**The Australian 5**

**St Ayles Skiff Race 2024**

**This is an opportunity for all the St Ayles Skiff rowers in Australia to row together, but apart, a dispersed event that can overcome the huge distances we experience between clubs, the costs of getting together and the time this travel takes.**

**The Australian 5, St Ayles Skiff race is run over a distance of 5 km: 2.5 km out, a turn and 2.5 km back along the same line to the starting point. All crews compete anytime on Friday, Saturday or Sunday, 19th – 21st April 2024.**

**Instructions**

1. Form your crew(s) of a Cox and 4 rowers. Rowers can be all female, all male or mixed with a maximum of 2 males.
2. Register your crew(s) at <http://sascraa.org/index.php/upcoming_events/australian-5/>
3. The Cox should download a suitable app on their mobile phone that measures distance and records time. *(Suitable apps include Runkeeper and Strava but others are available)*
4. Start training by setting your course using the app to measure a distance of 2.5 km, then a 180**°** turn and 2.5 km return to the starting point.
5. Choose the day and time for your race entry within the 3 day window.
6. Check the weather and tides on the day and adjust your race/row start if necessary due to adverse conditions. SAFETY IS PARAMOUNT SO DO NOT ATTEMPT TO ROW IF CONDITIONS ARE RISKY.
7. Once you have started your race/row, the app must remain running until you cross the finish line. You may rest at any time during the race but the rest time will be added to your race/row time.
8. You may race/row as many times as you wish during the 3 day window, but only send the one result to the Australian 5 organisers. (email: lorrie7113@gmail.com)
9. Skiffs may be used by other crews and rowers may compete in different crews so plan your races/rows accordingly.
10. When you have completed the race/row, take a screen shot of your time and distance on the app and a photo of your crew.
11. Send your results, screen shot and crew photo to the organisers before 4 pm on Monday 22 April. *(The crew photo may be used on the St Ayles Australia Facebook page and the St Ayles Australia web page).*
12. **Please do not post your results on social media until notified by the organisers**. This gives other crews an unfair advantage in knowing what time to beat.
13. Winning entries will be for the fastest time in each category and for the average time overall. A trophy will be presented for the average time overall called, “The Midfielders.” This trophy is a beautifully crafted Huon pine mini oar.
14. Winners will be announced on the St Ayles Australia Facebook page.
15. There is no cost involved in entry.

**Enjoy you rowing and thank you for taking part.**

**The Australian 5 Organising Team.**

**(If you have any questions or need clarification on any of the points above, please email lorrie7113@gmail.com)**

Example of submission:

