

# 國際龍舟聯合會

## INTERNATIONAL DRAGON BOAT FEDERATION

**The World Governing Body of Dragon Boat Sport'**

**Full member of GAISF**



**IDBF Race Plans**

**Version 2**

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# Introduction

With the growth in participation numbers at IDBF Championships over the last 5 years, has required IDBF to create new and revise the current race plans (repechage and tail plans).

Dependent upon crew entry numbers per competition class and maximum number of lanes able to be utilised at the regatta venue will vary whether rounds or progressions are implemented.

## Rounds

Would be run for low crew entries and ideally would require 3 rounds with times in all 3 rounds added together to work out final placings. This means crews must perform in each race. It is recommended with lanes to move crews around the lanes for each, so all crews have the opportunity to race in centre and outside lanes and if possible not next to the same crews.

## Progressions

Depending upon crew entries this will vary the race plan as to how crews may progress through heats>repechage>semi-finals>finals.

The concept behind the progressions is all crews are given an opportunity to qualify for the semi-finals in a heat. Even if a crew misses moving in the heats to semi-final or finals in the heats, the repechage provides these crews the opportunity for a second chance to qualify for a final.

## Heats

Are seeded in previous competition with results as best known. The top crews (places or times) in the heats will progress to semi-finals or finals. With remainder crews progressing into the repechage.

## Repechage

Provide all crews with a second opportunity to qualify for semi-finals and finals. The repechages are seeded evenly with the results in the heats

## Semi-finals

Would be a second race or third race for crews. The semi-finals are evenly seeded based on results in heats and repechages. The semi-finals are used to qualify the fastest crews to progress through to the finals.

## Finals

RP.2 race plan is seeded in the heats and repechage. Where as RP.3 and above are seeded in the times recorded in the semi-finals.

## Seeding

The fastest lanes should always have the fastest teams. For example –

- a. 4 lane course it would be lanes 2 and 3, followed by lanes 1 and 4
- b. 6 lane course it would be lanes 3 and 4, followed by lanes 2 and 5, then 1 and 6
- c. 8 lane course it would be lanes 4 and 5, followed by lanes 3 and 6, then 2 and 7, and 1 and 8

# Plan - Rounds

## Race format for races with 2 - 4 Entries (based on 4 lanes)

Plan Summary: 2 or 3 rounds (times in all races added together to work out final placings)

Round 1			
L2 <i>Team 3</i>	L3 <i>Team 1</i>	L4 <i>Team 2</i>	L5 <i>Team 4</i>
Round 2			
L2 <i>Team 2</i>	L3 <i>Team 3</i>	L4 <i>Team 4</i>	L5 <i>Team 1</i>
Round 3			
L2 <i>Team 4</i>	L3 <i>Team 2</i>	L4 <i>Team 1</i>	L5 <i>Team 3</i>
<b>Instruction:</b> If time permits in race program use 3 rounds (add all 3 times together to work out final placings). Otherwise use 2 rounds and add both times together to work out final placings.			

# Plan RP.1

## Race format for races with 5- 8 Entries (based on 4 lanes)

Plan Summary: 2 heats + 2 repechage + 1 Grand Final = 5 races  
(minimum 2 to maximum 3 races for all teams)

Heat 1		Heat 2	
<b>5 crews</b>	<b>6 crews</b>	<b>7 crews</b>	<b>8 crews</b>
<i>(2-3 crews)</i>	<i>(3 crews)</i>	<i>(3-4 crews)</i>	<i>(4 crews)</i>
H1 = 3	H1 = 3	H1 = 4	H1 = 4
H2 = 2	H2 = 3	H2 = 3	H2 = 4

Heat Lane Seeding				
	Lane 1	Lane 2	Lane 3	Lane 4
Heat 1	5	1	4	8
Heat 2	6	2	3	7

- Instructions:** a) Crews are seeded in the heats evenly based on previous results  
b) Winner in each heat progress to Final (2 crews)  
c) Remainder to repechages (3 to 8)

Repechage Lane Seeding				
	Lane 1	Lane 2	Lane 3	Lane 4
Rep1	7 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	6 <sup>th</sup> in hts	
Rep 2	8 <sup>th</sup> in hts	4 <sup>th</sup> in hts	5 <sup>th</sup> in hts	

- Instructions:** a) Crews are seeded in the reps based on heat times  
b) 5-6 crews one repechage only – 1<sup>st</sup> and 2<sup>nd</sup> progress to Final (2 crews)  
c) 7-8 crews winner in each repechage progress to Final (2 crew)  
d) Remainder drop out of competition (5 to 8)

Grand Final Seeding			
Lane 1	Lane 2	Lane 3	Lane 4
1 <sup>st</sup> in rps	1 <sup>st</sup> in hts	2 <sup>nd</sup> in hts	2 <sup>nd</sup> in rps

- Instructions:** a) Crews are seeded based on times in heats (winners) and repechages (winners)  
b) Grand Final to decide placings 1 to 4

## Plan RP.2

### Race format for races with 9 - 12 Entries (based on 4 lanes)

Plan Summary: 3 heats + 2 repechage + 2 Semi-Finals + 1 Grand Final = 8 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3	
<b>9 crews</b>	<b>10 crews</b>	<b>11 crews</b>		<b>12 crews</b>	
<i>(3 crews)</i>	<i>(3-4 crews)</i>	<i>(3-4 crews)</i>		<i>(4 crews)</i>	
H1 = 3	H1 = 4	H1 = 4		H1 = 4	
H2 = 3	H2 = 3	H2 = 4		H2 = 4	
H3 = 3	H3 = 3	H3 = 3		H3 = 4	

Heat Lane Seeding				
	Lane 1	Lane 2	Lane 3	Lane 4
Heat 1	7	1	6	12
Heat 2	8	2	5	11
Heat 3	9	3	4	10

- Instructions:** a) Crews are seeded in the heats evenly based on previous results  
 b) Winner in each heat plus next fastest overall progress to Semi-finals (*4 crews*)  
 c) Remainder to repechages (*5 to 12*)

Repechage Lane Seeding				
	Lane 1	Lane 2	Lane 3	Lane 4
Rep1	9 <sup>th</sup> in hts	5 <sup>th</sup> in hts	8 <sup>th</sup> in hts	12 <sup>th</sup> in hts
Rep 2	10 <sup>th</sup> in hts	6 <sup>th</sup> in hts	7 <sup>th</sup> in hts	11 <sup>th</sup> in hts

- Instructions:** a) Crews are seeded in the repechages based on heat times  
 b) Winner in each repechage plus next 2 fastest overall progress to Semi-finals (*4 crews*)  
 c) Remainder drop out of competition (*9 to 12*)

Semi-final Lane Seeding				
	Lane 1	Lane 2	Lane 3	Lane 4
Semi 1	1 <sup>st</sup> in reps	1 <sup>st</sup> in hts	4 <sup>th</sup> in hts	4 <sup>th</sup> in reps
Semi 2	2 <sup>nd</sup> in reps	2 <sup>nd</sup> in hts	3 <sup>rd</sup> in hts	3 <sup>rd</sup> in reps

