



Royal Hong Kong Yacht Club 香港遊艇會

The 64th Head of the Bay 深水灣繞圈賽

Saturday 6th June 2020 – Notice to Competitors

所有內容以英文版本作實，如欲取得以下資料之中文版本，請聯絡 **Keith CHEUNG @ 9260 7025 Ellen LEUNG @ 2239 0332**。

The Head of the Bay is a time-trial race with a running start. The timing will start as each boat crosses the start/finish line and will stop as the boat returns to the start/finish line. The elapsed time will be calculated and the crew with the fastest time in each event will be the winner.

The race is held out of the RHKYC clubhouse at Middle Island and takes place in the waters of Deep Water Bay. For detailed instructions on how to get to Middle Island, please follow this link – (<http://www.rhkyc.org.hk/MiddleIsland.aspx>).

Rowing events will be offered in the following categories:

		Rowing Group A - Short Course				Rowing Group B - Long Course		
		Open 1X	Open 2X	Open 4X+	Open 4+	Coastal 1X	Coastal 2X	Coastal 4X+
AM Event (0900-1200)	Junior (U16)	M&W	/	/	/	/	M&W	/
	Junior (U19)	M&W	/	/	/	/	M&W	/
	University Novice	M&W	/	/	/	/	M&W	M&W
PM Event (1300-1800)	Open	M&W	/	/	/	/	M&W	M&W
	Master	M&W	/	/	/	/	M&W	M&W

***We cannot offer Coastal 1x, Fine 2x, Fine 4x+ or Fine 4+ this year due to equipment issues.**

Eligibility for each event:

- Junior – U16: aged under 16; U19: aged under 19 (*calculated using competitors' ages as of 31st December 2020*), no age limitation on the coxswain.
- University Novice – less than two years of rowing experience, no limitation on the coxswain.
- Master – aged 27 or above (*calculated using competitors' ages as of 31st December 2020*). Master rowers in the same event will be ranked together after **age-performance adjustment** (please refer to the Appendix 1). For crew boat, the average age of the crew will be calculated for the **age-performance adjustment**.



Royal Hong Kong Yacht Club 香港遊艇會

Entries:

- Club Captains must ensure that they only enter competent crews and that their crews are properly prepared for the race. All competitors should be able to swim at least 50m and tread water for 3 minutes in light clothing.
- Entries close on **Wednesday 3rd June 2020, at 8pm**, and should use the official entry form that will be emailed to each club. Payment for entries should be sent by cheque in advance, or alternative payment arrangements may be agreed with the Race Secretary (ellen.leung@rhkyc.org.hk).
- Entry fee: \$100 per person per boat
- For rowing events, participants can choose to compete up to **ONE** Group A event and **ONE** Group B event, (For example: Men's University Novice Fine 1X & Men's Open Coastal 4X+)
- Where entry slots are limited due to boat availability, places will be awarded in order of entries received (i.e. preference will be given to those entries received first), though it may be possible to maintain a 'standby list' in case of a withdrawal.
- After the start order has been published, up to 50% of the rowing crew and the coxswain can be changed by notifying the Race Secretary up to an hour before the published race time.

When making entries, please note the following local rules:

- Rowers may enter a maximum of **TWO** events (i.e Group A and Group B), but they have to do so at their own risk. Please identify any rower who is competing in multiple events, clearly on the entry form, so that we can try to accommodate them in the race schedule.
- The committee reserves the right to cancel specific events **in the event of insufficient entries**. In this situation, crews will be offered the opportunity to race at a higher status where available.
- Coxswains are not required to weigh in.

Boats and Equipment:

Boats, oars and any other necessary rowing equipment will be provided.

- Open 1x: Hull is much shorter and wider than a flat water racing boat. Fully buoyant sealed deck.
- Coastal 4X+: FISA specification coastal rowing boats.
- Coastal 2X: FISA specification coastal rowing boats.

Please note that any damage to equipment will be charged to the crew deemed to be at fault.

Coxswain / Steersman Briefings:

To ensure that all competitors follow the correct course, and that all boats can complete the race safely, all steersmen of coxless boats and coxswains **MUST** attend a briefing before racing.

There will be a briefing before the start of racing at **0800 for morning session and 1230 for afternoon session**. Attendance will be noted and any crews that have not attended a briefing BEFORE their race time may be prevented from boating.

