

MASTERS HANDICAP EVENTS – OPERATING NOTES 2010

INTRODUCTION

Racing under a National Standard of Handicapping was introduced as a means of expanding the opportunities for Masters competition in regattas and long distance events.

Analysis of 1000m races, mainly from high level regattas such as FISA Masters and National Championships, allowed an Age/Performance characteristic to be established and, from this, a table of time differentials between Masters age categories. This enables competitors in different age groups to compete against each other on fair terms. The handicap table was then applied to Head races by extending the range of Standard Times to cover the race times involved.

Over the years there has been a very strong growth in Masters rowing so that considerably more data is now available on age/performance which has led to a comprehensive review of the effects of ageing being carried out. This has shown that, while the age/performance characteristic used for regatta competition is still sound, the loss of boat speed with age over the longer race times in Heads becomes progressively less as the duration of the race increases.

Analysis of the Vesta Veteran Head results in particular led to a revaluation of the handicaps for longer distances and the restructuring of the Table in 2009. There were however some anomalies in the handicaps so produced. The data has been reviewed again and the modified version of the Table in this edition of the Almanack should now be used for all Heads offering events run under handicap conditions. The Table has also been joined to the regatta Table so events between 5 and 10 minutes in length are now covered.

HANDICAP TABLE

The Handicap Table sets out time differentials (handicaps) for each age category relative to Masters A over a range of Standard Times.

The Standard Time is that which a winning Masters A or Open crew or sculler would take to cover the course on the day of the event when all local conditions of course length, stream and weather have been accounted for.

The table may be used for any category of boat and for open, women and mixed crews.

The Standard Times must relate to the nature of the event being raced eg eights or double sculls, open or women.

Where a regatta has limited information on the winning race times for some events, the following table is a guide to the relationship between events for 1000m still water and wind conditions. Where local conditions and course lengths dictate that higher or lower Standard Time values should be used, all values in the table below should be adjusted in the same proportion.

Standard Time

<i>Boat Type</i>	<i>Open</i>	<i>Mixed</i>	<i>Women</i>
8	3.00	3.10	3.20
4x/4-	3.10	3.20	3.30
4+	3.20	3.30	3.40
2x/2-	3.30	3.40	3.50
1x	3.40	3.50	4.00

As an example of the use of this Standard Time table, consider a regatta where the course length is 800m and, on the regatta day, the (following) stream is slight but there is a strong head wind. For a 4+, the shorter course makes a 20% difference, or 40 seconds; the stream is estimated by the regatta committee to reduce the time by 2 seconds; the committee judges the head wind to add 15 seconds to the time. The net result is that the Standard Time becomes 3min 20 secs – 40 secs – 2 secs + 15 secs = 2 min 53secs. Similar calculations will be made for other boat types and the list of Standard Times can be published before the regatta starts. Regattas might find it helpful to calculate in advance the likely effects of wind, stream etc and then choose the appropriate values on the day. It is recommended that standard times should be multiples of 10 seconds to avoid interpolation.

OPERATING NOTES – REGATTAS

1. Purpose – The introduction of handicap events is primarily to create a race where otherwise there would be none. It is regarded as applicable where single crews in one age category have been entered in a particular event.
2. The Course – Crews should be started and finished level or recognising the natural stagger for all crews at these points for a particular course. Stake boats should be used if possible. The handicap time differential will be applied at the Start with the older crew being started ahead of the younger by the amount of the handicap.
3. Standard Time – The regatta will determine the Standard Time to be observed and the appropriate handicaps from the Handicap Table.
4. Informing Competitors – The Standard Time handicaps to be used in handicap events must be made known to competitors no later than before the race programme begins.
5. Start Procedure – The start procedure recommended is based on counting out loud the handicap being given. Once the Starter has seen the crews are ready, he will say “Attention – Go – 10 – 9 – 8...2 – 1 – Go”. The second crew will start on the second “Go” without being named. The count will be in whole seconds and in the example given would represent a handicap of 11 seconds.
6. A Stop Watch must be used to ensure an accurate countdown. The Starter should explain to the crews the method he is to adopt.
7. Readiness – Between the start of the first crew and the second crew, it is the responsibility of the crew last away to maintain itself straight and ready for the start. The countdown will assist in this.
8. False Start – In the event of either crew carrying out a false start, the race should be stopped in the normal way. A second false start will lead to disqualification under the normal rules of racing.
9. Umpires – When competing crews are at different points of the course in the early stages, Umpires should be alert to either crew gaining advantage by departing from its allotted station.
10. The Finish – This will be judged in the normal way. The crew finishing first will be declared the winner.

IMPORTANT NOTE FOR REGATTAS

It is recommended that competition under handicap conditions be limited to crews in adjacent age categories as far as possible.

Regattas are particularly requested not to assemble all Masters entries in one boat type into one event, using the Handicap system as justification. This is a misuse of the system. The following is an example of the right way of dealing with a typical entry.

COXED FOURS

Entry	WrongWay	RightWay
3 in C category)) 1 Event for C/D
1 in D category)) D races with the appropriate handicap
) one event	
1 in E category)) 1 Event for E/F/G
1 in F category)) All race with the appropriate handicap
1 in G category)) for each category

The **wrong way** can result in a final between widely different age categories with a huge handicap in what becomes a time trial. This is not a satisfactory racing situation.

The **right way** ensures that the single veteran entries get an event in a realistic racing situation.

OPERATING NOTES – HEADS

1. Heads which offer Masters categories may find entries limited in any one category, particularly in the older age groups. With the handicap table now covering longer events, it is possible for HOR races to allow limited numbers of Masters to compete against one another fairly.
2. Standard Time – This will be determined from the finish time of the fastest boat on the day in the appropriate boat type and gender category.
3. Corrected Time – The handicaps for each category will be determined from the Handicap Table 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 may be determined. Where the Standard Time is not an exact minute, handicaps should be interpolated with the handicaps rounded up or down to the nearest full second.

MASTERS HANDICAPPING DATA - 2010

REGATTA DISTANCES - TIME DIFFERENTIALS - SECS

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