ENDURANCE DAY TIMING TIPS

When it comes to time… don't be late is the name of the game! It is a very expensive mistake to make! The trick of the day is to listen to your horse and bring him home safely and as fresh as possible while staying in sync with your timing plan.

SCORING TIME FAULTS:

- Phases A and C: Exceeding the optimum time will be penalized at 1.0 penalty point per second.
- Phase B: Exceeding the optimum time will be penalized at 0.8 penalty point per second.
    - Training, Novice, and Beginner Novice speed faults - each second under speed fault time is 0.4 penalty points.
- Phase D: Exceeding the optimum time will be penalized at 0.4 penalty points per second.
    - Training, Novice, and Beginner Novice speed faults - each second under speed fault time is 0.4 penalty points.

PHASE A:

Description: Phase A is a scheduled start and it is the warm-up phase for horse and rider. The course is measured and timed to be done at 220mpm which works out to be mostly a trotting pace. The course will have markers at each kilometer to help the competitor stay on track timing wise. 1 minute is built into the schedule between the end of phase A and the start of phase B.

The Plan: It is recommended that competitors plan their pace on phase A to arrive about a little early to the finish. As an example, if the optimum time on phase A is 15 minutes then you might try to arrive at 14 minutes on the clock to allow yourself an extra minute before steeplechase (Phase B) to make minor tack or clothing adjustments, have an assistant check the horse's shoes, and/or offer the rider a sip of water, etc. Your start of phase B will remain as it is set on the schedule so by arriving one minute early to the finish of A you will have 2 minutes before your start of phase B rather than the published 1 minute between the two phases.

- Tip: at 220mpm pace you would meet each Kilometer marker at 4 minutes and 32 seconds. If you want to be up on the clock by about a minute as you reach the end of Phase A, then you will want to take each Kilometer at roughly 4 minutes and 15 seconds instead. You also may want to have a little canter towards the end of phase A, so you'll find making the time is relatively easy.

PHASE B:

Description: Phase B has a scheduled start and is steeplechase. The pace, the optimum time, speed fault time, the height of the jumps, and the number of jumps will vary by level.

The Plan: Once again the name of the game here is to do your best to not exceed the optimum time while maintaining a safe pace for your level. Speed faults are possible at Beginner Novice through Training level on Phase B. For example, if a Novice level phase B has optimum speed of 470mpm and fault speed of 540mpm and the steeplechase is 1175 meters long, the competitor would aim to cross the finish of B between 2 min 11 seconds and 2 min 30 seconds. **The finish line of Phase B is also the start of Phase C. This means that as soon as you cross the finish line for Phase B your clock has started running for phase C.**

PHASE C:

Description: Phase C is the recovery phase from steeplechase before the 10 minute box. Like phase A, the optimum pace is typically 220mpm. Also there is a designated assistance area a few hundred yards past the finish of B where an assistant can again check the shoes or make any adjustments. It is recommended not to linger for long in the assistance area as the clock is running on phase C while you are here. The course for phase C is, like phase A, marked with kilometer markers to help you plan your time.

The Plan: You will likely be DOWN on the clock the first half of Phase C because of the time you take in the assistance area as well as the time that you will allow at a slower pace (likely a walk) to let your horse catch their breath immediately after steeplechase. You will need to make up this time over Phase C. **The time for Phase C starts as soon as you finish Phase B which means your optimum time period for Phase C begins as soon as you cross the finish line of Phase B. Your expected arrival time to the Finish of Phase C is based on your elapsed time, NOT what is on the schedule as Finish C. The published schedule is an estimated finish time for phase C, so if you are fast on Phase B, your expected finish time of Phase C is going to also be EARLIER than the published schedule.** Try NOT to be LATE to the 10 minute box (use similar tactics to timing for phase A) as the time penalties are expensive. It is better to arrive a little early than a little late. If you are early it will give you a longer time in the 10 minute box, but it is not advised to come into the box more than 1-2 minutes early in order to allow your horse enough time at a recovery pace on phase C which is its intended purpose. At Waredaca, if you arrive late to the 10 minute box, you will still have 10 minutes in the box to cool down the horse and your start XC time will be adjusted.

TEN MINUTE BOX:

Description: The ten-minute box is a time to cool the horse down as much as possible and to allow the rider to regroup after the first three phases and prepare mentally for XC. The vet will check your horse when you first arrive, and barring any concerns, they will release you to your team. While the rider rests and drinks water, your team will want to take care of cooling off and offering water to the horse. At Waredaca, we will have timers in the box to help get you to the start of XC on time but it is ultimately the RIDER'S RESPONSIBILITY to not be late, NOT the helpers timing.

The Plan:

- Example of Timing in the 10 minute box:
  - Phase D start time minus approximately 10 minutes: Arrival and vet check
  - Phase D start time minus 8/9: loosen tack if desired and begin cooling horse (repeated ice water on and constant walking)
  - Phase D start time minus 6: return to veterinarian if they had concerns - otherwise continue cooling/walking
  - Phase D start time minus 4: adjust/re-tighten tack and prepare to mount
  - Phase D start time minus 2: Mount horse and head to start box as Phase D is a scheduled start time. Grooms should towel off the reins and stirrups and it's a good idea to towel the bottoms of the riders boots as well once they mount.