- Instructions:** a) Crews in the semis are seeded based on times in heat and repechage  
 b) Winner in each Semi plus next 2 fastest overall progress to Grand Final (*4 crews*)  
 d) Remainder drop out of competition (*5 to 8*)

Grand Final Seeding			
Lane 1	Lane 2	Lane 3	Lane 4
3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF

- Instructions:** a) Crews are seeded based on times in semi-finals (winners)  
 b) Grand Final to decide placings 1 to 4

## Plan RP.3

### Race format for races with 13 - 16 Entries (based on 4 lanes)

Plan Summary: 4 heats + 1 repechage + 1 Grand Final = 4 races  
(minimum 2 to maximum 3 races for all teams)

Heat 1	Heat 2	Heat 3	Heat 4
<b>13 crews</b>	<b>14 crews</b>	<b>15 crews</b>	<b>16 crews</b>
<i>(3-4 crews)</i>	<i>(3-4 crews)</i>	<i>(3-4 crews)</i>	<i>(4 crews)</i>
H1 = 4	H1 = 4	H1 = 4	H1 = 4
H2 = 3	H2 = 4	H2 = 4	H2 = 4
H3 = 3	H3 = 3	H3 = 4	H3 = 4
H4 = 3	H4 = 3	H4 = 3	H4 = 4

<b>Heat Lane Seeding</b>				
	Lane 1	Lane 2	Lane 3	Lane 4
Heat 1	9	1	8	16
Heat 2	10	2	7	15
Heat 3	11	3	6	14
Heat 4	12	4	5	13

- Instructions:** a) Crews are seeded in the heats evenly based on previous results  
 b) 1<sup>st</sup> and 2<sup>nd</sup> in each heat progress to Semi-finals (8 crews)  
 c) Remainder to repechages (9 to 16)

<b>Repechage Lane Seeding</b>				
	Lane 1	Lane 2	Lane 3	Lane 4
Rep1	13 <sup>th</sup> in hts	9 <sup>th</sup> in hts	12 <sup>th</sup> in hts	16 <sup>th</sup> in hts
Rep 2	14 <sup>th</sup> in hts	10 <sup>th</sup> in hts	11 <sup>th</sup> in hts	15 <sup>th</sup> in hts

- Instructions:** a) Crews in the repechages are seeded based on heat times  
 b) 1<sup>st</sup> and 2<sup>nd</sup> in each repechage progress to Semi-finals (4 crews)  
 c) Remainder drop out of competition (13 to 16)

<b>Semi-final Lane Seeding</b>				
	Lane 1	Lane 2	Lane 3	Lane 4
Semi 1	7 <sup>th</sup> in hts	1 <sup>st</sup> in hts	6 <sup>th</sup> in hts	4 <sup>th</sup> in reps
Semi 2	8 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	5 <sup>th</sup> in hts	3 <sup>rd</sup> in reps
Semi 3	1 <sup>st</sup> in reps	3 <sup>rd</sup> in hts	4 <sup>th</sup> in hts	2 <sup>nd</sup> in reps

- Instructions:** a) Crews in the semis are seeded based on times in heat and repechage  
 b) Winner in each Semi plus next fastest overall progress to Grand Final (4 crews)  
 d) Remainder drop out of competition (5 to 12)

<b>Grand Final Seeding</b>				
Lane 1	Lane 2	Lane 3	Lane 4	
3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	

- Instructions:** a) Crews are seeded based on times in semi-finals (winners)  
 b) Grand Final to decide placings 1 to 4

# Plan - Rounds

## Race format for races with 3 - 6 Entries (based on 6 lanes)

Plan Summary: 2 or 3 rounds (times in all races added together to work out final placings)

Round 1					
L1 <i>Team 5</i>	L2 <i>Team 3</i>	L3 <i>Team 1</i>	L4 <i>Team 2</i>	L5 <i>Team 4</i>	L6 <i>Team 6</i>
<b>Instruction:</b> a) Crews are seeded in the heats evenly based on previous results					
Round 2					
L1 <i>Team 3</i>	L2 <i>Team 2</i>	L3 <i>Team 6</i>	L4 <i>Team 5</i>	L5 <i>Team 1</i>	L6 <i>Team 4</i>
Round 3					
L1 <i>Team 1</i>	L2 <i>Team 5</i>	L3 <i>Team 4</i>	L4 <i>Team 3</i>	L5 <i>Team 6</i>	L6 <i>Team 2</i>
<b>Instruction:</b> If time permits in race program use 3 rounds (add all 3 times together to work out final placings). Otherwise use 2 rounds and add both times together to work out final placings.					



## Plan RP.1A

### Race format for races with 7- 8 Entries (based on 6 lanes)

Plan Summary: 2 heats + 1 repechage + 1 Grand Final = 4 races  
(minimum 2 to maximum 3 races for all teams)

Heat 1	Heat 2
<b>7 crews</b>	<b>8 crews</b>
<i>(3-4 crews)</i>	<i>(4 crews)</i>
H1 = 4 crews	H1 = 4 crews
H2 = 3 crews	H2 = 4 crews

Heat Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		5	1	4	8	
Heat 2		6	2	3	7	

- Instructions:**
- a) Crews are seeded in the heats evenly based on previous results
  - b) The winner in each heat plus next fastest overall in both heats – straight to Grand Final (3 crews)
  - c) Remainder of crews progress to repechage (4 to 8)

Repechage Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	8 <sup>th</sup> in hts	6 <sup>th</sup> in hts	4 <sup>th</sup> in hts	5 <sup>th</sup> in hts	7 <sup>th</sup> in hts	

- Instructions:**
- a) Crews in the repechage are seeded based on times in heats
  - b) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in rep progress to Grand Final (3 crews)
  - c) Remainder of crews drop out of competition (7 to 8)

Grand Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2 <sup>nd</sup> in rep	3 <sup>rd</sup> in hts	1 <sup>st</sup> in hts	2 <sup>nd</sup> in hts	1 <sup>st</sup> in rep	3 <sup>rd</sup> in rep

- Instructions:**
- a) Crews are seeded based on times in heats and repechage
  - b) Grand Final to decide placings 1 to 6

## Plan RP.2A

### Race format for races with 9 - 12 Entries (based on 6 lanes)

Plan Summary: 2 heats + 1/2 repechage + 1 Grand Final = 4/5 races

(minimum 2 to maximum 3 races for all teams)

Heat 1		Heat 2	
<b>9 crews</b>	<b>10 crews</b>	<b>11 crews</b>	<b>12 crews</b>
<i>(4-5 crews)</i>	<i>(5 crews)</i>	<i>(5-6 crews)</i>	<i>(6 crews)</i>
H1 = 5 crews	H2 = 5 crews	H1 = 5 crews	H1 = 6 crews
H2 = 4 crews	H1 = 5 crews	H2 = 4 crews	H2 = 6 crews

Heat Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	9	5	1	4	8	12
Heat 2	10	6	2	3	7	11

