

GENERAL INFORMATION SBH 2010

Instructions for Competitors

1. Crews should collect their race numbers any time after 8:30 from Race Control at the **Cambridgeshire Rowing Association (CRA) Boathouse** (Kimberley Road).
2. Prizes and final result will be presented at approximately 4:30 at the CRA Boathouse.
3. The races will be processional, following the code set out in British Rowing's 'Row Safe'.
4. The course will be from the A14 road bridge, upstream to the post by the Green Dragon Footbridge, Starting at 10:00, 11:30, 13:00 and 14:30.
5. Prizes will be presented to the fastest crew in each event (CRA and/or BR), so long as there are more than 3 crew entered and 2 crews rowing in that event.
6. Changes of either STATUS or EVENT will be accommodated (subject to the BR rules) if possible. Any changes MUST be cleared at Race Control BEFORE the race. Any crew found racing with the incorrect status or in the wrong event maybe disqualified.
7. Crews wishing to boat from Churchill/Selywn/King's/Leys boathouse must get permission from the Churchill Bursar in advance. Mrs Jennifer Brook, Churchill College, Cambridge, CB3 0DS, 01223 336212, bursar@chu.cam.ac.uk. Crews wishing to use facilities at any other boathouse along the river should secure permission from the host club.
8. All crews must make their own way to the start (allow approximately 45 mins from the boat houses). Boats must muster below the motorway bridge (A14) 5 minutes before the advertised start time. LATE CREWS WILL ONLY RACE AT THE DISCRETION OF THE START MARSHAL. Late crews may be awarded a time penalty. Time penalties will be awarded at the rate of 5 seconds per minute late for the first 5 minutes and then at the rate of 30 seconds thereafter. All crews must be downstream of the finish at Chesterton Footbridge at least 20 minutes before the advertised start of each race. No boat will be allowed to proceed downstream after that time.
9. Crews will be started at approximately 20 sec intervals. All times will be taken 'bows on'.
10. All crews MUST wear the race number provided, pinned onto the bow person's back. CREWS WILL NOT BE STARTED WITHOUT A RACE NUMBER.
11. Any crew about to be overtaken must give way, allowing the overtaking crew the fastest line, which is normally the towpath side.
12. Marshal's instructions MUST be followed at all times. Failure to observe any rule or instruction may result in either a time penalty or disqualification.
13. Any disputes or objections MUST be lodged with the Umpire at the Finish, within 20 mins of the end of the race. The Umpires decision will be final in all disputes.
14. The British Rowing Masters handicapping system will be used in both The Small Boat and Autumn Heads. The handicaps for each category will be determined from the Handicap Table (British Rowing's Handicap Operating Notes 2010) once the Standard Time is known and will be deducted from the finish time of each crew to produce a corrected result, from which the finishing order will be determined. The Standard Time will be determined from the finish time of the fastest boat on the day in the appropriate boat type and gender category. Where the Standard Time is not an exact minute, handicaps will be interpolated with the handicaps rounded up or down to the nearest full second.
15. In the event of cancellation of the race, the race committee cannot undertake to refund fees in full.
16. Rob Roy Boat Club will not be liable for any damage, loss of property or personal injury in connection with this race.

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Veteran events include the following classes, by age. The age restriction is the lower limit for the AVERAGE age of the crew (excluding the cox). Measured in whole years attained during the current year.

Vet Lower Age:

- A 27
- B 36
- C 43
- D 50
- E 55
- F 60
- G 65
- H 70

STANDARD TIME MINS : SECS	AGE CATEGORIES								
	TIME DIFFERENTIALS - SECS OR MINS.SECS								
	A	B	C	D	E	F	G	H	I
1.00	0	1	2	5	7	9	12	15	18
1.10	0	1	2	5	8	11	14	17	21
1.20	0	1	3	6	9	12	16	20	24
1.30	0	1	3	7	10	14	18	22	27
1.40	0	1	4	8	11	15	20	25	30
1.50	0	1	4	8	12	17	22	27	33
2.00	0	1	4	9	13	18	23	29	36
2.10	0	1	5	10	14	20	25	32	39
2.20	0	1	5	10	15	21	27	34	42
2.30	0	1	5	11	17	23	29	37	45
2.40	0	2	6	12	18	24	31	39	48
2.50	0	2	6	12	19	26	33	42	51
3.00	0	2	6	13	20	27	35	44	54
3.10	0	2	7	14	21	29	37	47	57
3.20	0	2	7	15	22	30	39	49	60
3.30	0	2	7	16	23	32	41	52	63
3.40	0	2	8	17	24	33	43	54	66
3.50	0	2	8	17	25	35	45	56	69
4.00	0	2	8	18	26	36	47	59	72
4.10	0	2	9	19	27	38	49	61	75
4.20	0	2	9	19	28	39	51	64	78
4.30	0	2	9	20	29	41	53	66	81
4.40	0	2	10	21	30	42	55	69	84
4.50	0	2	10	22	31	44	57	71	87
5.00	0	2	10	22	32	45	59	74	90
6.00	0	3	11	24	35	49	1.04	1.21	1.38
7.00	0	3	13	27	39	54	1.10	1.27	1.46
8.00	0	4	14	29	42	58	1.15	1.34	1.55
9.00	0	5	16	31	45	1.02	1.20	1.41	2.03
10.00	0	5	17	34	48	1.06	1.26	1.48	2.11
11.00	0	6	19	36	52	1.11	1.31	1.54	2.19
12.00	0	7	20	38	55	1.15	1.36	2.01	2.27
13.00	0	7	22	41	58	1.19	1.42	2.08	2.36
14.00	0	8	23	43	1.01	1.23	1.47	2.15	2.44
15.00	0	9	25	45	1.05	1.28	1.52	2.21	2.52
16.00	0	9	26	48	1.08	1.32	1.58	2.28	3.00
17.00	0	10	28	50	1.11	1.36	2.03	2.35	3.08
18.00	0	11	29	52	1.15	1.40	2.08	2.42	3.17
19.00	0	11	31	55	1.18	1.45	2.14	2.48	3.25
20.00	0	12	32	57	1.21	1.49	2.19	2.55	3.33
21.00	0	13	33	59	1.24	1.53	2.24	3.02	3.41
22.00	0	13	35	1.02	1.28	1.58	2.30	3.08	3.49
25.00	0	15	39	1.09	1.37	2.10	2.46	3.29	4.14
30.00	0	19	47	1.20	1.54	2.32	3.12	4.02	4.55
40.00	0	25	1.01	1.44	2.26	3.14	4.06	5.10	6.17
50.00	0	32	1.16	2.07	2.59	3.57	4.59	6.17	7.39