



# K4 & C4 DASH EVENT

## Sunday 09<sup>th</sup> April 2017

- 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.
- Races/Heats:** K4 and C4 races, and K4 heats as per the table below. There will no C4 Handicap this year, only the K4 handicapping - see back of flyer for details. For safety reasons C4s and K4s will start in different directions.

Race	Start	K4 (6 Km)	C4 (4 Km)	K4 Handicap Heats (6 km)
1	9:00	Vet 35+		Heat 1
2	10:00	Junior U18	Vet 35+ / mixed	Heat 2
3	11:00	Mixed		Heat 3
4	12:00	Novice	Novice	Heat 4
5	13:00	Open	Open	

Juniors are permitted to race in the Open class.

A 'Novice' is someone who has not 'raced' in a K4/C4 (as applicable).  
(1<sup>st</sup> Cash/Medal\*, 2<sup>nd</sup> Medal, 3<sup>rd</sup> Medal) for each class.

- Prize**
- Classes/Rules:** As per CV Marathon rules.
- Entry Fee:** Seniors and Juniors: \$20 per person, per race.  
Non-AC member paddlers: \$20 per person, per race (plus, 1 off, \$10 (senior) and \$5 (junior) non-member fee).  
**This fee applies to each class entered.**
- Entries:** Online entries close Thu 06 April.  
See [www.footscray.canoe.org.au](http://www.footscray.canoe.org.au) for details.
- Late Entries:** On the day: Open: 07.30 am; Close: 08.15am; additional \$5 fee applies.
- 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.  
\*Cash is a percentage of the entry fee less operating costs.

**Correct as of 8 Mar 2017. Check for updates at [www.footscray.canoe.org.au](http://www.footscray.canoe.org.au)**

## K4 / C4 Race Criteria 2017

This the 3<sup>rd</sup> Footscray K4 Dash event, and this year we have added some C4 races for something different. We are also going to retain the K4 handicap to make it a little easier for people to do more than one K4 race. There will be no C4 handicap races this year.

The K4 and C4 races are as follows:

- The first race will be K4 Vet 35+ (all crew members must be 35 years old or older, and they can be male or female),
- The second race will be for K4 Junior U18 and C4 Vet35+ and XO, (All K4 U18 crews must be 18 years old or younger, and they can be male or female. C4 crews can be either V35+ (ie 35 years old or older), or mixed (ie any age but at least 2 females in crew). These C4 classes will be treated as one combined class.)
- The third race will be K4 XO. (at least 2 females in crew)
- The fourth race will be for K4 and C4 novice. (The front person in the K4 and the rear person in the C4 may be experienced steerers, but all other crew members cannot have raced that type of craft before the day and the crew can be made up of (novice) male or female paddlers or juniors.)
- The last race will be for K4 and C4 Open. (No restriction on age, gender or experience. The K4s and C4s have different race distances, but the finish K4 or C4 to finish in race 5 will be declared the K4/C4 Challenge winner.)

Now the K4 Handicap Heats.

- A (handicap) team can record a time for their handicap crew in any one of the first four races of the day, but they must only race for a handicap time – they cannot also race in the vet 35+, U18, mixed, or novice class at the same time.
- The handicap placings will be awarded on the fastest handicap time ranking (after the handicaps are applied) from all of the four handicap heats held in conjunction with the four races during the day.
- A handicap team can do more than one handicap race, provided they re-enter.
- 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 of 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 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 1 minute 30 seconds off the team’s time.

The race distance has been set at 6 Km for all K4 races and 4 Km for all C4 races 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 and C4s as possible.

A percentage of the race entries for each category will go to the fastest crew in that category, ie Vet 35+, U18, XO, Novice, Open and Handicap.

Start Time	Boat No	Crew Name	K4 HANDICAP TIME SHEET												Place												
			Crew Member 1				Crew Member 2				Crew Member 3					Crew Member 4											
			Name	Age	Gen	Nov	Name	Age	Gen	Nov	Name	Age	Gen	Nov		Name	Age	Gen	Nov	H/cap	H/cap	H/cap	H/cap				
9:00	104	Foots1	John	60	M	N	Mary	70	F	Y	James	12	M	Y	Terri	17	F	Y	50	80	80	50	0:38:00	0:04:10	0:42:10	0:41:45	3
9:00	105	INCC	Fred	18	M	Y	Katie	12	F	Y	Jacob	13	M	N	Gayle	49	F	N	10	20	20	10	0:40:35	0:02:40	0:43:15	0:43:15	5
10:00	203	Foots2	Phillip	55	M	N	Sally	54	F	Y	Dean	14	M	Y	Annette	50	F	Y	70	60	60	70	0:36:17	0:03:40	0:39:57	0:39:57	1
10:00	406	MLC	Sarah	18	F	N	Karen	15	F	N	Maddy	14	F	N	Emily	12	F	N	50	30	30	50	0:39:50	0:02:00	0:41:50	0:41:50	4
11:00	305	BCC	Harry	30	M	Y	Penny	15	F	Y	Callum	15	M	N	Anne	59	F	N	30	20	20	30	0:43:30	0:02:40	0:46:10	0:46:10	6
12:00	404	PLCC	Jason	16	M	N	Adele	61	F	Y	Josh	16	M	Y	Deb	60	F	Y	80	60	60	80	0:37:45	0:04:00	0:41:45	0:41:45	2