- Instructions:**
- a) Crews are seeded in the heats evenly based on previous results
  - b) The winner in each heat plus next fastest overall in both heats progress to Grand Final (3 crews)
  - c) Remainder of crews progress to repechage (4 to 12)

Repechage Lane Seeding (option 1 = 9 crews)						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	8 <sup>th</sup> in hts	6 <sup>th</sup> in hts	4 <sup>th</sup> in hts	5 <sup>th</sup> in hts	7 <sup>th</sup> in hts	9 <sup>th</sup> in hts

- Instructions:**
- a) Crews are seeded in the repechage based on heat times
  - b) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in rep progress to Grand Final (3 crews)
  - c) Remainder of crews drop out of competition (7 to 9)

Repechage Lane Seeding (option 2 = 10 to 12 crews)						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	12 <sup>th</sup> in hts	8 <sup>th</sup> in hts	4 <sup>th</sup> in hts	7 <sup>th</sup> in hts	11 <sup>th</sup> in hts	
Rep 2		9 <sup>th</sup> in hts	5 <sup>th</sup> in hts	6 <sup>th</sup> in hts	10 <sup>th</sup> in hts	

- Instructions:**
- a) Crews are seeded in the repechage based on heat times
  - b) 1<sup>st</sup> in each repechage plus next fastest overall progress to Grand Final (3 crews)
  - c) Remainder of crews drop out of competition (7 to 12)

Grand Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2 <sup>nd</sup> in rep	3 <sup>rd</sup> in hts	1 <sup>st</sup> in hts	2 <sup>nd</sup> in hts	1 <sup>st</sup> in rep	3 <sup>rd</sup> in rep

- Instructions:**
- a) Crews are seeded based on times in heats and repechage
  - b) Grand Final to decide placings 1 to 6

## Plan RP.3A

### Race format for races with 13 - 18 Entries (based on 6 lanes)

Plan Summary: 3 heats + 2 repechage + 2 Semis + MF + GF = 9 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3	
<b>13 crews</b>	<b>14 crews</b>	<b>15 crews</b>	<b>16 crews</b>	<b>17 crews</b>	<b>18 crews</b>
<i>(3 crews)</i>	<i>(3-4 crews)</i>	<i>(5-6 crews)</i>	<i>(6 crews)</i>	<i>(5-6 crews)</i>	<i>(6 crews)</i>
H1 = 3	H1 = 4	H1 = 6	H1 = 6	H1 = 6	H1 = 6
H2 = 3	H2 = 3	H2 = 5	H2 = 6	H2 = 5	H2 = 6
H3 = 3	H3 = 3	H3 = 5	H3 = 6	H3 = 5	H3 = 6

Heat Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	13	7	1	6	12	18
Heat 2	14	8	2	5	11	17
Heat 3	15	9	3	4	10	16

- Instructions:**
- a) Crews are seeded in the heats evenly based on previous results
  - b) 1<sup>st</sup> and 2<sup>nd</sup> in each heat progress to semi-finals (6 crews)
  - c) Remainder of crews progress to repechage (13 to 18)

Repechage Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	15 <sup>th</sup> in hts	11 <sup>th</sup> in hts	7 <sup>th</sup> in hts	10 <sup>th</sup> in hts	14 <sup>th</sup> in hts	18 <sup>th</sup> in hts
Rep 2	16 <sup>th</sup> in hts	12 <sup>th</sup> in hts	8 <sup>th</sup> in hts	9 <sup>th</sup> in hts	13 <sup>th</sup> in hts	17 <sup>th</sup> in hts

- Instructions:**
- a) Crews are seeded in the repechage based on times in heats
  - b) 13 crews in heats – 1<sup>st</sup> and 2<sup>nd</sup> in each repechage progress to semi-finals (3 crews drop out)
  - c) 14 crews in heats – 1<sup>st</sup> and 2<sup>nd</sup> in each repechage plus next fastest overall progress to semi-finals (4 crews drop out)
  - d) 15 to 18 crews in the heats – 1<sup>st</sup> and 2<sup>nd</sup> in each repechage plus next 2 fastest overall progress to semi-finals (3 to 6 crews drop out)

Semi-finals Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi 1	3 <sup>rd</sup> in reps	5 <sup>th</sup> in hts	1 <sup>st</sup> in hts	4 <sup>th</sup> in hts	2 <sup>nd</sup> in reps	6 <sup>th</sup> in reps
Semi 2	4 <sup>th</sup> in reps	6 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	3 <sup>rd</sup> in hts	1 <sup>st</sup> in reps	5 <sup>th</sup> in reps

- Instructions:**
- a) Crews in the semis are seeded based on times in heats and repechages
  - b) 1<sup>st</sup> and 2<sup>nd</sup> in each Semi plus next 2 fastest overall progress to Grand Final (6 crews)
  - b) Crews placed **7 to 12** in both semi-finals progress to Minor Final
  - c) Remainder of crews drop out of competition (13 to 18)

Minor Final Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	11th in SF	9th in SF	7th in SF	8th in SF	10th in SF	12th in SF

- Instructions:**
- a) Crews are seeded based on times in semis
  - b) Minor Final to decide placings 7 to 12

Grand Final Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	5th in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4th in SF	6th in SF

- Instructions:**
- a) Crews are seeded based on times in semis
  - b) Grand Final to decide placings 1 to 6

# Plan RP.4A

## Race format for races with 19 - 24 Entries (based on 6 lanes)

Plan Summary: 4 heats + 2 repechage + 3 Semis + MF + GF = 11 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3	Heat 4
<b>19 crews</b>	<b>20 crews</b>	<b>21 crews</b>	<b>22 crews</b>	<b>23 crews</b>	<b>24 crews</b>
<i>(4-5 crews)</i>	<i>(5 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(6 crews)</i>
H1 = 5	H1 = 5	H1 = 6	H1 = 6	H1 = 6	H1 = 6
H2 = 5	H2 = 5	H2 = 5	H2 = 6	H2 = 6	H2 = 6
H3 = 5	H3 = 5	H3 = 5	H3 = 5	H3 = 6	H3 = 6
H4 = 4	H4 = 5	H4 = 5	H4 = 5	H4 = 5	H4 = 6

Heat Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	17	9	1	8	16	24
Heat 2	18	10	2	7	15	23
Heat 3	19	11	3	6	14	22
Heat 4	20	12	4	5	13	21

- Instructions:**
- Crews are seeded in the heats evenly based on previous results
  - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each heat progress to semi-finals (12 crews)
  - Remainder of crews progress to repechage (13 to 24)

Repechage Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	21 <sup>st</sup> in hts	17 <sup>th</sup> in hts	13 <sup>th</sup> in hts	16 <sup>th</sup> in hts	20 <sup>th</sup> in hts	24 <sup>th</sup> in hts
Rep 2	22 <sup>nd</sup> in hts	18 <sup>th</sup> in hts	14 <sup>th</sup> in hts	15 <sup>th</sup> in hts	19 <sup>th</sup> in hts	23 <sup>rd</sup> in hts

