

Head of the Nicomekl

September 10, 2016



Regatta Package

This 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 WHERE THE BOAT BEING OVERTAKEN YIELDS 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 2015.

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 and adhere to the posted regulations.

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 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.

2. A Trophy Race in the afternoon with all crews handicapped by age, gender and boat type to determine the overall Head of the Nicomekl winner for 2016.

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)

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 inspected and stickered by the Beach Marshal for both the Class Race and the Trophy Race.

Boats must be in the water by **10:45 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. Take note of the position of yellow course marker buoys which must be rounded on the way down and of any hazards that will need to avoid while race back.

The Start

All boats must be upriver of the start area by **11:20 AM** for the Class Race and by **2:20 PM** for the Trophy Race.

At the discretion of the Start Marshal, the class race may be split into two flights, depending on the number of boats registered, The 8+, 4-+ and 4x's will start at **11:30 AM** in the first flight and the 2-, 2x 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 white buoys placed just ahead of the start line. Follow starter's orders. Start times will begin at **11:30 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.

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 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 white buoys will be placed just behind the finish line. **Finish between these two white 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 approaching the finish line staying well to the inside bank and close to Wickson Pier. **Return your bow number!**

Results will be posted following both races.

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 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 Schedule

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

10:20 Beach Opens for Launch of Class Race

10:45 Beach Closed – All Boats Must be Launched

11:20 All Boats at the Start Area

11:30 Start of the Class Race



1:15 Beach Opens for Launch of Trophy Race

1:45 Beach Closed – All Boats Must be Launched

2:20 All Boats at the Start Area

2:30 Start of the Trophy Race

Trophies and Handicaps

We use the best information available in applying a fair handicap that level 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. We use the age handicapping system developed by John Garrett (Canada) and Carlo Zezza (USA) considering it the best approach available.

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+. Recognition 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 2015. The Head of the Nicomekl Junior Cup will be awarded for 1st place with medals awarded to 2nd and 3rd place crews.

Best Novice Crew Trophy

Open to all entrants who began rowing after January 1st 2014. 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 to 2nd and 3rd place crews.

Best Para Rower

Open to all categories & classification rowers. A trophy will be presented for the best time and medals awarded to 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.

Event 2 - The Trophy Race

Nicomekl Head of the River 2016 Trophy

All times will be corrected for age, gender and boat type (see handicap table) to determine the Head of the River 2016 crew (or sculler). The Head of the River Cup is awarded for 1st place with medals awarded to the 2nd and 3rd place crews.

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: (applied to Trophy Race, Best Junior and Best Novice events) 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 events.

