



Tyre Feed Bins Australia CCN Preliminary - long format

i.e. roads & tracks, steeple chase and cross country all in one day

Sydney International Three-Day Event – 26-29 August 2010

At this year's Sydney International Three-Day Event preliminary riders will have the chance to experience the traditional long format three day event where on cross country day rider and horse will compete in the four phases of the endurance test – i.e. phase A roads and tracks, phase B steeple chase, phase C roads and tracks, the 10 minute box then phase D cross country.

Sydney International Eventing (SIE) has decided to run this event to give preliminary riders the opportunity to learn how to prepare a horse for such an endurance challenge and experience the roads and tracks and steeple chase phases of the original three-day event format that was used for all Three Day Events including the Olympics up to and including Sydney 2000 Olympics. This was the format that taught our elite riders like Shane Rose, Wendy Schaeffer, Megan Jones, Stuart Tinney and Heath Ryan to ride. In the USA the long format events are still held, as it is considered essential to teach developing riders to learn to ride a fence safely at speed.

To assist riders preparing for the event Fiona Hughes, Sandy Lucas, Sharmayne Spencer, Karen Tinney, Judy Fasher, Hamish Cargill, Prue and Craig Barrett, and Emma D'Arcy have all kindly offered to help riders either work out their individual training programs leading up to the event and / or provide guidance on what riders need to do during the event in presenting and caring for their horse. (contact details over the page)

Sydney International Eventing is also trying to organise a couple of steeple chase training opportunities prior to the event. Confirmed dates and costs will be posted on www.sydneyeventing.org or call Rose Read 0418 216 364 rose@sydneyeventing.org .

The specifications for the endurance phase are

- **Phase A – roads and tracks** – distance will be somewhere between 2200 – 4400m – speed 220 mpm (trot) i.e. optimum time will be between 10 to 20 minutes depending on distance
- **Phase B – steeple chase** – distance 1200m – speed 600 mpm – 3 to 5 fences (gallop) i.e. optimum time will be 2 minutes.
- **Phase C – roads and tracks** – distance between 4000 – 6080 m – speed 160 mpm (trot) i.e. optimum time will be between 25 to 38 minutes
- **10 minute box** – veterinary check of horse and rider
- **Phase D – cross country** – distance between 2000 – 3000 m – speed 450 mpm – 15 to 25 fences (gallop) i.e. optimum time will be between 4 min 20 sec to 6 min 40 sec.

All up your horse may have to travel up to a maximum of 14.6 km in distance over a period of about an hour or so (including the 10 minute break between Phase C and D).

It is important that you prepare your horse properly for this event. Horses in the 10 minute box considered by the vets to be unfit or stressed will not be allowed to complete the Cross Country phase.

Some useful references to help you prepare - Please also see the attached notes on the **10 Minute Box** from Emma D'Arcy and Alison Duthie

The Guide to Eventing by Alison Duthie & Emma D'Arcy – available from Emma D'Arcy, call 02 4884 4571 or 0419 248 912 \$25 plus postage of \$5

Making Time, by Stuart Tinney – available from Stuart & Karen Tinney buy online via www.tinneyeventing.com , email stuarttinney@bigond.com or call Karen 0407 293 930

Need Help Preparing for the Event

Please feel free to contact any of the following riders and coaches – they are all very happy to help you work out your training program leading up to the event, provide guidance on how to care for your horse leading up to and during the event and what you need to do at the event.

Sandy Lucas – 0409 901 235

Fiona Hughes – 0408 297 584

Judy Fasher – 0414 457 632 or 02 4576 3232

Sharmayne Spencer – 0414 577 273 or 02 6760 5554

Karen Tinney – 0407 293 930

Prue and Craig Barrett – 02 4938 3308 or 0407 383 308

Hamish Cargill – 0438 804 460

Emma D’Arcy - 02 4884 4571 or 0419 248 912

THE TEN MINUTE BOX (or 'D' Box) – Emma D'Arcy & Alison Duthie

- Riders need to make sure that their helpers know where the the ten minute box is!
- The rider needs to know where in the 10 min box their 'camp' is set up.
- Have you 'camp' set up early in the day
- Take note of where the farrier, vet and starter are located.
- Know the procedure the vets want in the 10 min box
 - Do they want the rider to trot the last few meters into the box
 - When do they want the rider and horse to represent before starting
- Helpers should get to the 10 min box in plenty of time. Watch what happens with earlier riders (as long as your rider isn't the first one off!). Fill water buckets and be ready for your horse and rider to come in.

PROCEDURE

The aim of the 10 minute box is to cool the horse down - he recovers temperature and heart rate ready for the cross country.

Having too many people in to help can cause confusion and things get missed. Three people should be plenty.

Helper One – Horse Holder: Your job is to hold the horse still so that others can wash and adjust equipment, quietly and efficiently. Let the horse have a drink if he wants to. Hold the horse by standing in front of him with a hand on either rein. Reins can come over the head if there is no martingale. If a martingale is used put the reins up towards his head. Keep them out of the way of water.

Helper Two – Checker and scraper: As the horse comes into the box look and see if his boot have not slipped. As he walks in check all shoes are still there. Pick feet out quickly. Loosen off the noseband and girth. If you have a very difficult horse then it is sometimes better to leave these things as they are. It is also your job to remember that whatever you undid you need to do up again. By the time you have done this helper three will have started washing. You need to follow with a scraper. Once the horse has been washed and scraped Helper One can walk horse. The washing and scraping can be repeated any number of times and is dependent on the weather conditions and or the condition of the horse. The hotter the horse or weather the less walking you will do.

Helper Three – The Washer: Start washing as soon as possible, starting at the top of the neck and working backwards. Don't throw water at the horse, use big sponges and be careful around the head to avoid getting water in their ears and keep the saddle dry. Repeat this on each side for as long as you need to. Keep an eye on the time and an ear out for the vets calling your rider back to present before starting. You can go and ask them while the horse is being walked if you aren't sure – allow time for the saddle to be re-adjusted and tighten girth and noseband without panicking. If this is done at about the 5 minute mark it should be plenty of time for trotting up for the vets and getting your rider on board (usually about the 2 minutes to go mark).

Have one helper go with the rider to the start, the others get your gear together and ready for the finish – more washing and cooling!