



Time Trialling Training

Geoff Wells
Rear Commodore Power
2024



INTRODUCTION



- What is Time Trialling
- Why do we Time Trial
- What resources do you need
- How do we Time Trial
 - Preparation
 - Pre-Start
 - During
- What are the Time Trialling Rules
 - Penalties
 - Checkpoints
- What do you win
- 2024 Season highlights
- Social Events
- Other Resources
- Questions



WHAT IS TIME TRIALLING

- Time Trialling is the art of arriving at a series of set points at a nominated time whilst maintaining a nominated speed in a power boat/yacht
- It is not a race, the fastest does not win
- There are many challenges – wind, tide, swell, sun, rain, time, ferries, crab pots, other boats, your boat, your crew!



WHY DO WE TIME TRIAL

- Friendly but serious competition
- Use your boat during winter, improve your skills and learn how it handles in different conditions
- Learn the river
- Fame, glory & fortune!
- Camaraderie
- It's fun!



WHAT RESOURCES DO YOU NEED



- A Skipper and Navigator
- Time reference – clock, computer, phone (needs to show seconds)
- Course sheet
- Time Calculation sheet – paper, digital
- Countdown timer – analogue, digital
- A power boat capable of between 5 and 15 knots (nominate a single speed)
- Competition Number (RFBYC boats between 200 and 299)
- Sense of humour

OFFICIAL TIME

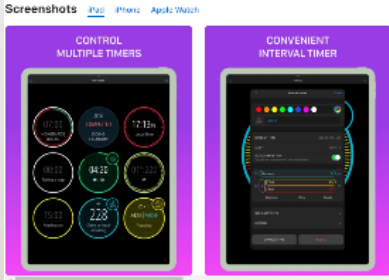
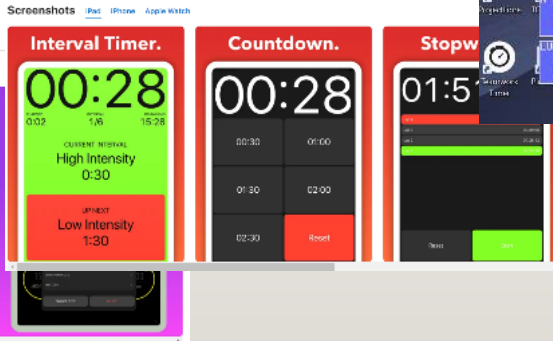
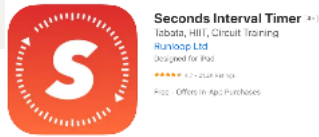
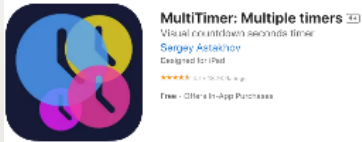
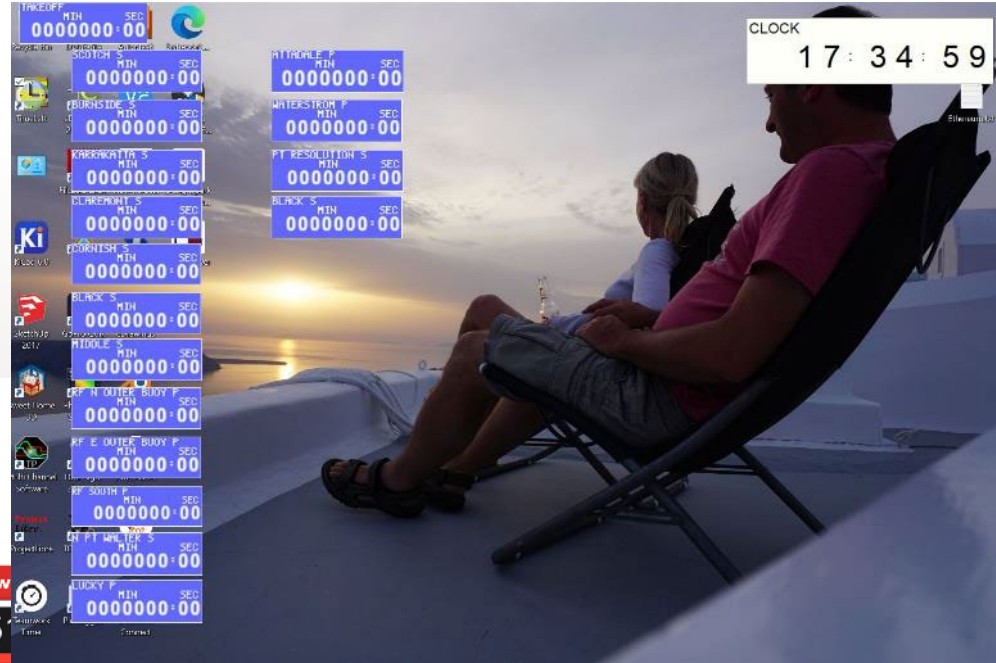
As used on the CPYA Website.

