



Head of the Nicomekl September 23, 2023 Regatta Package

Rowing BC sanctions this Regatta and the Canadian Rules of Racing defined by Rowing Canada Aviron will govern races. RCA Head Race Rules apply (Appendix 3).

The Location

The Regatta will be held at Blackie Spit Park in Crescent Beach, Surrey, BC. Blackie Spit Park is named after the dramatic spit that extends into Mud Bay at the mouth of the Nicomekl River. This is the best vantage point for cheering on your club members as they round the spit and the finish line comes into view. The park is an environmentally protected area – please take care.

Boats should be offloaded and placed on stretchers at Blackie Spit Park.

The Coaches and Team Representative meeting will be at 10:00 AM. It is mandatory that at least one representative from each crew attend.

Composite Crews are welcome. They must be designated as Composite Crews at registration. No

competitor may compete for more than one club at the same regatta.

Novice rowers are those who were new to rowing after January 2022.

The Races

The Class Race has awards for the top Men's, Women's and Mixed crews in each boat class (1x, 2x, 4's, 4x and 8+). Trophies will be awarded to the top Novice, Junior, Para and Open sculler or crew. Classes may be combined if insufficient entries for any one class are not received.

The afternoon race is a Trophy Race with all crews handicapped by age, gender and boat type to determine the overall Head of the Nicomekl Regatta winner for 2023

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: Para rowers may launch from the Nicomekl Rowing Club dock at Ward's Marina.

All boats must proceed past the Control Commission.

For the morning Class Race boats must be launched between 10:30 am and 11:30 pm and ready at the staging area by the start line before 12:15 pm.

For the Trophy Race boats must be launched between 2:00 and 3:00 pm and ready at the staging area before 3:45 pm.

Please follow instructions from the Beach Marshalls. 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 Marshalls. Enjoy the river. Take note of the position of course marker buoys and of any hazards that will need to be avoided while racing back.

All boats must be upriver of the start area by 12:15 pm for the Class Race and 3:45 pm for the Trophy Race.

The Start

At the discretion of the Start Marshal, the Class Race maybe split into two flights, depending on the number of boats registered. The 8+, 4+ and 4x's will start in the first flight and the 2-, 2x and 1x's immediately following in a second flight. In this instance, 2-, 2x and 1x will be positioned in the designated holding area to allow the larger boats to stage and start the race. Once the 8+, 4+, 4- and 4x' have passed the holding area, all second flight boats will proceed up river to the start area.

This is a running start headrace. Start between the buoys placed just ahead of the start line. Follow starter's orders. Starts will be in sequence of your bow number. It will be a running start with approximately 15-second intervals between boats.

The Course (Appendix 2)

The Nicomekl is a tidal river with many turns, shallows and obstacles. Navigation to avoid obstacles and shallows is part of the headrace.

There will be three buoys in a row as you approach the trestle, (Appendix 1) all boats must keep these buoys on starboard. For safety reasons, there must be no overtaking from these buoys until you have cleared the end of the trestle bridge approach. 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.

The Finish

The finish line is off the end of the pier at Wickson Road. Two 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. Proceed back to the launch area. Keep clear of boats approaching the finish line staying well to the inside bank and close to Wickson Pier. **Please return your bow number!**

Results will be posted following the races. Awards will be presented after the Trophy Race at approximately 5:15 pm.

Boats Not Finishing

If you do 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 organizers 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 are paramount.**

Regatta Schedule

10:00 am Pre Race Meeting at Registration Tent

CLASS RACE

10:30 – 11:00 Launch window for 1x, 2x, 2- (tide 8 ft., which is low)

11:00 - 11:30 Launch window for 4x', 4-+ & 8+

11:30 Beach Closed – All Boats Must Be Launched

12:15 All Boats at the Start Area

12:30 pm Start of the Class Race (tide 11 ft.)

TROPHY RACE

2:00 - 2:30 Launch window for 1x, 2x, 2- (tide 12 ft.)