The briefings will take place on the roof above the boathouse.



Royal Hong Kong Yacht Club 香港遊艇會

The Course:

The race will start and finish at the RHKYC Rowing Boathouse on Middle Island, with the bulk of the racing course in Deep Water Bay with turns around large floating marker buoys.

The **Short Course** for open boats will be just over 2.5km and may be through some waves and swell. The turns around the marker buoys will require additional skill and care. There may be other water users (water skiers, pleasure boats) on or near the course and crews will need to take care in avoiding these.

The **Long Course** for coastal rowing boats will be longer, at 4.18km.

Please refer to the Appendix 2 & 3 for the maps.

The Start, the Race and the Finish:

- The Committee will determine the order of start. The entries will be organised into starting blocks with crews in the same event.
- Clubs entering more than one crew in the same event are requested to inform the regatta secretary if the crews have a preferred order (e.g. which is the A crew and which is the B crew).
- Each crew will be pre-allocated a boat and also a start time and number. Crews can find out which boat has been allocated to them by checking the program and then looking for the boat with that number.
- Crews will launch and proceed to the marshalling area behind the start/finish line in sufficient time to line up to row in the correct start order.
- Do not row away from the Marshalling Area for a warm up as you will not hear instructions and may miss your start time. Crews not in the Marshalling Area at the correct time will miss their start position and may also incur a time penalty.

The Start:

The Marshall will ensure that all crews are ready to start (i.e. behind the line, turned, in a line and in the correct start order) and will then hand things over to the Starter.

The Starter will call the name of the crew as listed in the program, and then "Attention – Go". On the "Go" command the crew shall start to row and the timing will start only when the bow of the boat crosses the Start/finish line. A horn will sound as the Judges start the timing.

The next crew will then move forward to be ready for the Starter. Crews will be started at 10 - 20 second intervals.

Overtaking:

ALL crews have a responsibility to avoid collision whether they are overtaking, or being overtaken. Coxswains and Steers should in principle maintain that which they consider to be their best course.

Please remember that most crews will start beside other crews in the same event. Therefore, if you are about to be overtaken by a competitor, you are already between 10 to 20 seconds slower than them, so there really is nothing to be gained by a deliberate obstruction.

An overtaking crew should establish its intended overtaking line as early and as clearly as possible, stick to that line, and not push out the slower crew. Overtaking crews should call out their intent clearly, so that there is no confusion between coxswains. A slower crew is expected to give way to a faster overtaking crew where it can do so without endangering itself or other crews and without having to take excessive evasive action, but **MUST NOT** actively impede or move towards the course of an overtaking crew.



Royal Hong Kong Yacht Club 香港遊艇會

Please note that it is preferable to overtake on the 'outside' line of the course, which will generally mean to the starboard side of the crew in front (i.e the overtaking crew will have slower crew on their stroke side) or to the outside of a turning buoy, whichever is applicable. Overtaking crews should not attempt to steer between a slower crew and a turning buoy.

If approaching a turning point at a marker buoy, the crew in front shall have right of way. The overtaking crew should either steer a wider course or slow down to allow both boats to safely turn around the marker buoy.

Safety:

There will be safety boats on the course at all times. If you require assistance, please shout and wave to attract the attention of a safety boat.

Competitors should be able to swim at least 50m and tread water for 3 minutes in light clothing. All coxswains will be required to wear personal flotation devices (PFDs), whilst the boats must be equipped with PFDs for each rower to be used in an emergency – these will be provided by the organisers.

Penalties and Disqualification:

Time penalties or disqualification will be incurred in the following circumstances:

- Racing below status
- Racing with un-declared crew changes (including coxswains)
- Being late at the start
- Failure to follow official instructions (either written or verbal)
- Leaving the designated race course, including missing a turn (ie turning inside a marker buoy) – n.b Missing one turn/buoy will result in a 120 second penalty. Missing a second will mean disqualification.
- Offensive language (in any language) or any other un-sportsmanlike behaviour
- Collision with another crew
- Unsafe behaviour during overtaking (see above), or otherwise endangering other crews

Any complaints about the behaviour of other crews during the course of the race should be made to the Chief Umpire, within 30 minutes of the crews getting off the water.

The Finish:

As each crew crosses the finish line, the Finish Judges will sound a horn and record their time. Crews must not stop on the line, but should continue to row on for several strokes, to ensure that any following crews have a safe and clear course.