13:16:34

Official Clock

WHAT RESOURCES DO YOU NEED

- Some examples of digital apps
 - PC – Time Left, Excel
 - iPhone/iPad – MultiTimer
 - Android - MultiTimer



HOW DO WE TIME TRIAL

- Preparation
 - Event information is sent out by COB Thursdays (usually)
 - Enter your start time into the time calculation sheet
 - Print out the course, time calculation sheet, start times (2 copies perhaps)
 - Setup your digital apps as appropriate for the course
 - Determine when you need to leave to make it to the start area
 - Make sure you use the correct time calculation sheet for your nominated speed!

ROYAL FRESHWATER BAY YACHT CLUB

Start Times for 16/02/24. Course No 224

Start Time	Comp No	Boat Name	Skipper	Navigator	Nom. Speed
18:01:00	254	Xindi	Geoff Wells	Dianne Clarke	8
18:03:00	330	Spectrum	Darren Chatfield	Paul Moltoni	8
18:04:00	400	Dalusional	Troy Dalglish	Victoria Blanckensee	12
18:05:00	822	Lill Ozzy II	Antony Osborne	Charlotte Osborne	8
18:06:00	276	Key Largo	Rory Vinnicombe	Matt Mayne	8
18:07:00	411	Lone Star	Garry Morrison	Amanda Watson	8
18:08:00	122	Corinne Adele	Razvan Vlad	Iona Vlad	8
18:09:00	124	Mimique	Fiona Laing	TBA	8
18:10:00	239	Elner Glyn	Ian Anderson	Alan Anderson	8
18:11:00	226	Moby	Mike Kay	Sally Kay	8
18:12:00	265	Safari II	Ken Stevenson	Elise Manners	8
18:13:00	240	Havana	Tim Cummins	John Anderson	8
18:15:00	208	Kizuri	Evan Moore	Alison Clegg	8
18:16:00	212	Azure	Stephen Lewis	Andrew Jordan	8
18:17:00	210	Karrawa	Robert Bingham	Ross Gregory	8

HOW DO WE TIME TRIAL




TIME TRIAL CALCULATION SHEET						
COURSE 224		Date:	Start Time:	18:01:00		
8 Knots						
Elapsed Time	Time Between	PST	Check Point	Time of Day		Points Lost
00:00:00	0:00:00	Starb	Scotch Spit (57)	18:01:00		
00:01:14	0:01:14	Starb	Burnside Spit (58)	18:02:14		
00:02:41	0:01:27	Starb	Karrakatta Spit	18:03:41		
00:03:31	0:00:50	Starb	Claremont Spit (56)	18:04:31		
00:04:27	0:00:56	Starb	Cornish Spit	18:05:27		
00:05:09	0:00:42	Starb	Black Spit (54)	18:06:09		
00:06:42	0:01:33	Starb	Middle Spit (55)	18:07:42		
00:08:16	0:01:34	Port	RFBYC North Buoy	18:09:16		
00:08:54	0:00:38	Port	RFBYC East Buoy	18:09:54		
00:10:24	0:01:30	Port	RFBYC South Buoy	18:11:24		
00:12:47	0:02:23	Starb	Nt Pt Walter Spit	18:13:47		
00:21:45	0:08:58	Port	Lucky Spit (51)	18:22:45		
00:25:51	0:04:06	Port	Attadale Spit (45)	18:26:51		
00:28:51	0:03:00	Port	Waterstrom Spit (40)	18:29:51		
00:41:01	0:12:10	Starb	Pt Resolution Spit	18:42:01		
00:45:47	0:04:46	Port	Black Spit (54)	18:46:47		
	0:45:47					