- Instructions:**
- Crews in the repechages are seeded based on times in heats
  - 19 to 20 crews in heats – 1<sup>st</sup> and 2<sup>nd</sup> in each rep progress to semi-finals (3 crews drop out)
  - 21 crews in heats – 1<sup>st</sup> and 2<sup>nd</sup> in each rep plus next fastest overall progress to semi-finals (4 crews drop out)
  - 22 to 24 crews in heats – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each progress to semi-finals (remainder of crews drop out)

Semi-finals Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi 1	1 <sup>st</sup> in reps	7 <sup>th</sup> in hts	1 <sup>st</sup> in hts	6 <sup>th</sup> in hts	12 <sup>th</sup> in hts	6 <sup>th</sup> in reps
Semi 2	2 <sup>nd</sup> in reps	8 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	5 <sup>th</sup> in hts	11 <sup>th</sup> in hts	5 <sup>th</sup> in reps
Semi 3	3 <sup>rd</sup> in reps	9 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	4 <sup>th</sup> in hts	10 <sup>th</sup> in hts	4 <sup>th</sup> in reps

- Instructions:**
- Crews in the semis are seeded based on times in heats and repechages
  - 1<sup>st</sup> in each semi-final plus next 3 fastest overall progress to Grand Final (6 crews)
  - Next 6 fastest times progress to Minor Final (7 to 12)
  - Remainder drop out of competition (13 to 18)

Minor Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11 <sup>th</sup> in SF	9 <sup>th</sup> in SF	7 <sup>th</sup> in SF	8 <sup>th</sup> in SF	10 <sup>th</sup> in SF	12 <sup>th</sup> in SF

- Instructions:**
- Crews are seeded based on times in semis
  - Minor Final to decide placings 7 to 12

Grand Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5 <sup>th</sup> in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	6 <sup>th</sup> in SF

- Instructions:**
- Crews are seeded based on times in semis
  - Grand Final to decide placings 1 to 6

# Plan RP.5A

## Race format for races with 25 - 30 Entries (based on 6 lanes)

Plan Summary: 5 heats + 3 repechage + 3 Semis + MF + GF = 13 races  
(minimum 2 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3		Heat 4		Heat 5	
<b>25 crews</b>	<b>26 crews</b>	<b>27 crews</b>	<b>28 crew</b>	<b>29 crews</b>	<b>30 crews</b>				
(5 crews)	(5-6 crews)	(5-6 crews)	(5-6 crews)	(5-6 crews)	(6 crews)				
H1 = 5 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews				
H2 = 5 crews	H2 = 5 crews	H2 = 6 crews	H2 = 6 crews	H2 = 6 crews	H2 = 6 crews				
H3 = 5 crews	H3 = 5 crews	H3 = 5 crews	H3 = 6 crews	H3 = 6 crews	H3 = 6 crews				
H4 = 5 crews	H4 = 5 crews	H4 = 5 crews	H4 = 5 crews	H4 = 6 crews	H4 = 6 crews				
H5 = 5 crews	H5 = 5 crews	H5 = 5 crews	H5 = 5 crews	H5 = 5 crews	H5 = 6 crews				

Heat Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	21	11	1	10	20	30
Heat 2	22	12	2	9	19	29
Heat 3	23	13	3	8	18	28
Heat 4	24	14	4	7	17	27
Heat 5	25	15	5	6	16	26

- Instructions:**
- Crews are seeded in the heats evenly based on previous results
  - 1<sup>st</sup> and 2<sup>nd</sup> in each heat plus next 3 fastest overall progress to semi-finals (13 crews)
  - Remainder of crews progress to repechages (14 to 30)

Repechage Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	26 <sup>th</sup> in hts	20 <sup>th</sup> in hts	14 <sup>th</sup> in hts	19 <sup>th</sup> in hts	25 <sup>th</sup> in hts	
Rep 2	27 <sup>th</sup> in hts	21 <sup>st</sup> in hts	15 <sup>th</sup> in hts	18 <sup>th</sup> in hts	24 <sup>th</sup> in hts	30 <sup>th</sup> in hts
Rep 3	28 <sup>th</sup> in hts	22 <sup>nd</sup> in hts	16 <sup>th</sup> in hts	17 <sup>th</sup> in hts	23 <sup>rd</sup> in hts	29 <sup>th</sup> in hts

- Instructions:**
- Crews in the repechages are seeded based on heat times
  - 1<sup>st</sup> in each repechage plus next 2 fastest overall progress to semi-finals (5 crews)
  - Remainder of crews drop out of competition (19 to 30)

Semi-finals Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi 1	13 <sup>th</sup> in hts	7 <sup>th</sup> in hts	1 <sup>st</sup> in hts	6 <sup>th</sup> in hts	12 <sup>th</sup> in hts	5 <sup>th</sup> in reps
Semi 2	1 <sup>st</sup> in reps	8 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	5 <sup>th</sup> in hts	11 <sup>th</sup> in hts	4 <sup>th</sup> in reps
Semi 3	2 <sup>nd</sup> in reps	9 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	4 <sup>th</sup> in hts	10 <sup>th</sup> in hts	3 <sup>rd</sup> in reps

- Instructions:**
- Crews in the semis are seeded based on times in heats and repechages
  - 1<sup>st</sup> in each semi-final plus next 3 fastest overall progress to Grand Final (6 crews)
  - Next 6 fastest times progress to Minor Final (7 to 12)
  - Remainder dropout of competition (13 to 18)

Minor Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11 <sup>th</sup> in SF	9 <sup>th</sup> in SF	7 <sup>th</sup> in SF	8 <sup>th</sup> in SF	10 <sup>th</sup> in SF	12 <sup>th</sup> in SF

- Instructions:**
- Crews are seeded based on times in semis
  - Minor Final to decide placings 7 to 12

Grand Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5 <sup>th</sup> in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	6 <sup>th</sup> in SF

- Instructions:**
- Crews are seeded based on times in semis
  - Grand Final to decide placings 1 to 6

# Plan RP.6A

## Race format for races with 31 - 36 Entries (based on 6 lanes)

Plan Summary: 6 heats + 3 repechage + 3 Semis + MF + GF = 14 races  
(minimum 2 to maximum 4 races for all teams)

Heat 1	Heat 2	Heat 3	Heat 4	Heat 5	Heat 6
<b>31 crews</b>	<b>32 crews</b>	<b>33 crews</b>	<b>34 crews</b>	<b>35 crews</b>	<b>36 crews</b>
<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(6 crews)</i>
H1 = 6 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews
H2 = 5 crews	H2 = 6 crews	H2 = 6 crews	H2 = 6 crews	H2 = 6 crews	H2 = 6 crews
H3 = 5 crews	H3 = 5 crews	H3 = 6 crews	H3 = 6 crews	H3 = 6 crews	H3 = 6 crews
H4 = 5 crews	H4 = 5 crews	H4 = 5 crews	H4 = 6 crews	H4 = 6 crews	H4 = 6 crews
H5 = 5 crews	H5 = 5 crews	H5 = 5 crews	H5 = 5 crews	H5 = 6 crews	H5 = 6 crews
H6 = 5 crews	H6 = 5 crews	H6 = 5 crews	H6 = 5 crews	H6 = 5 crews	H6 = 6 crews