Crews who have finished should turn and row back to their boat launching area, as per the published instructions, making sure they follow any additional instructions given by race officials.

.....



Royal Hong Kong Yacht Club 香港遊艇會

Extra Information for Competitors:

Food and Drink – Food and beverages will be available at the Bar throughout the day, using a Race Day Visitor Card in conjunction with an Octopus Card (the Club does not accept cash as it usually has members signing for items on their accounts).

What to wear – You **must** be wearing your correct HKCRA registered club uniform. Apart from this, it is advised that you have additional items to ensure you have a safe and enjoyable day.

You will require **suitable footwear for the beach** and launching ramp at Middle Island, as there are many rocks and seashells that may injure your feet. A **hat and sun-cream** for protection from the sun is also a good idea for a long day at a regatta. The club has change room and shower facilities, so please bring a towel.

Results & Prizes:

Results will be made available as soon as they have been confirmed, please be patient. Full copies of the results will be emailed out to each club on the following week and a copy will be placed on the [RHKYC Website](#).

There will be a Prize Presentation Ceremony both at 1230 (for the Junior & University Novice Events) and at 1830 (for Open & Masters Events).

Proposed Schedule and Boat Availability

To be advised. First racing at **0900** and all the races will be finished by **1800**.



Royal Hong Kong Yacht Club 香港遊艇會

Appendix 1 British Rowing - MASTERS HANDICAPPING TABLE 2015

