

## The ENDURANCE Timing Lecture

### SUMMARY:

Don't be late to your START of A, B, or D. Using two watches is helpful. One will be used for A and C and the vet box; the other for B and D. Finding the planned minute markers is useful, finding your own is ideal. Listen to your horse and bring him home safely and ideally fresh.

### SAMPLE TIMETABLE

P3D				10/22/2022				Finish B	
No.	Horse	Rider	Nat	Start A	Finish A	Start B	Start C	Finish C	Start D
1	Special Reserve	Mikki Kuchta		08:00:00	08:15:00	08:16:00	08:19:00	08:41:00	08:51:00
2	Asteroid B-612	Joy Caughron		08:04:00	08:19:00	08:20:00	08:23:00	08:45:00	08:55:00
3	Miss Demeanour	Bailey Hennings		08:08:00	08:23:00	08:24:00	08:27:00	08:49:00	08:59:00
4	Why Is The Rum Gone?	Bridgette Miller		08:12:00	08:27:00	08:28:00	08:31:00	08:53:00	09:03:00
5	Dikory Doc	Danielle Downing		08:16:00	08:31:00	08:32:00	08:35:00	08:57:00	09:07:00
25	Chiraz	Mikki Kuchta		09:56:00	10:11:00	10:12:00	10:15:00	10:37:00	10:47:00

  

Phase	Distance	Speed	Opt.	Limit
A	3300m	220	15:00	18:00
B	1710m	570	03:00	06:00
C	4840m	220	22:00	26:24
D	3804m	520	07:19	14:38

### WALK THROUGH THE DAY

Phase A is a scheduled start. Do not be late. It is warmup phase for horse and rider, so the rider might wear a jacket if it is cold. He or she will trot and perhaps canter. On means on Phase A – you want to UP on the clock as you reach each of the Phase A minute markers. If you hit each marker exactly on time – than you will only have one minute till you start on Phase B. It is best to try and get 5-10 sections on each marker, this will give you an EXTRA minute or two before you start Phase A.

Phase B is a scheduled start (you don't get to go early), that is planned to begin 1 minute after the scheduled Phase A end time. Arriving early gives you a few extra minutes to shorten stirrups and check that the horse still has the same number of shoes he left the barn with and get a sip of water. Phase B is a bit faster than XC. Being safe is the priority, speed is NOT reward and could get you dangerous riding points and/or speed faults if you are too fast!

The end of Phase B is also the start of Phase C – typically there is a designated assistance area a few hundred yards from the finish of B. You assistant will again check the shoes. If the horse had a funny jump on the steeplechase, we'll jog the horse to make sure he is sound. If the weather is warm, it is well worth it to take two or three minutes to sponge and scrape the horse. There is plenty of time for phase C, and this step can be crucial to cooling a horse

out quickly after steeplechase and before reaching the ten-minute box. Note the clock is still ticking for Phase C while you are in the assistance area. You will likely be DOWN on the clock the first half of Phase C as you let your horse catch his breath. You need to make up the time over Phase C. Try NOT to be LATE to the 10 minute box. If you are little early it will give you a longer time in 10 minute box.

In the ten-minute box is a time to cool the horse and to allow the rider to regroup after the first three phases. While you rest and drink water, your team will want to take care of cooling off and hydrating the horse. Having one member of your team who sole responsibility is to keep track of your 10 minutes and gets you to the vet check to clear you for XC start is always valuable. Usually, the vets will want to see the horse jog after about six minutes. At this point I snug up the girth if necessary, to prevent the saddle from slipping. Once the horse has been jogged, it is up to the rider when to remount, but two to four minutes before the start of D is the norm. Just before the rider gets on I check the saddle position, tighten the girth and noseband if I have loosened them, and towel off the reins.

Timing in the 10 minute box:

- XC start time minus 10: arrive and get horse's TPR taken by vets
- XC start time minus 9: begin cooling horse (ice water on, ice water off, and walking)
- XC start time minus 6: return to veterinarian for TPR recheck and jog
- XC start time minus 2: remount and head to Phase D start box

Phase D is a scheduled start time. Arriving a little from Phase C gives you a few extra minutes in the vet box. I suggest you set your watch for a 15-30 minute count down, so as the starter says "Have a nice Ride" you hit zero and it start counting up. Once you reach the finish line of Phase D. Hit the watch again. This will be the XC time taken. While not evidence for an inquiry, it is a good piece of mind to know you how long it took you to complete XC.

## HOW TO MANAGE TIME AND WATCHES

On your arm list the following at a minimum:

A – Scheduled Start Time

B – Scheduled Start Time

**C – Planned Finish Time**

D – Scheduled Start Time

Sample of Time management for Phase A

– Start WATCH 1 set at zero to count up.

