

A large, leafless tree stands in the center of a field. In the background, two people are riding horses. The scene is bright and somewhat overexposed.

HACA Navigators' Clinic February 1, 2020

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Topics for today

- Preparing for the ride of your life
- Know the rules
- Where to be, when to be
- Keeping the carriage upright
- It's all a matter of time
- Inclines, declines, and slopes
- Carriage accessories
- More problem solving



What you should bring

- Helmet – Required
- Safety Vest – Required
- Gloves
- Sunglasses / Eye Protection



- Appropriate footwear
- Utility tool with Knife
- Knife
- Medical ID Card
- Timers (3)
- Rule book

Ideas on Timers



Important Rules Navigators Should Know

1. Must start each section from the halt with the leading horse behind the start line. Head if necessary. (Article 964.4.3)
2. Navigator may not handle reins or whip. (Article 943.2.6) 20 Penalties
Leading by reins through Obstacle in Marathon & Cones. (Article 943.3) 20 Penalties
Handling reins & Whip permitted while stationary (Article 943.2.6)
3. Navigator may touch one foot down in an obstacle. Two feet touching the ground or an element of the obstacle not allowed. Navigator not required to follow through the remainder of the gates once down. Must be back on by 30 meter mark. No pole walking. (Article 965.3) 5 Penalties each occurrence
4. Navigator may not prevent a dislodgeable element from being dislodged. (Article 961.5.6) 10 Penalties
5. In the event of a hold on course, the competitor may keep moving behind hold point. Restarts typically on the next full minute once the course has been cleared. Judge at the end of Section B should be notified by the competitor of all holds. (Article 965.8)
6. Do not ask questions of people on or around the course as this could be perceived as outside assistance. (Article 945)

Important Rules Navigators Should Know

Broken or disconnected reins, pole strap/chains or trace
Equine get a leg over the pole, trace or shaft
Different rules for Dressage, Marathon & Cones

1. Dressage – 956.4 and Cones – 975.5
 - a) Judge must ring the bell and Groom(s) must dismount and reconnect or repair as appropriate.
 - b) The Athlete will be penalized for a Groom(s) dismounting.

2. Marathon – 965.6
 - a) Equine has leg(s) over anything or is down, must stop immediately and put a Groom(s) down and correct. This rule applies anywhere on course
 - b) Must stop if instructed by Jury member or Obstacle Judge when instructed to repair something.
 - c) Stopping to repair broken or disconnected pole strap/chains or trace is not required when inside the obstacle.
 - d) Repairs to broken or disconnected pole strap/chains or trace must be performed before crossing finish of Section B. Repairs must be performed within 30 meters of last Obstacle – 964.7

3. Cones – 975.5
 - a) Judge must ring the bell and Groom(s) must dismount and reconnect or repair as appropriate.
 - b) The Athlete will be penalized for a Groom(s) dismounting.