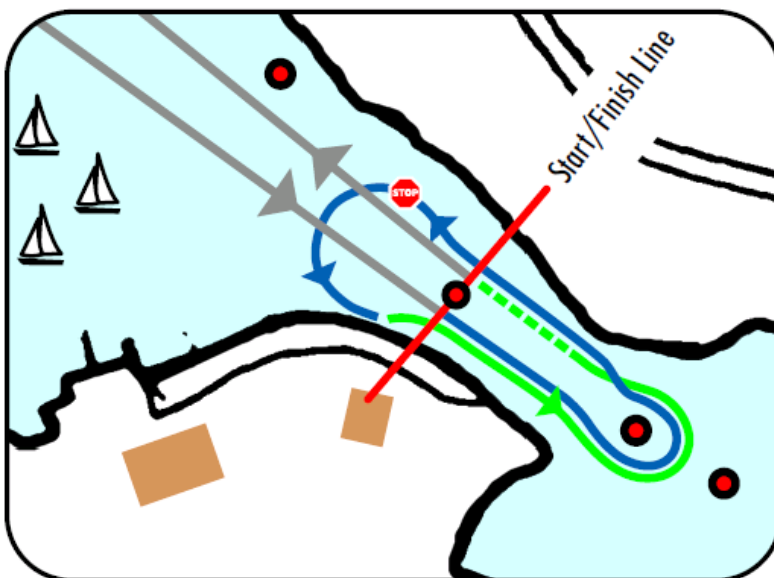
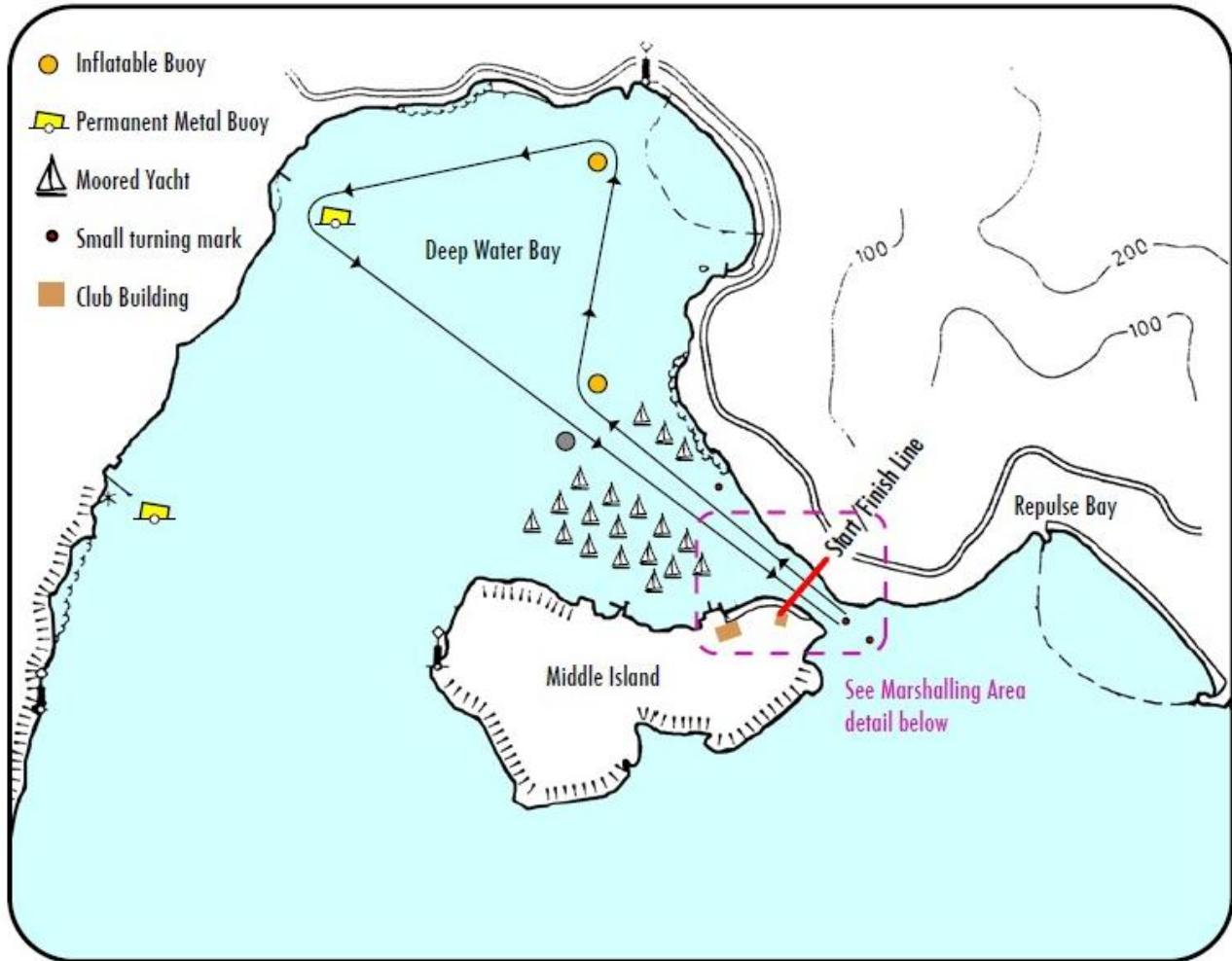
STANDARD TIME		AGE CATEGORIES									
MINS:SECS		TIME DIFFERENTIALS – MINS:SECS									
	A	B	C	D	E	F	G	H	I	J	K
	27	36	43	50	55	60	65	70	75	80	85
1:00	0:00	0:01	0:02	0:05	0:07	0:09	0:12	0:15	0:18	0:21	0:24
1:10	0:00	0:01	0:02	0:05	0:08	0:11	0:14	0:17	0:21	0:25	0:29
1:20	0:00	0:01	0:03	0:06	0:09	0:12	0:16	0:20	0:24	0:28	0:32
1:30	0:00	0:01	0:03	0:07	0:10	0:14	0:18	0:22	0:27	0:32	0:37
1:40	0:00	0:01	0:04	0:08	0:11	0:15	0:20	0:25	0:30	0:35	0:41
1:50	0:00	0:01	0:04	0:08	0:12	0:17	0:22	0:27	0:33	0:39	0:45
2:00	0:00	0:01	0:04	0:09	0:13	0:18	0:23	0:29	0:36	0:43	0:50
2:10	0:00	0:01	0:05	0:10	0:14	0:20	0:25	0:32	0:39	0:46	0:54
2:20	0:00	0:01	0:05	0:10	0:15	0:21	0:27	0:34	0:42	0:50	0:58
2:30	0:00	0:01	0:05	0:11	0:17	0:23	0:29	0:37	0:45	0:53	1:02
2:40	0:00	0:02	0:06	0:12	0:18	0:24	0:31	0:39	0:48	0:57	1:06
2:50	0:00	0:02	0:06	0:12	0:19	0:26	0:33	0:42	0:51	1:00	1:10
3:00	0:00	0:02	0:06	0:13	0:20	0:27	0:35	0:44	0:54	1:04	1:14
3:10	0:00	0:02	0:07	0:14	0:21	0:29	0:37	0:47	0:57	1:07	1:18
3:20	0:00	0:02	0:07	0:15	0:22	0:30	0:39	0:49	1:00	1:11	1:22
3:30	0:00	0:02	0:07	0:16	0:23	0:32	0:41	0:52	1:03	1:14	1:26
3:40	0:00	0:02	0:08	0:17	0:24	0:33	0:43	0:54	1:06	1:18	1:30
3:50	0:00	0:02	0:08	0:17	0:25	0:35	0:45	0:56	1:09	1:22	1:34
4:00	0:00	0:02	0:08	0:18	0:26	0:36	0:47	0:59	1:12	1:25	1:38
4:10	0:00	0:02	0:09	0:19	0:27	0:38	0:49	1:01	1:15	1:29	1:43
4:20	0:00	0:02	0:09	0:19	0:28	0:39	0:51	1:04	1:18	1:32	1:47
4:30	0:00	0:02	0:09	0:20	0:29	0:41	0:53	1:06	1:21	1:36	1:51
4:40	0:00	0:02	0:10	0:21	0:30	0:42	0:55	1:09	1:24	1:39	1:55
4:50	0:00	0:02	0:10	0:22	0:31	0:44	0:57	1:11	1:27	1:43	1:59