2:30 – 3:00 Launch window for 4x', 4-+ & 8+

3:00 Beach Closed – All Boats Must Be Launched

3:45 All Boats at the Start Area

4:00 Start of the Trophy Race (tide 12 ft.)

Trophies and Handicaps

We use the best information available in applying a fair handicap that levels the field between male, female and mixed crews, older and younger so that crews can judge how well they rowed against a broad competitive spectrum.

The organizing committee seeks to create a rewarding and high-level competitive experience. In order to be awarded first, second or third, there must be at least four competitors in the race. This ensures that each award represents a well-earned result where the competitors fought it out for the top three positions.

EVENT 1 *The Class Race*

Times are corrected for age only (see handicap table below) to determine the top men's, women's and mixed 1x, 2x, 2-, 4x/4x+, 4-/4+ and 8+. Medals will be awarded for the 1st, 2nd and 3rd best adjusted time in each class.

Best Junior Crew Trophy

Open to all entrants under age 18 years. Times are corrected for boat type and gender (see handicap table below) to determine the Best Junior Crew 2023. The Head of the Nicomekl Junior Cup will be awarded for 1st place with Medals awarded to 1st, 2nd and 3rd place crews.

Best Novice Crew Trophy

Open to all entrants who began rowing after January 1st 2022. Times are corrected for age, gender and boat type (see handicap table) to determine the best overall novice crew. The Head of the Nicomekl Novice Cup is awarded for 1st place with Medals awarded for 1st, 2nd and 3rd place crews.

Best Para Rower Trophy

Open to all categories & classification of rowers. The Head of the Nicomekl Trophy will be awarded for 1st place with Medals awarded to 1st, 2nd and 3rd place crews.

Best Open Crew Trophy

Open to all. Times will be adjusted for boat type and gender to determine the Best Open Crew. The Head of the Nicomekl Trophy will be awarded for 1st place with Medals awarded to 1st, 2nd, and 3rd place crews.

EVENT 2 – *The Trophy Race*

Head of the Nicomekl 2023 Trophy

With times corrected for age, gender and boat type (see handicap table) the Head of the Nicomekl 2023 Trophy will be awarded for 1st place, with medals awarded to the 1st, 2nd and 3rd place crews.

APPENDIX 3

ROWING CANADA AVIRON RULES OF RACING JANUARY 2022

APPENDIX 2 –

HEAD RACING RULES

A Head Race is defined as any race wherein competitors race over the same course but start sequentially. In format, the Head Race is the same as a time trial as described in Appendix 1. The RCA Rules of Racing shall apply in full, except as noted below.

1. Course

1.1 Head races shall be conducted on a course that is wide enough for a participating crew to navigate safely, for overtaking crew to pass another crew, and for non- participating crews to travel to and from a launching area without impeding crews involved in a race.

1.2 The course should be identified on the water by buoys and off the water by distance markers at appropriate points along its entire length.

1.3 Hazardous areas, such as shallows, underwater obstructions, narrow areas, an area where water traffic crosses a course, shall be conspicuously marked with buoys or other markers that are visible from both directions of the course.

1.4 The starting area shall have ample room above the start line so that all crews in an event can be marshaled without interfering with the starting line.

1.5 The starting line shall be clearly marked to guide crews to the start.

1.6 The finish line shall be conspicuously marked.

1.7 The area beyond the finish line shall have ample room to allow crews that have finished a race to row away without interfering with crews still racing.

1.8 A map of the course indicating traffic patterns and navigational hazards shall be included in the Regatta Package and prominently displayed at the regatta site.

2. Local Regatta Rules

2.1 For each Head Race, the Organizing Committee shall devise and publish local regatta rules that govern the conduct of racing and that are adapted to the particular characteristics of the course. Such rules shall include:

2.1.1 The traffic pattern to be used by crews while launching, traveling to the start area, waiting for the start, racing and returning after the finish.

2.1.2 2.1.3

2.1.4 2.1.5

2.1.6 2.1.7

Right of way rules during the race itself, including any circumstances in which passing is not allowed.