1x = 0% handicap

2- = 4% handicap

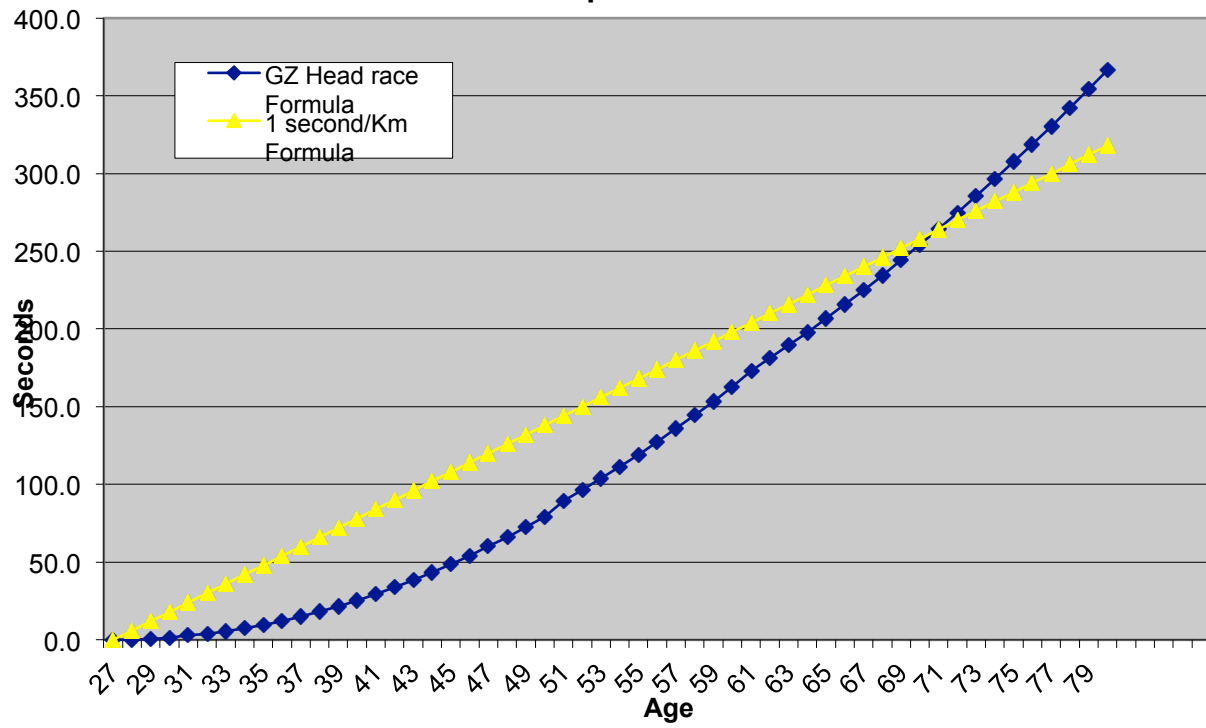
2x = 9% handicap

4- or 4+ = 10% handicap

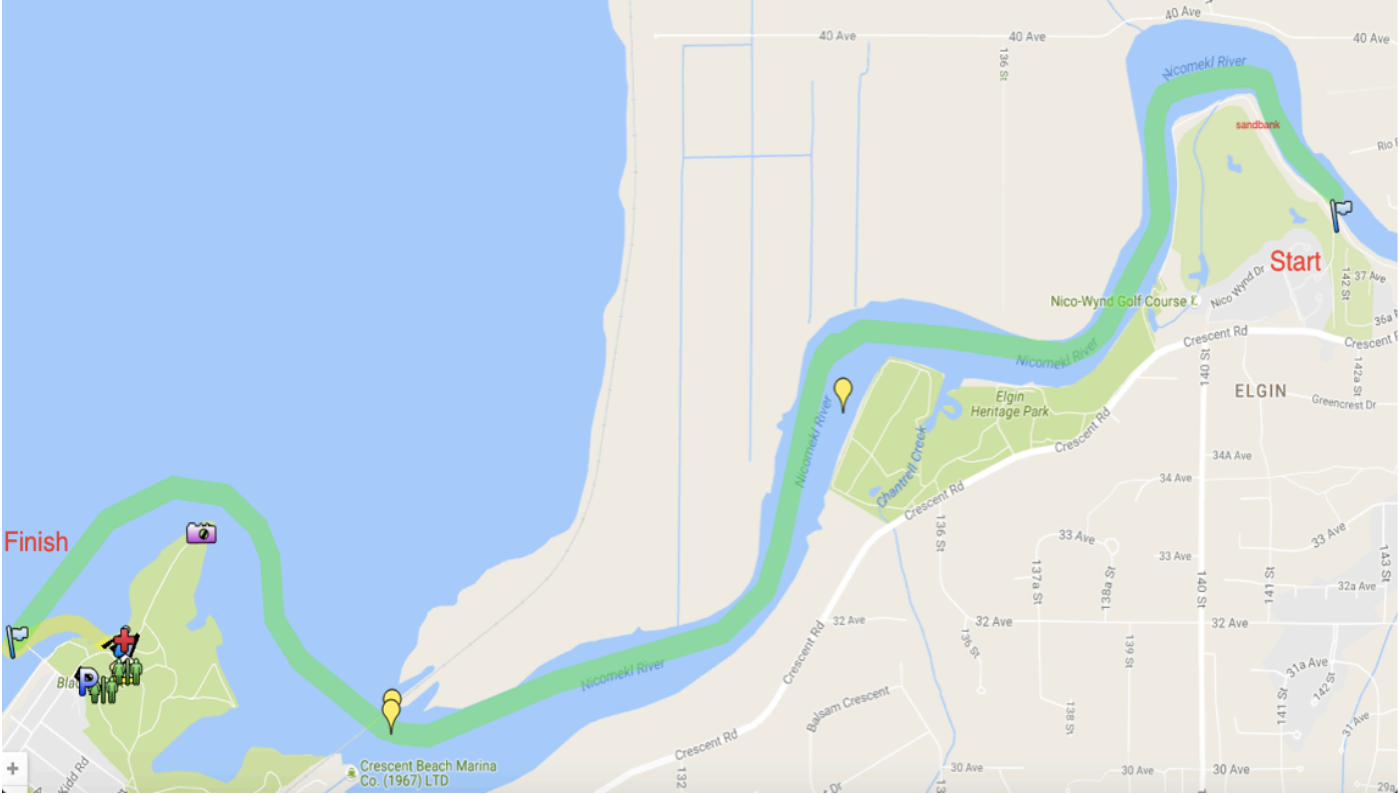
4x or 4x+ = 15% handicap

8+=17%handicap

Handicaps on 23min/6k Headrace



The Nicomekl River Course



Head of the Nicomekl

EMERGENCY ACTION PLAN

In the event of an emergency, contact the nearest Safety Boat, who will then dispatch:

Chief Umpire: Simon Litherland 778-840-5748
Regatta Chair: Cathy Cotter 604-218-4526
Safety Officer: Bob Wirtz 604-612-4363
Margaret Shorter 778-873-5522

First Aid Attendant:

If, for any reason the Chief Umpire or Safety Officer cannot be reached, and the emergency requires immediate attention call :

911 and have emergency crews meet at the nearest water access point from the list below or *16 for Coast Guard assistance.

Rowers are urged to stay with the capsized hull while they attempt to swim it to shore. The hull is inherently buoyant - it is your Life Raft.

If a rowing shell becomes capsized, wave arms and noise that will alert on-coming rowers who may otherwise not be able to see you.

If you see a rowing shell in need of assistance, contact the nearest safety boat. Do not attempt a rescue from another rowing shell as this may result in two crews requiring rescue.

Nicomekl Rowing Club Elgin Heritage Park - * 604 543 6700 13723 Crescent Road, Surrey	Crescent Beach Marina - 604 538 9666 12555 Crescent Road, Surrey
Nico-Wynd Golf Course - 604 535 9511 3601 Nico-Wynd Drive, Surrey	Blackie's Spit Park McBride Avenue Crescent Beach, Surrey