



## NICOMEKL HEAD OF THE RIVER 2010

DATE: Saturday, September 25, 2010

LOCATION: Blackie Spit Park, Crescent Beach, BC

**DETAILS:** Likened to the Head of the Charles in length and twists, the annual Nicomekl Head of the River is a 6 km race down the winding and beautiful Nicomekl River. Tidal banks and currents make it a tactical challenge for the cox/bow to find the fastest and smoothest course for the crew.

There are two events: a CLASS EVENT in the morning with awards for the top crew in each boat class (1x, 2x, 2-, 4x, 4-, 4+ and 8+) and for the top NOVICE and JUNIOR crews, and a TROPHY RACE in the afternoon with all crews handicapped by age, gender and boat type to determine the overall Head of the River 2010 crew. There is also a trophy for the best Junior crew at the regatta.

Composite Crews welcome but must be designated as Composite Crews at registration.

A competitor may be a member of more than one club but no competitor may compete for two different clubs at the same regatta

"...people hoping to go to the Head of the Charles, perhaps you might want to think about suggesting they go to the Head of the River Regatta in White Rock. The courses are comparable as are the times.

It is a good test event for the people who are going to Boston, and for everyone else, it is a good fun event and much less stressful for novices than a lot of regattas can be. And the awards banquet is quite yummy too!"

- Simon Litherland



Together with the Kamloops Rowing for the Cure event, Nicomekl Rowing Club will gratefully accept donations on behalf of the Canadian Breast Cancer Foundation. Cheques or cash may be dropped off on the day or pledge forms may be downloaded [here](#) for which tax receipts will be issued.



### Trophies & Handicaps

In the tradition of the Head of the River regatta all entrants can compete against each other regardless of age and gender. We will show 'elapsed times' so that each crew can judge how well they raced against direct competitors, but awards will be made on the adjusted (handicapped) times. We attempt to use the best information available to apply a fair handicap to level the field between male, female and mixed crews, older and younger so that crews can judge how well they rowed against a very broad spectrum of competitive rowers. For 2010 we have adopted the age handicapping system developed by John Garrett (Canada) and Carlo Zezza (USA) that we believe is the best approach available. A copy of the Garrett/Zezza report is available on our website: [www.nico-row.com](http://www.nico-row.com)

## Trophies and awards:

### Event 1 - Class Race:

- 1. Class Ribbons.** Open to all entrants. Times will be corrected for age and gender (see handicaps below) to determine the top 1X, 2X, 2-, 4X/4X+, 4-/4+ and 8+. Ribbons will be awarded for the best adjusted time in each class.
- 2. Best Junior Crew Trophy.** Open to all Junior (under 18) entrants. Times will be corrected for boat type and gender (see handicaps below) to determine the Best Junior Crew 2010. A trophy will be awarded for 1<sup>st</sup> place with ribbons awarded to 2<sup>nd</sup> and 3<sup>rd</sup> place crews.
- 3. Best Novice Crew Trophy.** Open to all entrants who began rowing after January 1st 2009. Times will be corrected for age, gender and boat type (see handicaps below) to determine the best overall novice crew. A trophy will be awarded for 1<sup>st</sup> place with ribbons awarded to 2<sup>nd</sup> and 3<sup>rd</sup> place crews.

### Event 2 - Trophy Race:

- 1. Nicomekl Head of the River 2010 Trophy.** All times will be corrected for age, gender and boat type (see handicaps below) to determine one **Head of the River 2010** crew (or single sculler). The **Head of the River Cup** will be awarded for 1<sup>st</sup> place with ribbons awarded to the 2<sup>nd</sup> and 3<sup>rd</sup> place crews.

