

## Informal THURSDAY time trials during the months of May to August

1. Mass start – K1's and K2's start together
2. Start time: 17:00
3. Short laps:
  - a. Start at jetty
  - b. Sharp left turn at first buoy of normal time trial lap
  - c. Paddle across to last buoy of normal time trial lap – make a sharp left turn again
  - d. Paddle to jetty to complete the lap
4. Five (5) laps only

### Sunrise and sunset times for Johannesburg

May	04/05/2006	06:34	17:36
	11/05/2006	06:37	17:31
	18/05/2006	06:41	17:27
June	25/05/2006	06:45	17:25
	01/06/2006	06:48	17:23
	08/06/2006	06:51	17:23
	15/06/2006	06:54	17:23
	22/06/2006	06:56	17:24
July	29/06/2006	06:57	17:26
	06/07/2006	06:57	17:29
	13/07/2006	06:56	17:32
	20/07/2006	06:54	17:35
Aug	27/07/2006	06:51	17:39
	03/08/2006	06:47	17:42
	10/08/2006	06:42	17:45
	17/08/2006	06:36	17:49
	24/08/2006	06:29	17:52
	31/08/2006	06:22	17:55