5:00	0:00	0:02	0:10	0:22	0:32	0:45	0:59	1:14	1:30	1:46	2:04
6:00	0:00	0:03	0:11	0:24	0:35	0:49	1:04	1:21	1:38	1:55	2:12
7:00	0:00	0:03	0:13	0:27	0:39	0:54	1:10	1:27	1:46	2:05	2:24
8:00	0:00	0:04	0:14	0:29	0:42	0:58	1:15	1:34	1:55	2:16	2:37
9:00	0:00	0:05	0:16	0:31	0:45	1:02	1:20	1:41	2:03	2:25	2:48
10:00	0:00	0:05	0:17	0:34	0:48	1:06	1:26	1:48	2:11	2:34	2:56
11:00	0:00	0:06	0:19	0:36	0:52	1:11	1:31	1:54	2:19	2:44	3:09
12:00	0:00	0:07	0:20	0:38	0:55	1:15	1:36	2:01	2:27	2:53	3:20
13:00	0:00	0:07	0:22	0:41	0:58	1:19	1:42	2:08	2:36	3:04	3:32
14:00	0:00	0:08	0:23	0:43	1:01	1:23	1:47	2:15	2:44	3:13	3:43
15:00	0:00	0:09	0:25	0:45	1:05	1:28	1:52	2:21	2:52	3:23	3:54
16:00	0:00	0:09	0:26	0:48	1:08	1:32	1:58	2:28	3:00	3:32	4:05
17:00	0:00	0:10	0:28	0:50	1:11	1:36	2:03	2:35	3:08	3:41	4:16
18:00	0:00	0:11	0:29	0:52	1:15	1:40	2:08	2:42	3:17	3:52	4:27
19:00	0:00	0:11	0:31	0:55	1:18	1:45	2:14	2:48	3:25	4:02	4:39
20:00	0:00	0:12	0:32	0:57	1:21	1:49	2:19	2:55	3:33	4:11	4:50
21:00	0:00	0:13	0:33	0:59	1:24	1:53	2:24	3:02	3:41	4:20	5:01
22:00	0:00	0:13	0:35	1:02	1:28	1:58	2:30	3:08	3:49	4:30	5:12
25:00	0:00	0:15	0:39	1:09	1:37	2:10	2:46	3:29	4:14	4:59	5:44
30:00	0:00	0:19	0:47	1:20	1:54	2:32	3:12	4:02	4:55	5:48	6:41
40:00	0:00	0:25	1:01	1:44	2:26	3:14	4:06	5:10	6:17	7:24	8:31
50:00	0:00	0:32	1:16	2:07	2:59	3:57	4:59	6:17	7:39	9:01	10:23



Appendix 2 Short Course Map

HEAD OF THE BAY

Short Course Map



Marshalling Area

- Row to start
- Crews line up before start
- Small turning/warning mark
- Return to Club
- STOP!
Check course is clear before crossing



Appendix 3 Long Course Map

HEAD OF THE BAY

Long Course Map