# Handicaps

**Age:** The Garrett/Zezza formula will be used to adjust actual elapsed times based on the average age of the crew as follows:

AGE HANDICAP TABLE (6km Course - 25.5 min Standard Course Time)									
Age	Seconds	Age	Seconds	Age	Seconds	Age	Seconds	Age	Seconds
28	0	40	28	52	107	64	219		
29	1	41	33	53	115	65	229		
30	1	42	37	54	123	66	239		
31	3	43	43	55	132	67	249		
32	4	44	48	56	141	68	260		
33	6	45	54	57	151	69	271		
34	8	46	60	58	160	70	282		
35	11	47	67	59	170	71	293		
36	13	48	73	60	183	72	305		
37	16	49	80	61	192	73	316		
38	20	50	88	62	201	74	329		
39	24	51	99	63	210	75	341		

(No adjustment is made for crews 27 years and under)

**Gender:** The times for female crews will be adjusted by 10%. Times for mixed crews will be prorated to the male/female mix in the crew (e.g. a 50/50 male/female crew will get a 5% adjustment; one female in a quad crew will get a 2.5% adjustment, etc.)

- Boat type:**
- 1x = No Adjustment
  - 2+ = 4% handicap added
  - 2x = 8% handicap added
  - 4- or 4+ = 9% handicap added
  - 4x or 4x+ = 13% handicap added
  - 8+= 17% handicap added



### EMERGENCY ACTION PLAN

IN THE EVENT OF AN EMERGENCY CONTACT THE NEAREST SAFETY BOAT AND HAVE THEM CALL THE SAFETY OFFICER

LYNN CHEYNE AT [604 219 0527](tel:6042190527)

If for any reason you cannot contact Lynn Cheyne and the emergency requires immediate attention, **call 911 and have emergency crews meet at the nearest water access point from the list below or call \*16 for Coast Guard Assistance.**

<b>Elgin Heritage Park - *604 543 6700</b> 13723 Crescent Rd., Surrey	<b>Crescent Beach Marina – 604 538 9666</b> 12555 Crescent Rd., Surrey
<b>Nico-Wynd Golf Course – 604 535 9511</b> 3601 Nico-wynd Drive, Surrey <hr/> <b>Blackie's Spit Park</b> McBride Avenue, Crescent Beach, Surrey	<b>Public Telephone Locations:</b> Crescent Beach Marina – NE corner outside Chandler Shop Esso Gas Station – Elgin Rd. At Dam

**There are NO public phones at Ward's Marina or Nico-Wynd Golf Course**

\*This is an emergency central line for all Surrey parks.

Rowers should **STAY WITH THE CAPSIZED HULL** and attempt to swim it to shore. The hull is inherently buoyant – it is your Life Raft.

If in the water, wave arms and try to make as much noise as possible to alert on-coming rowers who may otherwise not be able to see you.

If you see a rowing shell needing assistance contact the nearest safety boat – do not attempt a rescue from another rowing shell or it may result in two crews in the water.

Some key contacts:

Safety Officer, Lynn Cheyne – 604 219 0527

Regatta Chair, Shelley Fletcher – 604 808 2607

Club President, Malcolm Fletcher - 604 562 0125



## ROWING INSTRUCTIONS

### 1. Rules

- The Regatta is sanctioned by Rowing BC and races will be governed by the Canadian Rules of Racing defined by Rowing Canada Aviron
- **Composite Crews** are welcome but must be designated as Composite Crews at registration. A competitor may be a member of more than one club but no competitor may compete for two different clubs at the same regatta.
- **Novice** rowers are those who were new to rowing after January 09

### 2. Location

- The Regatta will be held at Blackie Spit Park in Crescent Beach, Surrey, BC.
- Boats should be offloaded and placed on stretchers at Blackie Spit Park.
- The 'Coaches and Coxswains' meeting will be in the main tent at **10:00 AM**. Attendance by at least one representative from each crew is mandatory.
- Bow numbers and course diagrams will be provided at registration.

### 3. Races

- Two races are scheduled.
  1. A **Class Event** in the morning with awards for the top crews in each boat class (1x, 2x, 4's, 4x and 8+). Trophies will be awarded to the top **Novice** and top **Junior** crews.
  2. A **Trophy Race** in the afternoon with all crews handicapped by age, gender and boat type to determine the overall **Head of the River 2010** crew.

