



# Head of the Nicomekl September 27, 2025 Regatta Package

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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 2 page 8 and 9.

## **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 stay out of the environmentally sensitive areas at Blackie Spit by adhering to posted signage.

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

The Coaches and Team Representative meeting will be at 9:30 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 2024.

### **Line Up**

The Line Up will assign lower bow markers to crews that are expected to be faster based on boat size, gender, skill level and other factors.

The order will be: Open, Juniors, Masters

### **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 2025.

### **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 9:45 am and 10:45 am and ready at the staging area by the start line before 11:30 am.

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 11:30 am for the Class Race and 3:45 pm for the Trophy Race.

### **The Start**

The Start Line may change for the Class morning race depending on the volume of boats. The actual

start location may be changed by the Start Team as they see fit in the morning depending on crew volumes.

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. There will be approximately 15-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 headrace.

**There will be three buoys in a row as you approach the trestle, 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.

**Rowing between the northern/concrete spans of the trestle bridge is prohibited, and subject to immediate exclusion from the event.**

### **The Finish**

The finish line is off the end of the pier at Wickson Road. Two buoys will be placed behind the channel marker at the pier. **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 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 2025**

9:30 am                      Pre Race Meeting at Registration Tent

### **CLASS RACE**

9:45– 10:45                Launch window (tide 11 ft)

10:45                      Beach Closed – All Boats Must Be Launched

11:00                      At the Trestle no later than this time, or you will be turned back by the umpire

11:30                      All Boats at the Start Area

11:45                      Start of the Class Race (tide 12 ft.)

### **TROPHY RACE**

2:00 - 3:00                Launch window (tide 11 ft.)

3:00                      Beach Closed – All Boats Must Be Launched

3:15                      At the Trestle no later than this time, or you will be turned back by the umpire

3:45                      All Boats at the Start Area

4:00                      Start of the Trophy Race (tide 11 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.

Please see Appendix 1, page 6 and 7 for an explanation of the handicap system.

### **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 2025. The Head of the Nicomekl Junior Cup will be awarded for 1<sup>st</sup> place with Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place crews.

#### ***Best Novice Crew Trophy***

Open to all entrants who began rowing after January 1st 2024. 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 1<sup>st</sup> place with Medals awarded for 1<sup>st</sup>, 2<sup>nd</sup> 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 1<sup>st</sup> place with Medals awarded to 1<sup>st</sup>, 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 1<sup>st</sup> place with Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place crews.

### **EVENT 2 – *The Trophy Race***

#### ***Head of the Nicomekl 2025 Trophy***

With times corrected for age, gender and boat type (see handicap table) the Head of the Nicomekl 2025 Trophy will be awarded for 1st place, with medals awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place crews.

## APPENDIX 1

### Handicap

Age: The Garrett/Zezza formula is applied to the elapsed times based on the average age of the crew as follows:

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	54	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

\* No adjustment is made for crews 27 years and under

**Gender Handicap:** Female crews are adjusted by 10% and times for mixed crews are adjusted by 5%. Mixed crews are those which are up to a maximum of 50% male.

**Boat Type Handicap:** Applied to Trophy Race, Best Junior and Best Novice.

1x = 0% handicap

2- = 4% handicap

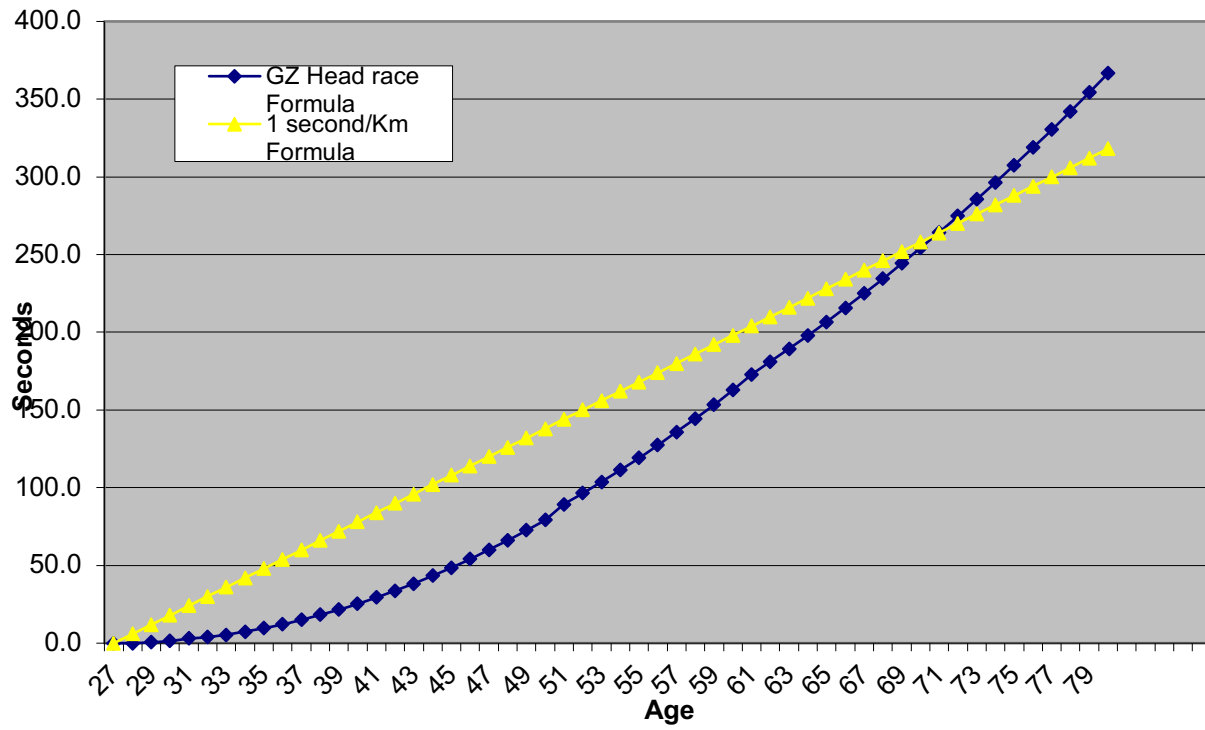
2x = 9% handicap

4- or 4+ = 10% handicap

4x or 4x+ = 15% handicap

8+ = 17% handicap

## Handicaps on 23min/6k Headrace



## **APPENDIX 2**

### **RCA Rules of Racing January 2022**

#### **HEAD RACING RULES**

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.