Heat Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	25	13	1	12	24	36
Heat 2	26	14	2	11	23	35
Heat 3	27	15	3	10	22	34
Heat 4	28	16	4	9	21	33
Heat 5	29	17	5	8	20	32
Heat 6	30	18	6	7	19	31

- Instructions:**
- Crews are seeded in the heats evenly based on previous results
  - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each heat progress to semi-finals (18 crews)
  - Remainder of crews progress to repechages (19 to 36)

Repechage Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	31st in hts	25 <sup>th</sup> in hts	19th in hts	24th in hts	30th in hts	36 <sup>th</sup> in hts
Rep 2	32nd in hts	26th in hts	20th in hts	23rd in hts	29 <sup>th</sup> in hts	35 <sup>th</sup> in hts
Rep 3	33rd in hts	27th in hts	21st in hts	22nd in hts	28th in hts	34th in hts

- Instructions:**
- Crews in the repechages are seeded based on heat times
  - 1<sup>st</sup> in each repechage plus next 3 fastest overall progress to semi-finals (6 crews)
  - Remainder of crews drop out of competition (24 to 36)

Semi-finals Lane Seeding						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi 1	17 <sup>th</sup> in hts	9th in hts	1 <sup>st</sup> in hts	8 <sup>th</sup> in hts	16 <sup>th</sup> in hts	6 <sup>th</sup> in reps
Semi 2	18 <sup>th</sup> in hts	10th in hts	2 <sup>nd</sup> in hts	7 <sup>th</sup> in hts	15 <sup>th</sup> in hts	5 <sup>th</sup> in reps
Semi 3	1 <sup>st</sup> in reps	11th in hts	3 <sup>rd</sup> in hts	6 <sup>th</sup> in hts	14 <sup>th</sup> in hts	4 <sup>th</sup> in reps
Semi 4	2 <sup>nd</sup> in reps	12 <sup>th</sup> in hts	4 <sup>th</sup> in hts	5 <sup>th</sup> in hts	13 <sup>th</sup> in hts	3 <sup>rd</sup> in reps

- Instructions:**
- Crews in the semis are seeded based on times in heats and repechages
  - 1<sup>st</sup> in each semi-final plus next 2 fastest overall progress to Grand Final (6 crews)
  - Next 6 fastest times progress to Minor Final (7 to 12)
  - Remainder dropout of competition (13 to 24)

Minor Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11th in SF	9th in SF	7th in SF	8th in SF	10th in SF	12th in SF

- Instructions:**
- Crews are seeded based on times in semis
  - Minor Final to decide placings 7 to 12

Grand Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5th in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4th in SF	6th in SF

- Instructions:**
- Crews are seeded based on times in semis
  - Grand Final to decide placings 1 to 6

## Plan RP.7A

### Race format for races with 37 - 42 Entries (based on 6 lanes)

Plan Summary: 7 heats + 4 repechage + 5 Semis + TF + MF + GF = 19 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1	Heat 2	Heat 3	Heat 4	Heat 5	Heat 6	Heat 7
<b>37 crews</b>	<b>38 crews</b>	<b>39 crews</b>	<b>40 crews</b>		<b>41 crews</b>	<b>42 crews</b>
<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>	<i>(5-6 crews)</i>		<i>(5-6 crews)</i>	<i>(6 crews)</i>
H1 = 6 crews	H1 = 6 crews	H1 = 6 crews	H1 = 6 crews		H1 = 6 crews	H1 = 6 crews
H2 = 6 crews	H2 = 6 crews	H2 = 6 crews	H2 = 6 crews		H2 = 6 crews	H2 = 6 crews
H3 = 5 crews	H3 = 6 crews	H3 = 6 crews	H3 = 6 crews		H3 = 6 crews	H3 = 6 crews
H4 = 5 crews	H4 = 5 crews	H4 = 6 crews	H4 = 6 crews		H4 = 6 crews	H4 = 6 crews
H5 = 5 crews	H5 = 5 crews	H5 = 5 crews	H5 = 6 crews		H5 = 6 crews	H5 = 6 crews
H6 = 5 crews	H6 = 5 crews	H6 = 5 crews	H6 = 5 crews		H6 = 6 crews	H6 = 6 crews
H7 = 5 crews	H7 = 5 crews	H7 = 5 crews	H7 = 5 crews		H7 = 5 crews	H7 = 6 crews

<b>Heat Lane Seeding</b>						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	29	15	1	14	28	42
Heat 2	30	16	2	13	27	41
Heat 3	31	17	3	12	26	40
Heat 4	32	18	4	11	25	39
Heat 5	33	19	5	10	24	38
Heat 6	34	20	6	9	23	37
Heat 7	35	21	7	8	22	36

- Instructions:**
- a) Crews are seeded in the heats evenly based on previous results
  - b) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each heat progress to semi-finals (21 crews)
  - c) Remainder of crews progress to repechages (22 to 42)

<b>Repechage Lane Seeding</b>						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Rep 1	38 <sup>th</sup> in hts	30 <sup>th</sup> in hts	22 <sup>nd</sup> in hts	29 <sup>th</sup> in hts	37 <sup>th</sup> in hts	
Rep 2	39 <sup>th</sup> in hts	31 <sup>st</sup> in hts	23 <sup>rd</sup> in hts	28 <sup>th</sup> in hts	36 <sup>th</sup> in hts	
Rep 3	40 <sup>th</sup> in hts	32 <sup>nd</sup> in hts	24 <sup>th</sup> in hts	27 <sup>th</sup> in hts	35 <sup>th</sup> in hts	
Rep 4	41 <sup>st</sup> in hts	33 <sup>rd</sup> in hts	25 <sup>th</sup> in hts	26 <sup>th</sup> in hts	34 <sup>th</sup> in hts	42 <sup>nd</sup> in hts

- Instructions:**
- a) Crews in the repechages are seeded based on heat times
  - b) 1<sup>st</sup> and 2<sup>nd</sup> plus fastest overall in each repechage progress to semi-finals (9 crews)
  - c) Remainder of crews drop out of competition (34 to 42)

<b>Semi-finals Lane Seeding</b>						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi 1	21 <sup>st</sup> in hts	11 <sup>th</sup> in hts	1 <sup>st</sup> in hts	10 <sup>th</sup> in hts	20 <sup>th</sup> in hts	9 <sup>th</sup> in reps
Semi 2	1 <sup>st</sup> in reps	12 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	9 <sup>th</sup> in hts	19 <sup>th</sup> in hts	8 <sup>th</sup> in reps
Semi 3	2 <sup>nd</sup> in reps	13 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	8 <sup>th</sup> in hts	18 <sup>th</sup> in hts	7 <sup>th</sup> in reps
Semi 4	3 <sup>rd</sup> in reps	14 <sup>th</sup> in hts	4 <sup>th</sup> in hts	7 <sup>th</sup> in hts	17 <sup>th</sup> in hts	6 <sup>th</sup> in reps
Semi 5	4 <sup>th</sup> in reps	15 <sup>th</sup> in hts	5 <sup>th</sup> in hts	6 <sup>th</sup> in hts	16 <sup>th</sup> in hts	5 <sup>th</sup> in reps