1 minute = 50 sec	6 minute = 5 min 00 sec	11 minute = 9 min 10 sec
2 minute = 1 min 40 sec	7 minute = 5 min 50 sec	12 minute = 10 min
3 minute = 2 min 30 sec	8 minute = 6 min 40 sec	13 minute = 10 min 50 sec
4 minute = 3 min 20 sec	9 minute = 7 min 30 sec	14 minute = 11 min 50 sec
5 minute = 4 min 10 sec	10 minute = 8 min 20 sec	15 minute = 13 min

Alternatively, you may use the Kilometer Markers. If you are going for a perfect optimum time it would be 4.5 minutes per Kilometer. However because we really want you to come to have a few minutes extra its ideal to hit your 1 Kilometer (1000 m) at 4 minutes.

As long as you are not late finishing A, there is no need to keep the time. If you do find yourself falling DOWN on the clock at the 10 minute mark, take a canter to get back up on the clock by at least 30 seconds before minute marker 13.

At the hold for Phase B.

- WATCH 2 – should be set for a 10 seconds count down to sink with starter and it will immediately switch to count up. This watch you will use for Steeplechase.
- Suggestion you reset WATCH 1 to zero count up. You will hit this watch as you finish Phase B/start phase C. They are the same marker. WATCH 1 will be used to record Phase C.
- **START WATCH 1** as you **finish steeplechase**. Stop WATCH 2 **AFTER** you start WATCH 1.

Phase C you will likely be DOWN on the time for the first third to half of Phase C – this is normal as you give you horse a chance to catch his breath and you lost some time in the assistance area. At three quarters of Phase C you want to be back on time or slightly ahead. Try to reach the end of Phase C 2 minutes early like you did Phase A. – it will buy you a few extra minutes in the 10 minute box. If you are significantly late, to the 10 minute box, your start time will be adjusted.

- Remember to stop WATCH 1 at the end of Phase C.

Will you are sitting in the 10 minute box. Remove WATCH 1 – you can give it to your personal “TIMER” who will be tracking that you are where you need to be as they count down the 10 minutes till XC start.

Reset WATCH 2 for the 10 seconds count down. This will be your watch for XC. Hit start when the starter says 10 seconds. Remember to hit the stop as you cross D finish line.

### **SCORING TIME FAULTS.**

Time Faults are calculated as follows:

- A. Phases A & C:  
On Phases A and C, exceeding the optimum time will be penalized at 1.0 penalty point per second.
- B. Phase B:
  - a. Exceeding the optimum time will be penalized at the rate of 0.8 penalty point per second.
  - b. Training, Novice, and BN Speed Faults - For each second under Speed Fault Time 0.4 penalty points.
- C. Phase D:

- a. Exceeding the optimum time will be penalized at the rate of 0.4 penalty point per second.
- b. Training, Novice, and BN Speed Faults - For each second under Speed Fault Time 0.4 penalty points.

	<b>BEGINNER NOVICE THREE- DAY</b>	<b>NOVICE THREE-DAY</b>	<b>TRAINING THREE DAY</b>	<b>PRELIMINARY THREE DAY</b>
<b>PHASE A</b> Distance	2200 – 3520m	2200 – 3520m	2200 – 3520m	2200 – 3520m
<b>PHASE A</b> Speed	220 mpm	220 mpm	220 mpm	220 mpm
<b>PHASE A</b> Time	10-16 minutes	10-16 minutes	10-16 minutes	10-16 minutes
<b>PHASE B</b> Distance	800 – 1200m	940 – 1410m	1250-1560m	1710-2240m
<b>PHASE B</b> Speed	400 mpm	470 mpm	500 – 520 mpm	570-640 mpm
<b>PHASE B</b> SpeedFault	470 mpm	540 mpm	600 mpm	NA
<b>PHASE B</b> Time	2-3 minutes	2-3 minutes	2.5 or 3 minutes	3 or 3.5 minutes
<b>PHASE C</b> Distance	2400 – 4480m	2400 – 5500m	2400-5500m	3200-6600m
<b>PHASE C</b> Speed	160 or 220 mpm	160 or 220 mpm	160 or 220 mpm	160 or 220 mpm
<b>PHASE C</b> Time	15-28 minutes	15-35 minutes	18-28 minutes	20-30 minutes
<b>PHASE D</b> Distance	1400 – 2000m	2200 – 2700 m	2250-3150m @ 450 mpm or 2350-3290m @ 470 mpm	3120-4160m
<b>PHASE D</b> Speed	350 mpm	375 – 400 mpm	450 mpm or 470 mpm	520 mpm
<b>PHASE D</b> Speed Fault	420 mpm	450 mpm	520 mpm	NA
<b>PHASE D</b> Time	4-5 min 42 sed	5.5 min – 7 min	5-7 minutes	6-8 minutes