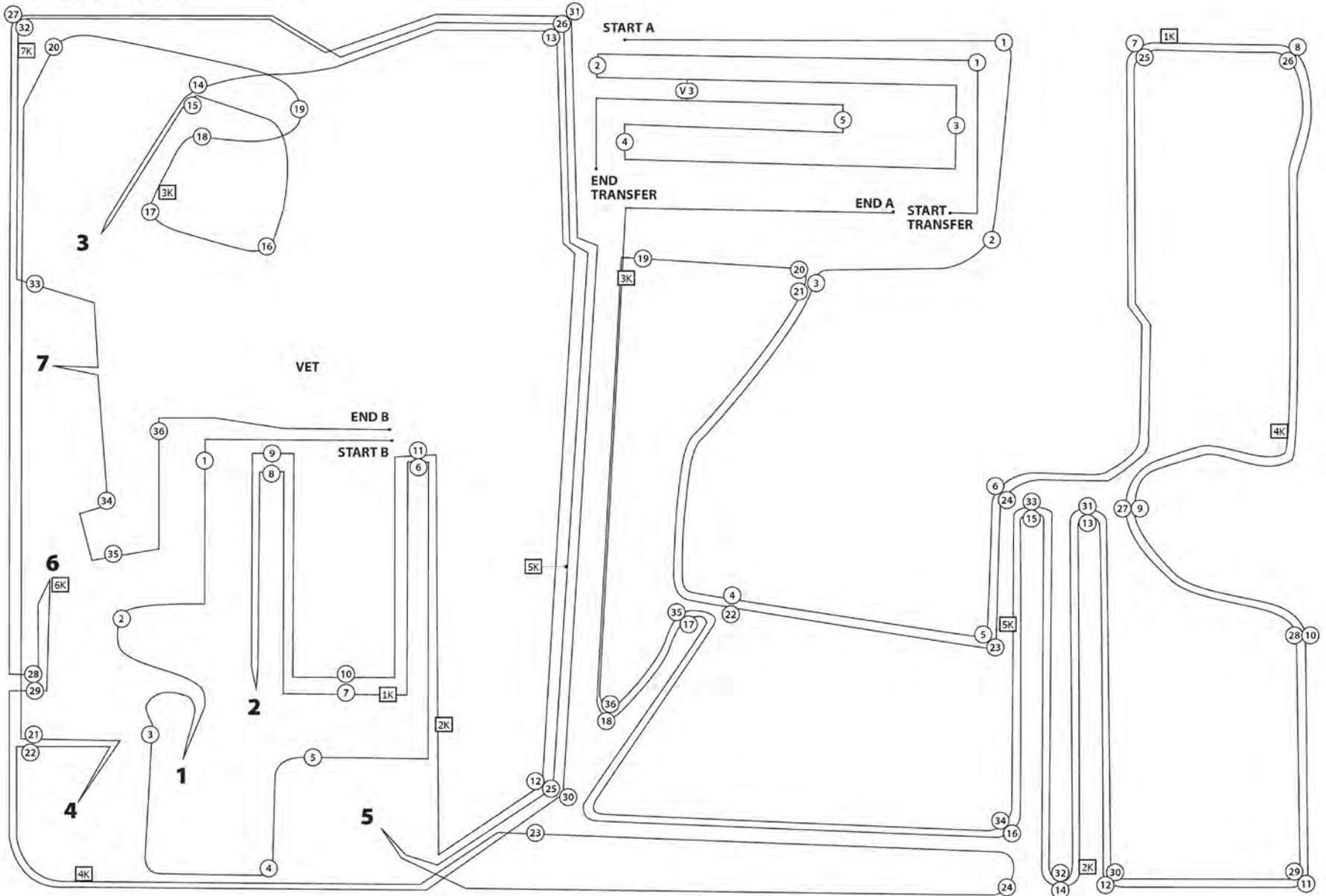
The Day(s) Before Marathon

- Find out what your driver wants of you
- Determine the required preparation time
- Get comfortable with the carriage
- Learn the course
 - Start & End of A, Transfer & B
 - Compulsory Turning Flags (CTF's) list
 - Areas of note on course
- Walk the obstacles with your driver
- Note Entry and Exit gates
- Know your primary route
- Figure out a secondary route



Course Map

INTERMEDIATE



California Fall Classic CDE

Clay Station Horse Park, Wilton, CA

Oct. 4-5-6, 2019

Intermediate Section CTF, Obs & K List

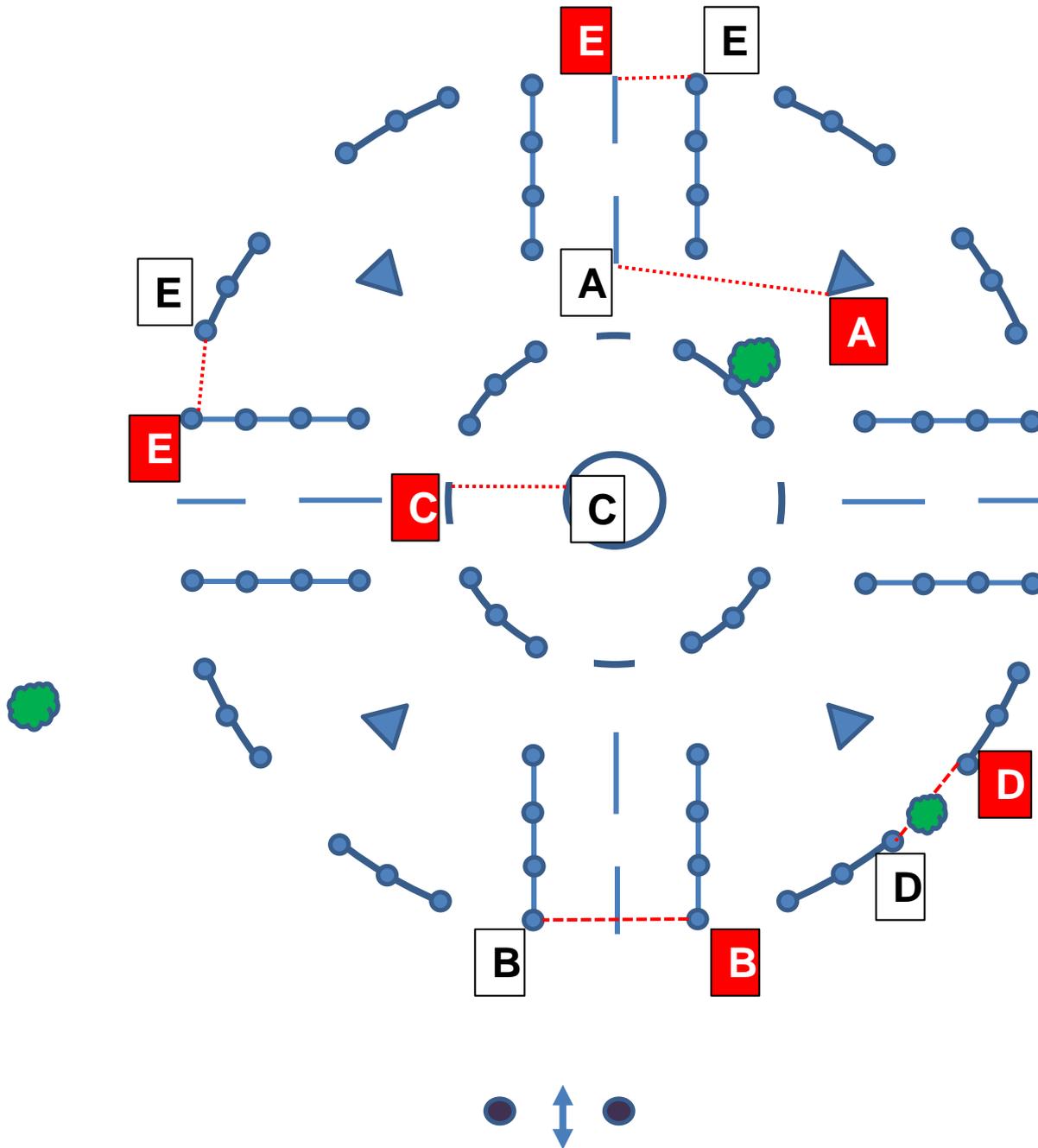
CTF, Ob & K Sequence Order

Section A		Transfer H/P	Section B	
Start A	CTF 19	Start Transfer	Start B	CTF 20
CTF 1	CTF 20	CTF 1	CTF 1	CTF 21
CTF 2	CTF 21	CTF 2	CTF 2	Ob 4
CTF 3	CTF 22	CTF 3	Ob 1	CTF 22
CTF 4	CTF 23	CTF 4	CTF 3	I 4 K
CTF 5	CTF 24	CTF 5	CTF 4	CTF 23
CTF 6	CTF 25	End Transfer	CTF 5	CTF 24
CTF 7	CTF 26	Transfer VSE	CTF 6	Ob 5
1 K	4 K	Start Transfer	I 1 K	CTF 25
CTF 8	CTF 27	CTF 1	CTF 7	I 5 K
CTF 9	CTF 28	CTF 2	CTF 8	CTF 26
CTF 10	CTF 29	CTF VSE 3	Ob 2	CTF 27
CTF 11	CTF 30	End Transfer	CTF 9	CTF 28
CTF 12	CTF 31		CTF 10	Ob 6
CTF 13	CTF 32		CTF 11	I 6 K
2 K	CTF 33		I 2 K	CTF 29
CTF 14	5 K		CTF 12	CTF 30
CTF 15	CTF 34		CTF 13	CTF 31
CTF 16	CTF 35		CTF 14	CTF 32
CTF 17	CTF 36		Ob 3	I 7 K
CTF 18	End A		CTF 15	CTF 33
3 K			CTF 16	Ob 7
			CTF 17	CTF 34
			I 3 K	CTF 35
			CTF 18	CTF 36
			CTF 19	End B

Intermediate Section Distances

Section A Distance	Transfer Distance	Section B Distance
5870 M	500 M VSE	7640 M
	1000 M H/P	

Obstacle 3



The Day Before Marathon

Prepare the Carriage

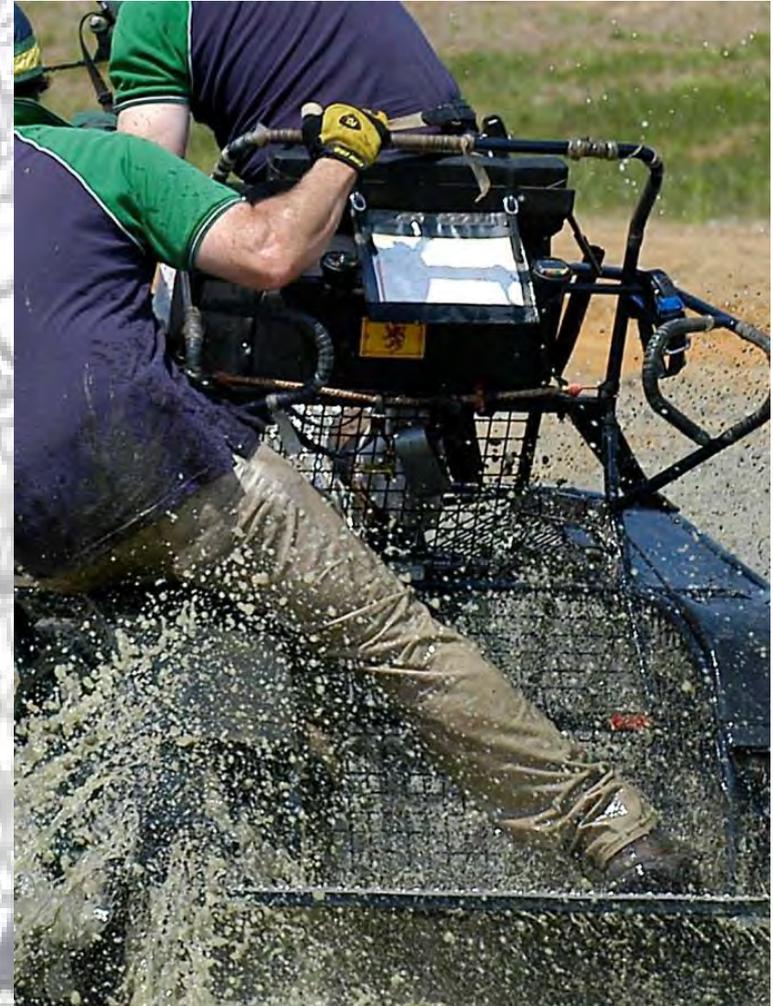
- Mount the stop watches
- Prepare & Inspect
 - Helmets
 - Seatbelt
 - Safety Vests
 - Gloves
 - Eye Protection
- Inspect the carriage
- Tape handholds if desired
- Spares



The Day Before Marathon

Prepare the Carriage

- Spares – Required
 - Lead rope & halter
- Spares – Recommended
 - Hoof pick
 - Basic tools
 - Tape – Duct & Electric
 - Extra stop watch
 - Extra strap
 - Thin rope



Calculating Your Times

- Get your times
 - Know the distances
 - Start time
 - Section time – allowed and minimum
 - Per K – Optimum
- Mount times and gates on carriage
- Get the official time
- Set your watch





Calculating Your Times

Last Updated: 08Ma

<http://teamarnold.com/marathontimes/2019EN-v5.html>

Marathon Times - v5.0

Level/Class

Preliminary Horse ▼

(in meters or km)

(kph)

(minutes)

(min:sec)

Section A

Distance

Speed

Window

Allowed**

T/W Section

Distance

Speed

Allowed**

Midpoint:

500m from Beginning

1/2 Distance

500m from End

Section B

Distance

Speed

Window

Allowed**

Include Elimination Time Limit

Distributed across Window (average target/minimum speed)

Include Target Times

Include Minimum Times

Km-Time minus window

Include Target Times (1/2 window)

Include Minimum Times

Allowed column on:

Left

Right

Generated Text:

A

A

A

Calculating Your Times

Section A

Distance=6000m, Speed=13kph, Window=2 minutes

<u>km</u>	<u>min-dist</u>	<u>allowed</u>
1	4:17	4:37
2	8:34	9:14
3	12:51	13:51
4	17:08	18:28
5	21:25	23:05
6000m	25:42	27:42
Minimum		25:42

Transfer/Walk Section

Distance=1km, Speed=5kph, Midpoint=1/2 way.

<u>500m</u>	<u>1000m</u>
6:00	12:00

Section B

Distance=7500m, Speed=13kph, Window=3 minutes

<u>km</u>	<u>min-dist</u>	<u>allowed</u>
1	4:13	4:37
2	8:26	9:14
3	12:39	13:51
4	16:52	18:28
5	21:05	23:05
6	25:18	27:42
7	29:30	32:18
7500m	31:37	34:37
Minimum		31:37



Calculating Your Times

Times by Kilometer

6	KPH	10:00
7	KPH	8:34
8	KPH	7:30
9	KPH	6:40
10	KPH	6:00
11	KPH	5:27
12	KPH	5:00
13	KPH	4:37
14	KPH	4:17
15	KPH	4:00

$$60 / \text{KPH} =$$

Min : 100ths Sec.

$$100\text{ths} \times 60 = \text{Sec.}$$

$$60 / 13 \text{ KPH} = 4.615$$

$$0.615 \times 60 = 37$$



The Day of Marathon

- Preparation
- Walk the obstacles with your driver
- Do not change your plan
- Verify time for hitching
- Get the Course Time from Start A
- Verify setting of your watch
- Green Card



Green Card



MARATHON TIME CARD

TO BE HANDED TO THE TIMEKEEPER AT THE END OF EACH SECTION AND TO THE JUDGE AT THE END OF SECTION B.
(All times must be recorded to the 100ths)

Competitor Name: _____ Competitor #: _____

	Phase	TIME Min:Sec:100th	+TIME Min:Sec:100th	Penalty Points	Timer Initial
Time Allowed in A	END A	: : :	0.2		
Minimum Time in A	START A	: : :			
Hold-ups <i>(Whole minutes OWT)</i>	TIME TAKEN			Score:	
Time Allowed in Walk	END WALK	: : :	0.2		
	START WALK	: : :			
Hold-ups <i>(Whole minutes OWT)</i>	TIME TAKEN			Score:	
Time Allowed in B	END B	: : :	0.2		
Minimum Time in B	START B	: : :			
Hold-ups <i>(Whole minutes OWT)</i>	TIME TAKEN			Score:	

Agreed to by Competitor: _____

Judge: _____

On Course Psychology

- Verify CTF's & Obstacles
- Brief about the next Obstacle
- Keep their confidence up
- Reward for good driving
- Be positive – even with screw ups
- Brief about the next Obstacle
- Holds – Keep them focused

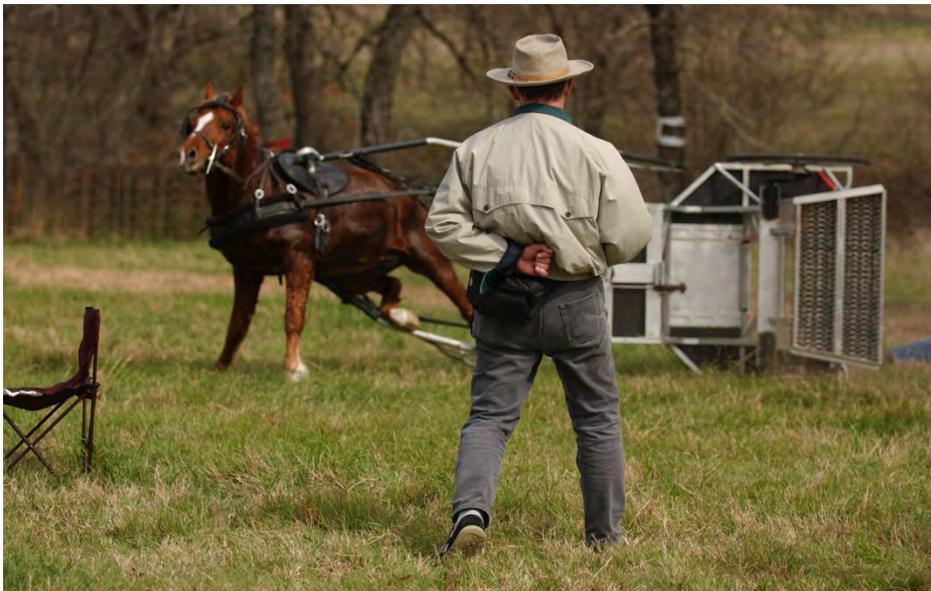


Getting Un-Stuck

- “Bouncing” the carriage only really works well when you’re moving.
- You can only use one foot on an obstruction to push off
- Do not dismount unless advised by driver or emergency
- If a front wheel is stuck on a post do not dismount or bounce, help the driver reverse off



Turnovers & Accidents



Turnovers & Accidents



Videos

1985

<http://vimeo.com/31256145>

Why Seatbelts

<http://www.youtube.com/watch?v=-6CrAbDWocQ>

Catching a runaway – be prepared to get hurt

<http://www.youtube.com/watch?v=plgTwZ6GZBw>

Sometimes it just happens - Ranch

<http://www.youtube.com/watch?v=Occgaq-Ljqs>

When it all goes south

<https://www.youtube.com/watch?v=SfjAcBuvE8A&list=PLE0FD181529FC013D>