- Instructions:**
- a) Crews in the semis are seeded based on times in heats and repechages
  - b) 1<sup>st</sup> in each semi-final plus next fastest overall progress to Grand Final (6 crews)
  - c) Next 6 fastest times progress to Minor Final (7 to 12)
  - d) Next 6 fastest times progress to Tail Final (13 to 18)
  - e) Remainder dropout of competition (19 to 30)

Tail Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
17th in SF	15th in SF	13th in SF	14th in SF	16th in SF	18th in SF

**Instructions:** a) Crews are seeded based on times in semis  
b) Tail Final to decide placings 13 to 18

Minor Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11th in SF	9th in SF	7th in SF	8th in SF	10th in SF	12th in SF

**Instructions:** a) Crews are seeded based on times in semis  
b) Minor Final to decide placings 7 to 12

Grand Final Seeding					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5th in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4th in SF	6th in SF

**Instructions:** a) Crews are seeded based on times in semis  
b) Grand Final to decide placings 1 to 6



## Plan RP.1B (rounds)

### Race format for races with 7- 8 Entries (based on 8 lanes)

Plan Summary: 2 or 3 rounds (times in all races added together to work out final placings)

Round 1							
L1 <i>Team 7</i>	L2 <i>Team 5</i>	L3 <i>Team 3</i>	L4 <i>Team 1</i>	L5 <i>Team 2</i>	L6 <i>Team 4</i>	L7 <i>Team 6</i>	L8 <i>Team 8</i>
<b>Instruction:</b> a) Crews are seeded in the heats evenly based on previous results							
Round 2							
L1 <i>Team 3</i>	L2 <i>Team 2</i>	L3 <i>Team 7</i>	L4 <i>Team 6</i>	L5 <i>Team 5</i>	L6 <i>Team 8</i>	L7 <i>Team 1</i>	L8 <i>Team 4</i>
Round 3							
L1 <i>Team 6</i>	L2 <i>Team 4</i>	L3 <i>Team 2</i>	L4 <i>Team 8</i>	L5 <i>Team 7</i>	L6 <i>Team 1</i>	L7 <i>Team 3</i>	L8 <i>Team 5</i>
<b>Instruction:</b> If time permits in race program use 3 rounds (add all 3 times together to work out final placings). Otherwise use 2 rounds and add both times together to work out final placings.							

## Plan RP.2B

### Race format for races with 9 - 12 Entries (based on 8 lanes)

Plan Summary: 2 heats + 1 repechage + MF + GF = 5 races  
(minimum 2 to maximum 3 races for all teams)

Heat 1		Heat 2	
<b>9 crews</b>	<b>10 crews</b>	<b>11 crews</b>	<b>12 crews</b>
<i>(4-5 crews)</i>	<i>(5 crews)</i>	<i>(5-6 crews)</i>	<i>(6 crews)</i>
H1 = 5 crews	H2 = 5 crews	H1 = 6 crews	H1 = 6 crews
H2 = 4 crews	H1 = 5 crews	H2 = 5 crews	H2 = 6 crews

Heat Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	13	9	5	1	4	8	12	
Heat 2	14	10	6	2	3	7	11	

- Instructions:**
- a) Crews are seeded in the heats based on previous results
  - b) 1<sup>st</sup> and 2<sup>nd</sup> in each heat to Grand Final (4 crews)
  - c) Remainder of crews progress to repechage (5 to 12)

Repechage Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Rep 1	11	9	7	5	6	8	10	12

- Instructions:**
- a) Crews are seeded in the repechage based on heat times
  - b) 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> in repechage proceed to Grand Final (4 crews)
  - c) Remainder drop out of competition (5 to 12)

Grand Final Seeding							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3 <sup>rd</sup> in rep	1 <sup>st</sup> in rep	3 <sup>rd</sup> in hts	1 <sup>st</sup> in hts	2 <sup>nd</sup> in hts	4 <sup>th</sup> in hts	2 <sup>nd</sup> in rep	4 <sup>th</sup> in rep

- Instructions:**
- a) Crews are seeded based on times in semis
  - b) Grand Final to decide placings 1 to 8

# Plan RP.3B

## Race format for races with 13 - 16 Entries (based on 8 lanes)

Plan Summary: 2 heats + 2 semi-finals + 1 MF + 1 GF = 6 races  
(minimum 2 to maximum 3 races for all teams)

Heat 1		Heat 2	
<b>13 crews</b> <i>(6-7 crews)</i>	<b>14 crews</b> <i>(7 crews)</i>	<b>15 crews</b> <i>(7-8 crews)</i>	<b>16 crews</b> <i>(8 crews)</i>
H1 = 7 crews	H2 = 7 crews	H1 = 8 crews	H1 = 8 crews
H2 = 6 crews	H1 = 7 crews	H2 = 7 crews	H2 = 8 crews

Heat Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	13	9	5	1	4	8	12	16
Heat 2	14	10	6	2	3	7	11	15

- Instructions:**
- Crews are seeded in the heats based on previous results
  - 1<sup>st</sup> and 2<sup>nd</sup> in each heat to Grand Final (*4 crews*)
  - Remainder of crews progress to repechage (*5 to 16*)

Repechage Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Rep 1		13	9	5	8	12	16	
Rep 2		14	10	6	7	11	15	

- Instructions:**
- Crews are seeded in the repechage based on times in heats
  - 1<sup>st</sup> and 2<sup>nd</sup> in each repechage progress to Grand Final (*4 crews*)
  - Remainder drop out of competition (*12 to 16*)

Grand Final Seeding							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3 <sup>rd</sup> in rep	1 <sup>st</sup> in rep	3 <sup>rd</sup> in hts	1 <sup>st</sup> in hts	2 <sup>nd</sup> in hts	4 <sup>th</sup> in hts	2 <sup>nd</sup> in rep	4 <sup>th</sup> in rep

- Instructions:**
- Crews are seeded based on times from heats and repechages
  - Grand Final to decide placings 1 to 8

## Plan RP.4B

### Race format for races with 17 - 24 Entries (based on 8 lanes)

Plan Summary: 3 heats + 2 repechage + 2 Semis + MF + GF = 9 races

(minimum 3 to maximum 4 races for all teams)

Heat 1			Heat 2			Heat 3	
17 crews	18 crews	19 crews	20 crews	21 crews	22 crews	23 crews	24 crews
	<i>(6 crews)</i>	<i>(6-7 crews)</i>	<i>(6-7 crews)</i>	<i>(7 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(8 crews)</i>
H1 =	H1 = 6	H1 = 7	H1 = 7	H1 = 7	H1 = 8	H1 = 8	H1 = 8
H2 =	H2 = 6	H2 = 6	H2 = 7	H2 = 7	H2 = 7	H2 = 8	H2 = 8
H3 =	H3 = 6	H3 = 6	H3 = 6	H3 = 7	H3 = 7	H3 = 7	H3 = 8

Heat Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	19	13	7	1	6	12	18	24
Heat 2	20	14	8	2	5	11	17	23
Heat 3	21	15	9	3	4	10	16	22

