



Rowing Instructions 2014

The Regatta is sanctioned by Rowing BC and races will be governed by the Canadian Rules of Racing defined by Rowing Canada Aviron.

RCA Head Race Rules apply (appendix 4) specifically the start will be a sequential running start and on the course, the overtaking boat should be given right of way - the boat being overtaken should yield the racing line.

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 more than one club at the same regatta.

Novice rowers are those who were new to rowing after January 2013.

The 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/Coxswains/Bowperson's' 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.

The Races

1. A **Class Event** in the morning with awards for the top Mens', Womens' and Mixed 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 2014 sculler or crew.

The 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. (Exception: Adaptive rowers may launch from the Nicomekl Rowing Club dock at Wards Marina)

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.***

The Row to the Start

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

The Start

All boats must be upriver of the start area by **11:35 AM** for the morning race and by **2:20 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 a second flight. In this instance, 2-'s, 2x's and 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 green 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 Course

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 six 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.

Large yellow inflatable buoys will be placed to mark shallows and hazards along the course. Do ***not*** pass between the buoy and the near shore as the markers indicate sand bars and shallow water.

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***

There is one final buoy marking shallows after you are through the bridge. This buoy needs to be kept to your starboard.

The Finish

The finish line is from the end of the pier at Wickson Road. Two green buoys will be placed just behind the finish line. **Finish between these two buoys.**

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!***

At the end of the Trophy Race, head for the main tent! Awards will be celebrated and Chili will be served.

Boats Not Finishing.

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

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.

Regatta Timetable Summary

10:00 Pre-race Huddle at the Main Registration Tent

10:15 Beach Open for launch of Class Race

11:00 Beach Closed - All Boats Must be Launched

11:35 All Boats at the Start Area

11:45 Start of the Class Race

1:00 Beach Open – Launch of Trophy Race

1:45 Beach Closed – All Boats Must be Launched

2:20 All Boats Must be at the Start Area

2:30 Start of the Trophy Race

3:30 Awards and Chili in the Main Tent

TROPHIES AND HANDICAPS

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. As in the past few years, we have adopted the age handicapping system developed by John Garrett (Canada) and Carlo Zezza (USA) that we believe is the best approach available.

Event 1 - The Class Race:

Times will be corrected for age only (see handicaps below) to determine the top men's, women's and mixed 1x, 2x, 2-, 4x/4x+, 4-/4+ and 8+. Recognition will be awarded for the best adjusted time in each class.

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 2014. The Head of the River Junior Cup will be awarded for 1st place with ribbons awarded to 2nd and 3rd place crews.

Best Novice Crew Trophy: Open to all entrants who began rowing after January 1st 2013. Times will be corrected for age, gender and boat type (see handicaps below) to determine the best overall novice crew. The Head of the River Novice_Cup will be awarded for 1st place with ribbons awarded to 2nd and 3rd place crews.

Best Para Rower: Open to all AS/TA rowers. A trophy will be presented for the best time.

Best Open Crew Trophy Open to all. Times will be adjusted for boat type and gender to determine the Best Open Crew.

Event 2 - The Trophy Race

Nicomekl Head of the River 2014 Trophy. All times will be corrected for age, gender and boat type (see handicaps below) to determine the one Head of the River 2014 crew (or sculler). The Head of the River Cup will be awarded for 1st place with ribbons awarded to the 2nd and 3rd 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:

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

AGE HANDICAP TABLE (6km Course - 23 min Standard Course Time)							
Age	Seconds	Age	Seconds	Age	Seconds	Age	Seconds
28	0	40	25	52	96	64	198
29	1	41	29	53	104	65	207
30	1	42	34	54	111	66	216
31	2	43	38	55	119	67	225
32	4	44	43	56	127	68	234
33	5	45	49	57	136	69	244
34	7	46	53	58	144	70	254
35	10	47	60	59	153	71	264
36	12	48	66	60	165	72	275
37	15	49	73	61	173	73	285
38	18	50	79	62	181	74	296
39	22	51	89	63	189	75	307

Gender: (Used for Trophy Race, Best Junior and Best Novice Cups) Times for female crews will be adjusted by 10%. Times for mixed crews will be adjusted by 5%. (To qualify as a mixed crew the crew must have a minimum 50/50 male/female mix.)

Boat type: (Used for Trophy Race, Best Junior and Best Novice Cups)

- 1x = No Adjustment
- 2- = 4% handicap
- 2x = 9% handicap
- 4- or 4+ = 10% handicap
- 3x = 12% handicap
- 4x or 4x+ = 15% handicap
- 8+ = 17% handicap

Handicaps on 23min/6k Headrace

