>st</sup> turn. The rescue boat at the starting line will move near the finishing line
2. CU2 will follow leading boats and stops to the centre of 2<sup>nd</sup> turn.
3. When last boat has left 1<sup>st</sup> turn, CU1 will move to centre of 3<sup>rd</sup> turn. U5, U6, RB of 1<sup>st</sup> turn will move to their final positions. All motorboat activities will stop after that.
4. A loud bell must be used to inform a last lap

# Guidelines for 5000 m races

- **LAPPED BOATS OUT**
  - Lapped boats are disqualified and they should leave the course immediately (Because of Rule 28.4)
- **GROUP RACING AND OVERTAKING**
  - When a canoe or kayak is overtaking another canoe or kayak, it is the duty of the overtaking craft to keep clear of other competitors at all times. When a canoe or kayak is racing in a group of competitors it is the duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any manoeuvring within the group. (Marathon TR 24)

## COLLISION OR DAMAGE

Any competitor who is considered by a course umpire or race official to have been responsible for a collision, or who damages the canoe or kayak or paddle of another competitor or unnecessarily deviates from their course may be disqualified. (Marathon TR 25)

## PROCEDURE OF START

- "Two minutes to start"
- "One minute to start" (Not "Start within one minute" !)
- "Go"
- Announcer may help starter

**PHOTO-FINISH** on the other edge may not work well