### 4. Launch

- All boats are to be wet launched at the designated beach in Blackie Spit Park. Boats not launching from Blackie Spit will not be considered as regatta participants.

- A **Beach Marshal** must check all boats for heel tie-downs and bow balls prior to launch. Crews are responsible to make sure their boat is checked and marked off on the Beach Marshal's check sheet for both the **Class Race** and the **Trophy Race**.
- Boats must be in the water by **11:00 AM** and **1:45 PM** for the morning and afternoon races respectively - in fairness to crews waiting at the start, **no late launching will be allowed**.

## 5. Up-River Row

- After launch, proceed up river to the start area. Please follow instructions from the **Course Marshals**. Enjoy the river! Take note of the position of the **yellow course marker buoys** that must be rounded on the way down and of any hazards that will need to be avoided on your race back.

## 6. Down River Race

- All boats must be upriver of the start area by **11:35 AM** for the morning race and by **2:00 PM** for the afternoon race.
- At the discretion of the **Start Marshal**, the class race may be split into two flights, depending on the number of boats registered, with the 8+'s, 4's and 4x's starting at **11:45 AM** in the first flight and the 2- and 2x's and 1x's immediately following in the second flight. In this instance, 2- and 2x's with the 1x's will be positioned in the designated holding area to allow the larger boats to stage and start the race. Once the 8+'s, 4+, 4- and 4x's have passed the holding area, all second flight boats will proceed up river to the start area.
- **This is a running start head race.** Start between the orange buoys placed just ahead of the start line. Follow starter's orders. Start times will begin at **11:45 AM** for the Class Event; **2:30 PM** for the Trophy race. Starts will be in sequence of your bow number. It will be a running start with approximately 10-second intervals between boats.
- The Nicomekl is a tidal river with many turns, shallows and obstacles. Navigation to avoid obstacles and shallows is part of the head race. There are nine red navigation buoys along the river. **These buoys mark the deep-water channel and are not part of the course.** They may be passed on either side.
- **Yellow** inflatable buoys will be placed at the first turn by Nico Wynd Golf Course, below Ward's Marina and at the last bend before the trestle.
- A yellow inflatable buoy will be placed off the shallow bank between Wards Marina and Crescent Beach Marina. **This buoy must be passed to your starboard side.**
- Two yellow inflatable buoys are placed ahead of the railway trestle bridge. **Pass between these buoys.** For safety reasons, there must be no overtaking from these buoys until you have cleared the end of the trestle bridge platform. If you are overlapped with another boat, the behind boat must fall back to follow the lead boat. A Course Umpire will be on hand to determine which boat is in the lead – if your bow number is called and you are requested to fall back, **you must follow the instructions of the Course Umpire.**
- A final yellow inflatable buoy will be off the end of **Blackie Spit**. **This buoy must be passed to your port side.**
- The pilings that mark the deep-water channel past the spit are part of the course **and must be passed to your port side.**

- The finish line is from the end of the pier at Wickson Road. ***Two orange buoys will be placed just behind the finish line.***
- A time penalty may be applied to any boat that cuts a corner by not correctly rounding one of the yellow inflatable buoys.

#### ***7. After the Finish.***

- After the finish turn to port away from the finish line and proceed back to launch area. Keep clear of boats still finishing by keeping well to the inside bank and close to Wickson Pier. ***Return your bow number!***

#### ***8. Boats not Finishing.***

- If you retire or chose not to complete the course for any reason please advise the nearest safety boat.

#### ***9. Risk***

- Competitors and crews participate in the races entirely at their own risk. The decision to race is that of the competing crew alone. The organisers will not accept any liability for material damage, personal injury or death sustained in conjunction with, or prior to, or during or after the event.

*Be guided by the rules of good sportsmanship.*

*Your safety and the safety of other participants is paramount*