

## RACE PLANS AND PROGRESSIONS AC SPRINT TRIALS 21-23 JUNE 2013

Race Plan	Event	Eligibility	Max No. Entries	No. Heats	Progression	Finals
Direct Final	K2W 500, K2M 1000, K2M 200, C1 1000, C2 1000, C1 200, PARA races	Senior Selection Pool, U23 Team, Invited Athletes up to Entry Limit	3 - 9	-		1
Race Plan A	K1M 1000, K1M 200, K1W 500, K1W 200	Senior Selection Pool, U23 Team, Invited Athletes up to Entry Limit	10 - 18	2	1st to 4th & Fastest 5th to Final	1
AC Open Time Trials	Other Races in seeded format	U18 or as determine	Open	-		Seeded Finals

Lane seeding for heats and direct finals will be based on the current AC 2013 rankings in that event drawn from the best time recorded at during an AC GP or National Championship in the 2012/13 Sprint Series. K2 seeding will be based on the average of the two individual rankings in the singles event over that distance.