



An 800m handicap race downstream of the Aqueduct

Handicap for boat type and sex:

Boat Type	Male	Female
1x	121.3%	134.9%
2-	117.6%	130.8%
2x	113.0%	125.7%
4+	111.6%	124.2%
4x+	110.0%	122.4%
4-	107.6%	119.8%
4x	105.5%	117.3%
8+	100.0%	111.2%

Format:

All crews time trial the 800m race distance; handicap is then applied to place crews in either the:

- Cup (top 8)
- Plate (second group of 8)
- Bowl (third group of 8)
- Spoon (remaining crews)

Crews in each competition will race seeded quarter-finals, semi-finals and finals to give a ranking for all crews within each competition. The better ranked crew (from time trial) will race Skerton side.

Beaten crews will race off against other beaten crews within their competition.

Most crews will race four times, including the time trial.

The “rank placing” of the top three crews (only 1 single) from across all events from each club will be used to contribute to:

- Overall rankings of clubs competing
- Francis Russell Trophy (LUBC vs JOG)
- Ralph Cup (LRGSBC vs JOG)