- Instructions:**
- a) Crews are seeded in the heats based on previous results
  - b) 1<sup>st</sup> and 2<sup>nd</sup> in each heat plus next 2 fastest overall progress to semi-finals (8 crews)
  - c) Remainder of crews progress to repechage (9 to 24)

Repechage Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Rep 1	21	17	13	9	12	16	20	24
Rep 2	22	18	14	10	11	15	19	23

- Instructions:**
- a) Crews are seeded in the repechage based on heat times
  - b) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each repechage plus next 2 fastest overall progress to Semi-finals (8 crews)
  - c) Remainder drop out of competition (17 to 24)

Semi-finals Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Semi 1	5 <sup>th</sup> in rps	1 <sup>st</sup> in rps	5 <sup>th</sup> in hts	1 <sup>st</sup> in hts	4 <sup>th</sup> in hts	8 <sup>th</sup> in hts	4 <sup>th</sup> in rps	8 <sup>th</sup> in rps
Semi 2	6 <sup>th</sup> in rps	2 <sup>nd</sup> in rps	6 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	3 <sup>rd</sup> in hts	7 <sup>th</sup> in hts	3 <sup>rd</sup> in rps	7 <sup>th</sup> in rps

- Instructions:**
- a) Crews are seeded in the semi-finals based on times in heats and repechages
  - b) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each semi-final plus next 2 fastest overall progress to Grand Final (8 crews)
  - c) Remainder drop out of competition (9 to 16)

Grand Final Seeding								
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
7 <sup>th</sup> in SF	5 <sup>th</sup> in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	6 <sup>th</sup> in SF	8 <sup>th</sup> in SF	

- Instructions:**
- a) Crews are seeded based on times in semis
  - b) Grand Final to decide placings 1 to 8

# Plan RP.5B

## Race format for races with 25 - 32 Entries (based on 8 lanes)

Plan Summary: 4 heats + 2 repechage + 3 Semis + MF + GF = 11 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3		Heat 4	
25 crews	26 crews	27 crews	28 crews	29 crews	30 crews	31 crews	32 crews
					(7-8 crews)	(7-8 crews)	(8 crews)
H1 =	H1 =	H1 =	H1 =	H1 =	H1 = 8	H1 = 8	H1 = 8
H2 =	H2 =	H2 =	H2 =	H2 =	H2 = 8	H2 = 8	H2 = 8
H3 =	H3 =	H3 =	H3 =	H3 =	H3 = 7	H3 = 8	H3 = 8
H4 =	H4 =	H4 =	H4 =	H4 =	H4 = 7	H4 = 7	H4 = 8

Heat Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	25	17	9	1	8	16	24	32
Heat 2	26	18	10	2	7	15	23	31
Heat 3	27	19	11	3	6	14	22	30
Heat 4	28	20	12	4	5	13	21	29

- Instructions:**
- Crews are seeded in the heats based on previous results
  - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> in each heat progress to semi-finals (16 crews)
  - Remainder of crews progress to repechage (17 to 32)

Repechage Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Rep 1	29	25	21	17	20	24	28	32
Rep 2	30	26	22	18	19	23	27	31

- Instructions:**
- Crews are seeded in the repechage based on heat times
  - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each repechage plus next 2 fastest overall progress to Semi-finals (8 crews)
  - Remainder drop out of competition (25 to 32)

Semi-finals Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Semi 1	3 <sup>rd</sup> in rps	13 <sup>th</sup> in hts	7 <sup>th</sup> in hts	1 <sup>st</sup> in hts	6 <sup>th</sup> in hts	12 <sup>th</sup> in hts	2 <sup>nd</sup> in rps	8 <sup>th</sup> in rps
Semi 2	4 <sup>th</sup> in rps	14 <sup>th</sup> in hts	8 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	5 <sup>th</sup> in hts	11 <sup>th</sup> in hts	1 <sup>st</sup> in rps	7 <sup>th</sup> in rps
Semi 3	5 <sup>th</sup> in rps	15 <sup>th</sup> in hts	9 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	4 <sup>th</sup> in hts	10 <sup>th</sup> in hts	16 <sup>th</sup> in hts	6 <sup>th</sup> in rps

- Instructions:**
- Crews are seeded in the semi-finals based on times in heats and repechages
  - 1<sup>st</sup> and 2<sup>nd</sup> in each semi-final plus next 2 fastest overall progress to Grand Final (8 crews)
  - Next 8 fastest times progress to Minor Final (9 to 16)
  - Remainder drop out of competition (17 to 24)

Minor Final Seeding								
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
15 <sup>th</sup> in SF	13 <sup>th</sup> in SF	11 <sup>th</sup> in SF	9 <sup>th</sup> in SF	10 <sup>th</sup> in SF	12 <sup>th</sup> in SF	14 <sup>th</sup> in SF	16 <sup>th</sup> in SF	

- Instructions:**
- Crews are seeded based on times in semis
  - Minor Final to decide placings 9 to 16

Grand Final Seeding								
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
7 <sup>th</sup> in SF	5 <sup>th</sup> in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	6 <sup>th</sup> in SF	8 <sup>th</sup> in SF	

- Instructions:**
- Crews are seeded based on times in semis
  - Grand Final to decide placings 1 to 8

# Plan RP.6B

## Race format for races with 33 - 40 Entries (based on 8 lanes)

Plan Summary: 5 heats + 3 repechage + 3 Semis + MF + GF = 13 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3		Heat 4		Heat 5	
<b>33 crews</b>	<b>34 crews</b>	<b>35 crews</b>	<b>36 crew</b>	<b>37 crews</b>	<b>38 crews</b>	<b>39 crews</b>	<b>40 crews</b>		
<i>(6-7 crews)</i>	<i>(6-7 crews)</i>	<i>(7 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(8 crews)</i>		
H1 = 7 crews	H1 = 7 crews	H1 = 7 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	
H2 = 7 crews	H2 = 7 crews	H2 = 7 crews	H2 = 7 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	
H3 = 7 crews	H3 = 7 crews	H3 = 7 crews	H3 = 7 crews	H3 = 7 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews	
H4 = 6 crews	H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 8 crews	H4 = 8 crews	H4 = 8 crews	
H5 = 6 crews	H5 = 6 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 8 crews	

Heat Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	31	21	11	1	10	20	30	40
Heat 2	32	22	12	2	9	19	29	39
Heat 3	33	23	13	3	8	18	28	38
Heat 4	34	24	14	4	7	17	27	37
Heat 5	35	25	15	5	6	16	26	36

- Instructions:**
- Crews are seeded in the heats based on previous results
  - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each heat plus next fastest overall progress to semi-finals (16 crews)
  - Remainder of crews progress to repechage (17 to 40)

Repechage Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Rep 1	35	29	23	17	22	28	34	40
Rep 2	36	30	24	18	21	27	33	39
Rep 3	37	31	25	19	20	26	33	38

- Instructions:**
- Crews are seeded in the repechage based on times in heats
  - 1<sup>st</sup> and 2<sup>nd</sup> in each repechage plus next 2 fastest overall progress to Semi-finals (8 crews)
  - Remainder drop out of competition (25 to 40)