Time penalties which may be enforced for violation of the traffic pattern, right of way rules, or violation of course boundaries.

Starting procedures, including the time at which crew must appear in the start marshalling area, the starting interval, and marshalling procedures.

The map of the course showing the starting area, finish area, paths to be taken by launching and returning crews, the location of the first aid station, and the course itself. In showing the course itself, the map shall indicate the location of turns, any known hazardous conditions, course markings, the assigned positions of Umpires, and any no passing zones.

The OC shall provide telecommunication between starting line, finish line, and any Race Umpire or marshals stationed on the course. The OC shall provide each boat with a bow marker.

2.1.8 The OC is responsible for providing and operating the timing system for the event. The Chief Umpire should approve the method of timing races and must verify that the Organizing Committee knows how to implement that method, resulting in a fair regatta. However, the Organizing Committee is accountable for ensuring accurate times of the races. There must be at least one analogue back-up to the timing system, in case the electronic system fails.

3. Umpires

3.1 To fulfill RCA regatta sanction requirements, a head race will need a minimum of four RCA licensed Umpires, including the Chief Umpire. In principle, the four Umpires should be assigned to the start area, the finish area, the control commission (launch area), and on-water duties.

3.2 For each race, the Chief Umpire, in collaboration with the Regatta Chair, will assign Umpires and Marshals (where specified) to perform various duties that may consist of the following:

3.2.1 Starter: The Starter shall be stationed on the starting line and shall be responsible for the starting procedure including maintaining order and interval between crews.

3.2.2 Marshal: The Marshal shall be positioned in the starting area and is responsible for organizing participating crews above the start into the proper order.

3.2.3 Race Umpires or Marshals: The Race Umpires or Marshals shall be strategically positioned along a course and must have telecommunication capability at points along the course so that no portion of the course is at any time out of sight to one or more Race Umpires'/Marshals' launches.

3.2.4 Launches for Race Umpires/Marshals shall normally be stationary while the race is in progress, but may move to respond to emergencies. Race Umpires or Marshals shall note any violation of the local regatta rules, including traffic patterns, right of way rules, passing rules, no passing zone rules, and report such violations to the Chief Finish Judge or the Chief Umpire for the appropriate penalties. Race Umpires or Marshals shall give instructions to crews to avoid collision or accident.

3.2.5 Finish Judge: The Finish Judge shall note the order of finish especially in those cases where one or more crews are crossing the finish line at the same time. A member of the Organizing Committee will mark the finish time of each crew.

3.2.6 Marshal or Marshals to assist the finish judge.

3.2.7 A Race Umpire or Marshal in the finish area to ensure that finishing crews clear the finish line safely and that crews returning to the docks do not interfere with crews finishing their race.

4. The Launch Area

4.1 The OC should provide updates, including the regatta time, progress and delays, using appropriate means as outlined in the Regatta Package.

5. The Start

5.1 Any crew that does not appear at the start area within the time specified in the Regatta Package, (local regatta rules) may be warned or excluded by the Starter.

6. Penalties

6.1 Time penalties: The OC may provide in the local regatta rules for the imposition of time penalties, to be added to a crew's elapsed time, for violation of the traffic pattern, right of way and passing or no passing rules or violation of course boundaries.

7. Umpire Commands for Head Racing

The Start:

Crews shall gather near the start area with the help of start area Marshals. Crews will arrange themselves into their proper race order behind the Start line and await the Starter's instructions.

7.1 The following commands shall be used at the Start:

7.1.1. The Marshal will instruct the crew "Crew #1 Alberta, on the paddle".

7.1.2. As the crew approaches the line, the Starter will say "Crew #1 Alberta, approaching the line".

7.1.3. As the crew crosses the line the Starter will then say "GO", or, sound a horn.

The Finish:

7.2 The following command shall be used at the Finish:

7.2.1. As each crew finishes, the Finish Judge will say "Down" or sound the finish horn.

7.3 The Finish Judge shall mark the finish order of each crew.