ROYAL FRESHWATER BAY YACHT CLUB

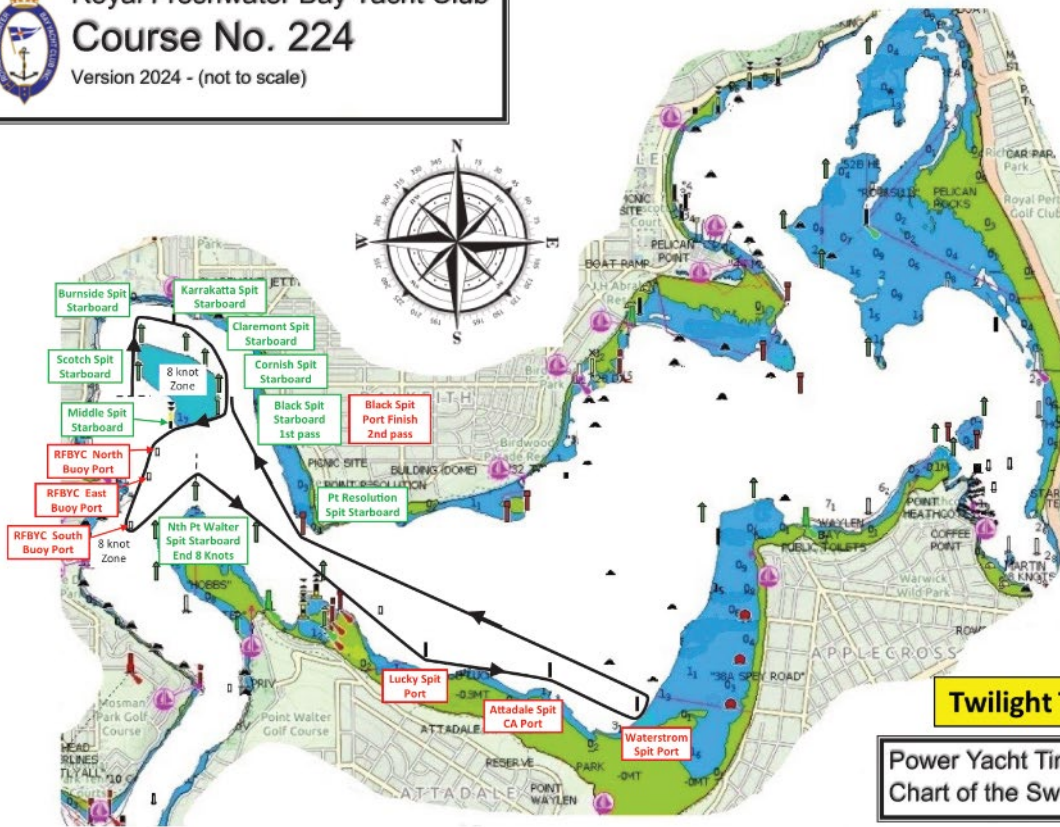
Course No 224

Mark	Round	Max Speed	Dist.	5 Knots	6 Knots	7 Knots	8 Knots
Scotch Spit (57)	Starb		0.0	00:00:00	00:00:00	00:00:00	00:00:00
Burnside Spit (58)	Starb	8	303.1	00:01:58	00:01:38	00:01:24	00:01:14
Karrakatta Spit	Starb	8	664.1	00:04:18	00:03:35	00:03:04	00:02:41
Claremont Spit (56)	Starb	8	867.3	00:05:37	00:04:41	00:04:01	00:03:31
Cornish Spit	Starb	8	1097.2	00:07:07	00:05:55	00:05:05	00:04:27
Black Spit (54)	Starb	8	1271.7	00:08:14	00:06:52	00:05:53	00:05:09
Middle Spit (55)	Starb		1655.7	00:10:44	00:08:56	00:07:40	00:06:42
RFBYC North Buoy	Port	8	2040.7	00:13:13	00:11:01	00:09:27	00:08:16
RFBYC East Buoy	Port	8	2197.5	00:14:14	00:11:52	00:10:10	00:08:54
RFBYC South Buoy	Port	8	2567.0	00:16:38	00:13:52	00:11:53	00:10:24
Nt Pt Walter Spit	Starb	8	3154.6	00:20:26	00:17:02	00:14:36	00:12:47
Lucky Spit (51)	Port		5372.4	00:34:49	00:29:01	00:24:52	00:21:45
Attadale Spit (45)	Port		6381.7	00:41:21	00:34:28	00:29:32	00:25:51
Waterstrom Spit (40)	Port		7125.6	00:46:10	00:38:29	00:32:59	00:28:51
Pt Resolution Spit	Starb		10127.9	01:05:37	00:54:41	00:46:52	00:41:01
Black Spit (54)	Port	8	11304.8	01:13:15	01:01:02	00:52:19	00:45:47

HOW DO WE TIME TRIAL



Royal Freshwater Bay Yacht Club
Course No. 224
Version 2024 - (not to scale)