Semi-finals Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Semi 1	3 <sup>rd</sup> in rsp	13 <sup>th</sup> in hts	7 <sup>th</sup> in hts	1 <sup>st</sup> in hts	6 <sup>th</sup> in hts	12 <sup>th</sup> in hts	2 <sup>nd</sup> in rps	8 <sup>th</sup> in rps
Semi 2	4 <sup>th</sup> in rps	14 <sup>th</sup> in hts	8 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	5 <sup>th</sup> in hts	11 <sup>th</sup> in hts	1 <sup>st</sup> in rps	7 <sup>th</sup> in rps
Semi 3	5 <sup>th</sup> in rps	15 <sup>th</sup> in hts	9 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	4 <sup>th</sup> in hts	10 <sup>th</sup> in hts	16 <sup>th</sup> in hts	6 <sup>th</sup> frn rsp

- Instructions:**
- Crews are seeded in the semi-finals based on times in heats and repechages
  - 1<sup>st</sup> and 2<sup>nd</sup> in each semi-final plus next 2 fastest overall progress to Grand Final (8 crews)
  - Next 8 fastest times progress to Minor Final (9 to 16)
  - Remainder drop out of competition (17 to 24)

Minor Final Seeding								
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
15 <sup>th</sup> in SF	13 <sup>th</sup> in SF	11 <sup>th</sup> in SF	9 <sup>th</sup> in SF	10 <sup>th</sup> in SF	12 <sup>th</sup> in SF	14 <sup>th</sup> in SF	16 <sup>th</sup> in SF	

- Instructions:**
- Crews are seeded based on times in semis
  - Minor Final to decide placings 9 to 16

Grand Final Seeding								
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
7 <sup>th</sup> in SF	5 <sup>th</sup> in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	6 <sup>th</sup> in SF	8 <sup>th</sup> in SF	

- Instructions:**
- Crews are seeded based on times in semis
  - Grand Final to decide placings 1 to 8

## Plan RP.7B

### Race format for races with 41 - 48 Entries (based on 8 lanes)

Plan Summary: 6 heats + 4 repechage + 4 Semis + TF + MF + GF = 17 races  
(minimum 3 to maximum 4 races for all teams)

Heat 1		Heat 2		Heat 3		Heat 4		Heat 5		Heat 6	
<b>41 crews</b>	<b>42 crews</b>	<b>43 crews</b>	<b>44 crews</b>	<b>45 crews</b>	<b>46 crews</b>	<b>47 crews</b>	<b>48 crews</b>				
<i>(6-7 crews)</i>	<i>(7 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(7-8 crews)</i>	<i>(8 crews)</i>				
H1 = 7 crews	H1 = 7 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews	H1 = 8 crews
H2 = 7 crews	H2 = 7 crews	H2 = 7 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews	H2 = 8 crews
H3 = 7 crews	H3 = 7 crews	H3 = 7 crews	H3 = 7 crews	H3 = 7 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews	H3 = 8 crews
H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 7 crews	H4 = 8 crews	H4 = 8 crews	H4 = 8 crews	H4 = 8 crews	H4 = 8 crews	H4 = 8 crews
H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 7 crews	H5 = 8 crews	H5 = 8 crews	H5 = 8 crews	H5 = 8 crews
H6 = 6 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 7 crews	H6 = 8 crews	H6 = 8 crews

Heat Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	37	25	13	1	12	24	36	48
Heat 2	38	26	14	2	11	23	35	47
Heat 3	39	27	15	3	10	22	34	46
Heat 4	40	28	16	4	9	21	33	45
Heat 5	41	29	17	5	8	20	32	44
Heat 6	42	30	18	6	7	19	31	43

- Instructions:**
- Crews are seeded in the heats based on previous results
  - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each heat plus next 4 fastest overall progress to semi-finals (22 crews)
  - Remainder of crews progress to repechage (23 to 48)

Repechage Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Rep 1	47	39	31	23	30	38	46	
Rep 2	48	40	32	24	29	37	45	
Rep 3		41	33	25	28	36	44	
Rep 4		42	34	26	27	35	43	

- Instructions:**
- Crews are seeded in the repechage based on times in heats
  - 1<sup>st</sup> and 2<sup>nd</sup> in each repechage plus next 2 fastest overall progress to Semi-finals (10 crews)
  - Remainder drop out of competition (33 to 48)

Semi-finals Lane Seedings								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Semi 1	3 <sup>rd</sup> in rps	17 <sup>th</sup> in hts	9 <sup>th</sup> in hts	1 <sup>st</sup> in hts	8 <sup>th</sup> in hts	16 <sup>th</sup> in hts	2 <sup>nd</sup> in rsp	10 <sup>th</sup> in rps
Semi 2	4 <sup>th</sup> in rsp	18 <sup>th</sup> in hts	10 <sup>th</sup> in hts	2 <sup>nd</sup> in hts	7 <sup>th</sup> in hts	15 <sup>th</sup> in hts	1 <sup>st</sup> in rps	9 <sup>th</sup> in rps
Semi 3	5 <sup>th</sup> in rsp	19 <sup>th</sup> in hts	11 <sup>th</sup> in hts	3 <sup>rd</sup> in hts	6 <sup>th</sup> in hts	14 <sup>th</sup> in hts	22 <sup>nd</sup> in hts	8 <sup>th</sup> in rps
Semi 4	6 <sup>th</sup> in rsp	20 <sup>th</sup> in hts	12 <sup>th</sup> in hts	4 <sup>th</sup> in hts	5 <sup>th</sup> in hts	13 <sup>th</sup> in hts	21 <sup>st</sup> in hts	7 <sup>th</sup> in rps

- Instructions:**
- Crews are seeded in the semi-finals based on times in heats and repechages
  - 1<sup>st</sup> in each semi-final plus next 4 fastest overall progress to Grand Final (8 crews)
  - Next 8 fastest times progress to Minor Final (9 to 16)
  - Next 8 fastest times progress to Tail Final (17 to 24)
  - Remainder drop out of competition (17 to 24)

Tail Final Seeding							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
23rd in SF	21st in SF	19th in SF	17th in SF	18th in SF	20th in SF	22nd in SF	24th in SF

**Instructions:** a) Crews are seeded based on times in semis  
b) Minor Final to decide placings 17 to 24

Minor Final Seeding							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15th in SF	13th in SF	11th in SF	9th in SF	10th in SF	12th in SF	14th in SF	16th in SF

**Instructions:** a) Crews are seeded based on times in semis  
b) Minor Final to decide placings 9 to 16

Grand Final Seeding							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7 <sup>th</sup> in SF	5 <sup>th</sup> in SF	3 <sup>rd</sup> in SF	1 <sup>st</sup> in SF	2 <sup>nd</sup> in SF	4 <sup>th</sup> in SF	6 <sup>th</sup> in SF	8 <sup>th</sup> in SF

**Instructions:** a) Crews are seeded based on times in semis  
b) Grand Final to decide placings 1 to 8