



Nicomekl Rowing Club Trophies & Handicaps

In the tradition of the Head of the River regatta all entrants can compete against each other regardless of age and gender. We will show 'elapsed times' so that each crew can judge how well they raced against direct competitors, but awards will be made on the adjusted (handicapped) times. 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. For 2010 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 on our web site on the Rowing Instructions page.

Trophies & Awards

Event 1 - Class Race:

- 1. Class Ribbons.** Open to all entrants. Times will be corrected for age and gender (see handicaps below) to determine the top 1X, 2X, 2-, 4X/4X+, 4-/4+ and 8+. Ribbons will be awarded for the best adjusted time in each class.
- 2. 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 2010. A trophy will be awarded for 1st place with ribbons awarded to 2nd and 3rd place crews.
- 3. Best Novice Crew Trophy.** Open to all entrants who began rowing after January 1st 2009. Times will be corrected for age, gender and boat type (see handicaps below) to determine the best overall novice crew. A trophy will be awarded for 1st place with ribbons awarded to 2nd and 3rd place crews.

Event 2 - Trophy Race:

1. **Nicomekl Head of the River 2010 Trophy.** All times will be corrected for age, gender and boat type (see handicaps below) to determine one **Head of the River 2010** crew (or single 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:** 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:**
 - 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