Twilight Time Trial

**Power Yacht Time Trialling
Chart of the Swan River**

HOW DO WE TIME TRIAL

- Pre-Start
 - Make sure your time reference is correct! Check with sound signals
 - Get to the start area with enough time to do your practice runs
 - You will receive a penalty if you pass the start mark within 10 minutes of the event start time (usually 1400 for RFBYC Saturday events)
 - Select your starting point – fixed distance, transit, etc
 - Conduct & time your practice runs – maximum of 3
 - Work out your average time taken from the runs
 - Calculate the time you need to start your run to make your start time
 - Don't push in when multiple boats are lined up trying to do their practice
 - When done keep away from the start area
 - Get to your start point with adequate time, be aware of others starting

HOW DO WE TIME TRIAL

- During
 - Ensure you know where you are going
 - Pass on the correct side of the mark (check your course)
 - Navigator to provide countdown to next mark
 - If you're overtaking a slower boat it is best to pass on the outside and be considerate of your wake
 - Don't suddenly stop in front of someone if you're running early
 - Look for where the checkpoints are
 - Record your seconds early/late for each mark
 - Don't forget your right of way rules
- Know where the front of your boat is!



WHAT ARE THE TIME TRIALLING RULES

- CPYA Rules of Time Trialling 2021 rev 2.2 (see CPYA website link)
- RFBYC Power Yacht Sailing Instructions 2024 (Handbook & website)
 - For each second early or late – 1 point
 - Change of speed – 3 points
 - Blatant change of speed – 10 points
 - Failing to go the correct side of the mark – Disqualification
- Redress or Protest
 - For Club events – lodge within 30 minutes of results to RCO
 - For State events – lodge prior to midday the day after the event

WHAT ARE THE TIME TRIALLING RULES

- Checkpoints – come into play at 50 metres from the mark
- They are volunteers

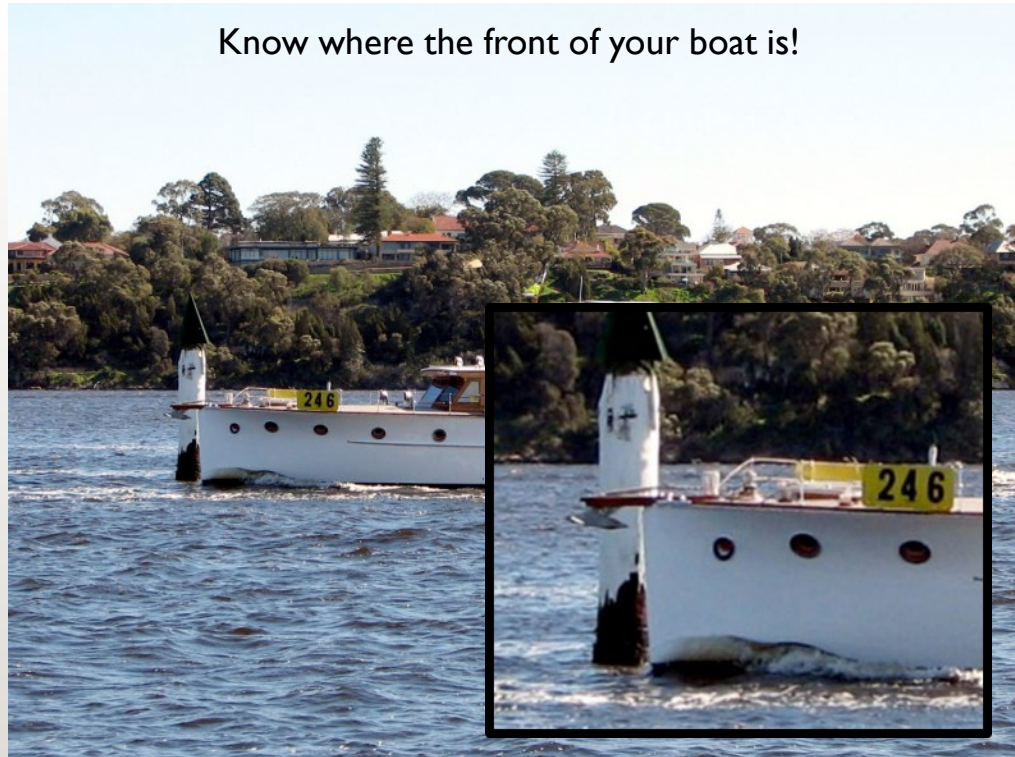
On Land



On Water



Know where the front of your boat is!



