



Spikes' CHALLENGE RACE

PADDLER TRIBUTE

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SPRINT RULES

1. The order of sprint is determined by the order in which the team, both members, register at the registration table on Saturday July 22nd, 2006.
2. The teams will sprint in the order as determined above in heats of ten. There will be up to two canoes on the racecourse at a time. One team will start and race up stream to the buoy. When that team has started the buoy turn, the next team will be started. All teams must remain on the right side of all the buoys at all times. The sprint will be timed to determine starting positions for the LeMans style running start on Sunday. There will be a ten-minute break between heats.
3. No canoes will be on the racecourse during the sprints. Canoes may warm up during each of the ten-minute breaks.
4. The green board will post sprint order and sprint finish times during the Saturday event.



www.ausablecanoemarathon.org/spikes06.html