



Head of the River 2011

The 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 more than one club at the same regatta.

Novice rowers are those who were new to rowing after January 2010

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

Two races are scheduled.

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 2011 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.

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 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 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 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.

A yellow inflatable buoy will be placed at the first turn by Nico Wynd Golf Course, at the turn below Ward's Marina and at the last bend before the trestle bridge. 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.**

The Finish

The finish line is from 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 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!**

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.



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Trophies & 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 last year, 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 here on our website at www.nico-row.com.

Event 1 - The Class Race:

Ribbons. Times will be corrected for age only (see handicaps below) to determine the top mens, womens and mixed 1x, 2x, 2-, 4x/4x+, 4-/4+ and 8+. Ribbons 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 2011. 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 2010. 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.

Event 2 - The Trophy Race

Nicomekl Head of the River 2011 Trophy. All times will be corrected for age, gender and boat type (see handicaps below) to determine the one **Head of the River 2011** 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:

AGE HANDICAP TABLE (6km Course - 25.5 min Standard Course Time)							
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:** (Trophy Race, Best Junior and Best Novice Cups) 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:** (Trophy Race, Best Junior and Best Novice Cups)
 - 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