WHAT DO YOU WIN

- Weekly trophy events – Pennant & Bowline voucher for 1st, 2nd & 3rd on handicap
 - Pennant for Least Points
- End of Season trophies
 - Club Champion
 - Club Consistency Champion
 - and many others (see Handbook)
- State Championships – Individual and Team
- Weekly Raffle – at Club events a randomly drawn boat will win a Bowline voucher



2024 SEASON HIGHLIGHTS

- RFBYC Opening Day – May 4th
- State Heat 1 (SoPYC) – May 25th
- State Heat 2 (CYC) – June 9th Sunday
- RFBYC Charter Day – June 15th
- State Heat 3 (RPYC) – June 22nd
- RFBYC Vice Patrons Day – June 29th
- State Heat 4 (RFBYC) – July 13th
- State Heat 5 (SoPYC) – July 27th
- RFBYC John Cowen Memorial Trophy – August 3rd
- State Heat 6 (RPYC) – August 10th
- RFBYC Kylie Cup (SH7) – August 25th Sunday
- RFBYC Pathfinder 25 Trophy – August 31st
- State Heat 8 (CYC) – September 7th
- RFBYC Closing Day (Guest Skipper/Navigator) – September 14th



2024 SOCIAL EVENTS

- RFBYC Opening Day – May 4th
- Social Lunch Cruise – July 6th
- RFBYC Closing Day – Sept 14th



- Raft-ups – generally after each Club event on the Club mooring in Freshwater Bay
- Results – In the Clubhouse from 5:30pm
 - Grazing food provided from 5pm



OTHER RESOURCES

RFBYC Website

<https://rfbyc.asn.au/web/pages/time-trialling>

<https://rfbyc.asn.au/web/pages/power-documents>

Guide to Time Trialling

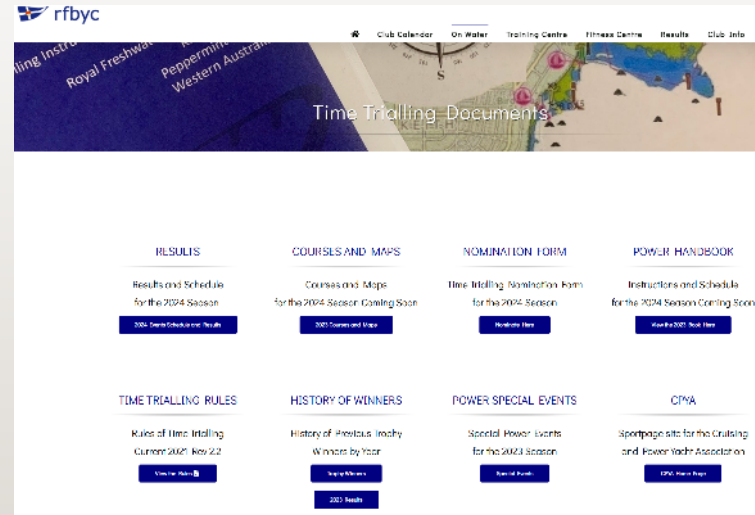
<https://www.rpyc.com.au/wp-content/uploads/2017/09/howtotimetrial.pdf>

Google search : Power boat time trialling

Ironbark Photos : YouTube & Facebook

Power Committee – Stephen Lewis, David Groucutt,
Robert Bingham, Mike Kay, Mark Donati (RCO)

Power Administration – Sharon Skinner

A screenshot of the RFBYC website's resource page. The page has a white background with a blue header containing the RFBYC logo and navigation links: "Club Calendar", "On Water", "Training Centre", "Fitness Centre", "Results", and "Club Info". Below the header is a banner image showing a map of the Western Australian coast with a compass rose and the text "Time Trialling Documents". The main content area is a grid of eight resource cards, each with a blue header, a title, a brief description, and a blue button with a white icon. The cards are: 1. RESULTS: "Results and Schedule for the 2024 Season" with a "View the Results" button. 2. COURSES AND MAPS: "Courses and Maps for the 2024 Season Cruising Season" with a "2023 Courses and Maps" button. 3. NOMINATION FORM: "Time Trialling Nomination Form for the 2024 Season" with a "Nominate Here" button. 4. POWER HANDBOOK: "Instructors and Schedule for the 2024 Season Cruising Season" with a "View the 2023 Book Here" button. 5. TIME TRIALLING RULES: "Rules of Time Trialling Current 2024" with a "View the Rules" button. 6. HISTORY OF WINNERS: "History of Prestigious Trophy Winners by Year" with a "View the History" button. 7. POWER SPECIAL EVENTS: "Special Power Events for the 2023 Season" with a "View the Events" button. 8. C/M/A: "Spotpage site for the Cruising and Power Yacht Association" with a "View the Spotpage" button.

QUESTIONS



