



# K4 DASH EVENT

Sunday 17<sup>th</sup> April 2016



- Venue:** Footscray Canoe Club, Farnsworth Ave (cnr. Maribyrnong Blvd)  
Footscray Melways map 42 D2.
- Course:** One lap of the Maribyrnong River (TBD). Flat-water, no snags, no eddies. Cycle track follows entire course.
- Start/Finish:** Footscray Canoe Club.
- Distance:** all race distances – 6km
- Races**
- |        |          |              |   |                 |
|--------|----------|--------------|---|-----------------|
| Race 1 | 0900 hrs | Vets 35+     | & | Handicap Heat 1 |
| Race 2 | 1000 hrs | Open         | & | Handicap Heat 2 |
| Race 3 | 1100 hrs | Junior (U18) | & | Handicap Heat 3 |
| Race 4 | 1200 hrs | Novice       | & | Handicap Heat 4 |
- Juniors are permitted to race in the Open class.
- Handicap Prize (each class):** **Special handicap race rules apply – see on back of flyer**  
1<sup>st</sup> Cash/Medal\*, 2<sup>nd</sup> Medal, 3<sup>rd</sup> Medal.  
up to 5 Cash prizes - a percentage of entry fee less operating costs.
- Classes/Rules:** As per CV Marathon rules.
- Entry Fee:** All AC Paddlers: \$25 **per person, per race.**  
Non-AC member paddlers: an additional, once off day non-member race fee of, \$10 (senior) and \$5 (junior).
- Entries:** Online entries close Thu 14 April.  
See [www.footscray.canoe.org.au](http://www.footscray.canoe.org.au) for details.
- Late Entries:** On the day: Open: 07.30am; Close: 08.15am.
- Briefing:** 08.30am.
- Canteen:** Hot food, drinks, coffee available for full duration of the race.
- Facilities:** Ample car parking. Hot showers, change room, toilets available.
- More info:** [www.footscray.canoe.org.au](http://www.footscray.canoe.org.au)
- Contact:** [footscray@canoe.org.au](mailto:footscray@canoe.org.au)  
Neil White 0400 985 121 (a/h) or Annette Scott 0414 406 213.
- Correct as of Feb 2016. Check for updates at [www.footscray.canoe.org.au](http://www.footscray.canoe.org.au)*

## K4 Dash – Race Entry Criteria

Last year was the first Footscray K4 Dash, and this year we plan to make it a little easier for people to do more than one K4 race by introducing an additional Handicap race run over four heats.

- In all races, crew members can be male, female or a mix of both.
- A novice is someone who has not raced a K4 before the day. A novice crew may include one experienced K4 paddler (normally the steerer).

### Handicap race

- A heat of the handicap race will be held in conjunction with each of the 4 races during the day.
- A (handicap) team can record a time for their handicap crew in any one of the four handicap heats during the day, but they must only race for a handicap time – they cannot also race in the vet 35+, open, U18 or novice class at the same time.
- The handicap placings will be awarded on the fastest handicap time ranking (after the handicap factors are applied) from all of the four handicap heats of the day.
- A handicap team can do more than one handicap heat, provided they re-enter. A paddler may be a member of more than one handicap team.
- How you stack your crew, and when you race them will be up to you and boat availability.
- There has been no real science applied to the handicapping factors, so it will be up to you to exploit any advantage you think there is.
- The handicap factors are:
  - 10 seconds off for every female crew member,
  - 20 seconds off for every crew member between 50 and 59 inclusive,
  - 30 seconds off for every crew member between 60 and 69 inclusive,
  - 40 seconds off for every crew member 70 or older.
  - 20 seconds off for every crew member between 13 and 16 inclusive (ie U16),
  - 40 seconds off for every crew member 12 and under, and
  - 40 seconds off for every crew member who has not raced a K4 before the day.
  - So, as shown in the time sheet example, Elizabeth in the FootsCC 1 crew in the 9 am heat, being a 70 year female paddler who has not raced a K4 before would get,
    - 10 seconds off for being female,
    - 40 seconds off for being 70, and
    - 40 seconds off for being a ‘novice”, ie
    - A total of 90 seconds off the team’s time.

The race distance has been reduced to 6 Km for all races and heats to allow for the handicap heats and keep the race tempo throughout the day.

The idea is to have fun and get as many people in K4s as possible.

*The results sheet example following shows how the different handicap heat times for different crew breakdowns are used to work out the handicap finish times and ranking*

Heat Start Time	Boat No	Crew Name	Crew Member 1			Crew Member 2			Crew Member 3			Crew Member 4			Finish Time	Handicap Minus	Handicap Time	Placings								
			Name	Age	Gen	Nov	H/cap	Name	Age	Gen	Nov	H/cap	Name	Age					Gen	Nov	H/cap	Name	Age	Gen	Nov	H/cap
9:00:00	104	FootsCC 1	John	60	M	N	30	Elizabeth	70	F	Y	90	James	12	M	Y	80	Terri	17	F	Y	50	0:42:10	0:04:10	0:38:00	3
9:00:00	105	INCC	Fred	18	M	Y	40	Katie	12	F	Y	90	Jacob	13	M	N	20	Gayle	49	F	N	10	0:43:15	0:02:40	0:40:35	5
10:00:00	203	FootsCC 2	Phillip	55	M	N	20	Sally	54	F	Y	70	Dean	14	M	Y	60	Annette	50	F	Y	70	0:39:57	0:03:40	0:36:17	1
10:00:00	406	MLC	Sarah	18	F	N	10	Karen	15	F	N	30	Maddy	14	F	N	30	Emily	12	F	N	50	0:41:50	0:02:00	0:39:50	4
11:00:00	305	BCC	Harry	30	M	Y	40	Penny	15	F	Y	70	Callum	15	M	N	20	Anne	59	F	N	30	0:46:10	0:02:40	0:43:30	6
12:00:00	404	PLCC	Jason	16	M	N	20	Adele	61	F	Y	80	Josh	16	M	Y	60	Deb	60	F	Y	80	0:41:45	0:04:00	0:37:45	2