PHASE D:

Description: This is the same as your usual cross country phase. The timing, start, and finish practices for this phase are the same as a regular horse trial.

VET BOX or D BOX:

Description: You are now off the clock! Once you finish phase D your team will focus on cooling your horse out in the D-Box (Vet Box). The horse cannot go back to the barns until it has been released by the vet.

IDEAS FOR HOW TO MANAGE TIME AND WATCHES:

Below are some thoughtful ideas on how you can manage the timing of your day. We find that everyone has a little different system so you can feel free to use one of these systems or modify them to work for you. There will be plenty of time for getting your timing questions answered at the three day so don't stress, just get familiar with the schedule of the day and ask questions the week of the competition.

Suggestion For All:

Taped on your arm on an index card - list the following at a minimum:

A – Scheduled Start Time and your expected time for each Kilometer and finish
B – Scheduled Start Time (and perhaps number of jumps and speed fault/finish time)
C – Elapsed time you should be at each Kilometer and total Elapsed time for Phase C
D – Scheduled Start Time and the minute markers and optimum time/speed fault time

Sample Novice (speed faults possible on B and D)

A Optimum 15min (3300m at 220mpm)
B Optimum 2:30min - Speed fault 2:11min (opt 470mpm, fault 540mpm)
C Optimum 17:30min (3850m at 220mpm)
D Optimum 6:42min - Speed fault 5:58min (2680m at 400mpm, fault 450mpm)

Watch Suggestion If You Prefer To Use 1 Watch:

Phase A – Set watch at zero to count up and press start to coincide with the Phase A starter or set it to count down to coincide with the starter as you would for XC start. Your preference!

Then reset the stopwatch in the break between A and B for the 10 second countdown that switches to count up once you start, just like you would when you start XC. As you finish, one option is to not turn the watch off but do take note of the elapsed time as you crossed the finish line. The other option is to stop, clear, and start your watch just after crossing the finish of B/start of C, and know your watch will be off by a few seconds.

As mentioned above, what is important to note is Phase B is separate from Phase C, so if you come in early on Phase B, you do not get to add that time to the amount of time to finish C. Your clock for Phase C starts as you cross the finish flags of Phase B. So using our example, Phase C optimum time is 17:30 minutes, but we want to aim to come into the 10 minute box 1 minute early, so that gives us 16:30 minutes to complete Phase C from the time we cross the finish flags of steeple chase (Phase B), to the time we cross the Phase C finish flags. If you chose to not stop your watch, then while jogging around Phase C you will have time to do the math of adding your actual elapsed time on Phase B plus your Phase C planned time. So using the example given above, if I completed steeplechase in 2:15 minutes when the optimum was 2:30 minutes, and I chose not to stop my watch, and I wanted to come in a minute early to the 10 minute box, I would be aiming to cross the finish flags of Phase C at 18:45 minutes on my watch. OR if I did stop, clear, start my watch close to the finish of steeplechase, I would aim to finish Phase C at 16:30 minutes and trust that those extra 60 seconds will cover any lost seconds I had pressing stop, clear, start.

Planning on coming into the 10 minute box a minute or two early can often guarantee that you will not have time faults on Phase C regardless of what method you use.

You can then use your watch to help with your timing in the 10 minute box if you wish but at Waredaca we will have a master clock for reference in the box and helpers to keep you on task telling you what your minutes are as you countdown to the start of XC.

Then of course use your watch for XC (Phase D) as you would a horse trial.

Sample Card - if you did the stop/clear/start method at the finish of B/start of C

A Start - 8am	B - 5 jumps		D Start - 8:46am
A K1 - 04:15	30sec -black tape	C K1 - 05:00	1min - tree before 4
A K2 - 08:30	1min - before turn after 2	C K2 - 09:00	3min - fence 10
A K3 - 12:45	2min - mid turn after 4	C K3 - 13:00	5min - 2nd water
A Fin - 14:00	B Fin 2:12-2:29	C Fin - 16:30	D Fin - 6:00-6:40

The suggested above gives wiggle room for finish of B, C, and D to avoid time/speed faults

<u>Watch Suggestion If You Prefer To Use 2 Watches:</u>
One watch will be used for A and C. The other watch will be used for B.

- Phase A – use watch #1 as listed above.
- Before Phase B, clear watch #1 to zero (so it will count up when start is pressed).
- Use watch #2 to time steeplechase, so set it to 10 sec count down to coincide with the starter as you would for XC start.
- **As you finish B, press start on watch #1 just as you cross the finish flags and note time on watch #2.** Leave watch #2 running and use the time on Phase C to double check that your watches are roughly in sync (meaning if you completed steeplechase in 2 minutes and 15 seconds, your time difference between the two watches should be roughly 2 minutes and 15 seconds). Using our example as above where you plan to finish phase C a minute early, the time your watches when you finish Phase C should be roughly 16:30 minutes on one watch, and 18:45 minutes on the other watch.

Then use either watch for XC, and give the other to your helpers in the 10 minute box for timing should you choose.