



Royal Club Nautique de Sambre & Meuse 1862

CONSEIL D'ADMINISTRATION - COMITE SPORTIF - AVIRON - TENNIS - VOILE



Jumelé avec le Club
Aviron Sedanais
France
le 1^{er} août 2004

Aviron@rcnsm.be

13de INTERNATIONALE LENTE HANDICAP VAN DE NAAMSE MAASVALLEI - La Plante-Wépion (5 km)

ZONDAG 26 MAART 2023

REGLEMENT-VOORPROGRAMMA

1. De lente handicap van de Naamse Maasvallei is internationaal, open aan alle klassen roeiers, roeisters en boten.
2. STOPVERTREK om 14.30 uur Félicien Ropslaan, bij het eiland Va's t'y Frotte (linker oever) 300 m boven de rivier op van de sluis. Alle deelnemers zullen achter de vertreklijn voor 14.15 uur zijn. Ze moeten op de rechter oever varen om het eiland af te ronden.
3. Het inschepen van de roeiers heeft plaats op de ponton van R.C.N.S.M. in Wépion. De roeiers roeien naar de vertreklijn langs de kant bakboord van het eiland van Dave en het eiland Va't'y Frotte (5,5 km).
4. De parkeerplaats van de trekwagens is bepaald door wegbewijzing en geleid vanaf de Grand Rystraat, dan langs de Ravel van de Maas. De autos zullen langs de Justicestraat naar de Pruniersstraat gaan parkeren.
5. De wedstrijd kan per fiets op de Ravel van de Maas gevolgd worden (jaagpad kant van LaPlante-Wépion, linker oever). Elke motorwagen of motorfiets is er streng verboden.
6. TRAJECT : opvaren van de Maas tot de R.C.N.S.M. (zie plattegrond) d.w.z. 5000 m; verplicht op jaagpad van het eiland van Dave te roeien.
7. HANDICAPS : zie tabel in bijlage. Boten moeten voor het wegen van 12.00-1300 beschikbaar zijn.
8. INSCHRIJVINGEN : sluiting maandag 13 maart 2023 18 uur. De inschrijvingen moeten de soort boot bepalen, roeiers of roeisters en de overeenkomstig handicap. Inschrijvingen zenden naar



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Laurent STIZ – Aviron RCNSM – Rue des Pruniers, 11, 5100 Wépion

Tél. 0032 81 46.11.30 (clubhuis)

E-Mail: laurent.stiz.aviron@proximus.be

TERUGTREKKINGEN : Uiterlijk op 20 maart 2023 om 18 u (adres: zie rubriek inschrijvingen.)

9. De LOTING : maandag 20 maart 2023 om 19 uur in de R.C.N.S.M..
10. Boegnummers en rugnummers : boegnummer op de boeg van de boot vastgemaakt. Rugnummer op de rug van de voorste roeier. Beiden zullen in de club vanaf 12 uur beschikbaar zijn na de juryvergadering tegen een borgt van 5 €.
11. INSCHRIJVINGSGELD : 5,00 €uros per roeier(ster).
12. STRAFPUNTEN : de ploegen die te vroeg starten wordt beboet met 15 seconden straf tijd.
13. PLOEGEN IN WEDSTRIJD : de wedstrijd heeft plaats volgens de roeicodex van KBR en voornamelijk in het aanbrengen van hoofdstuk XV over de wedstrijd op lange afstand. De boten zullen op de startlijn zijn tenminste 15 minuten voor het eerste vertrek. Na de aankomst bij de aanlegplaats, de nog deelnemende roeiers niet hinderen. In geval van schade, moet de ploeg de wedstrijdbaan verlaten. De boten die voorbijgevaaren worden moeten laten voorroeien en op stuurboord blijven.
14. KLASSERING : wordt gesteld volgens de aankomst orde, rekening houdend met eventuele strafpunten.
15. PRIJS : een prijs zal worden toegekend aan de eerste mannelijke bemanning (of gemengd, en de eerste vrouwelijke team in het algemeen. Een prijs zal ook worden toegenkend aan de 1^{ste} junior, 1^{ste} snior en 1^{ste} master. Het eerste schip van elk type, alle categorieën samen en roeiers ontvangt ook een prijs, op voorwaarde dat ten minste drie boeten van hetzelfde type de start hebben genomen. De prijzen zijn niet cumulatief.
16. PRIJSUITREIKING in de R.C.N.S.M. clubhuis rond 17 uur.
17. Jury vergadering : de dag van het evenement om 11 uur

De Voorzitter,
Stéphanie VAN DENBROECK

De Secrétaire,
LAURENT STIZ

Zekerheidsverantwoord
Damien VAN DEN DRIESSE



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RCNSM

9, rue des Pruniers
WÉPION

081 / 461130



Les remorques stationnent
le long du Ravel de la Meuse,
les voitures devant ressortir
et parquer rue des Pruniers 



Défibrillateur automatique



Poste de soins



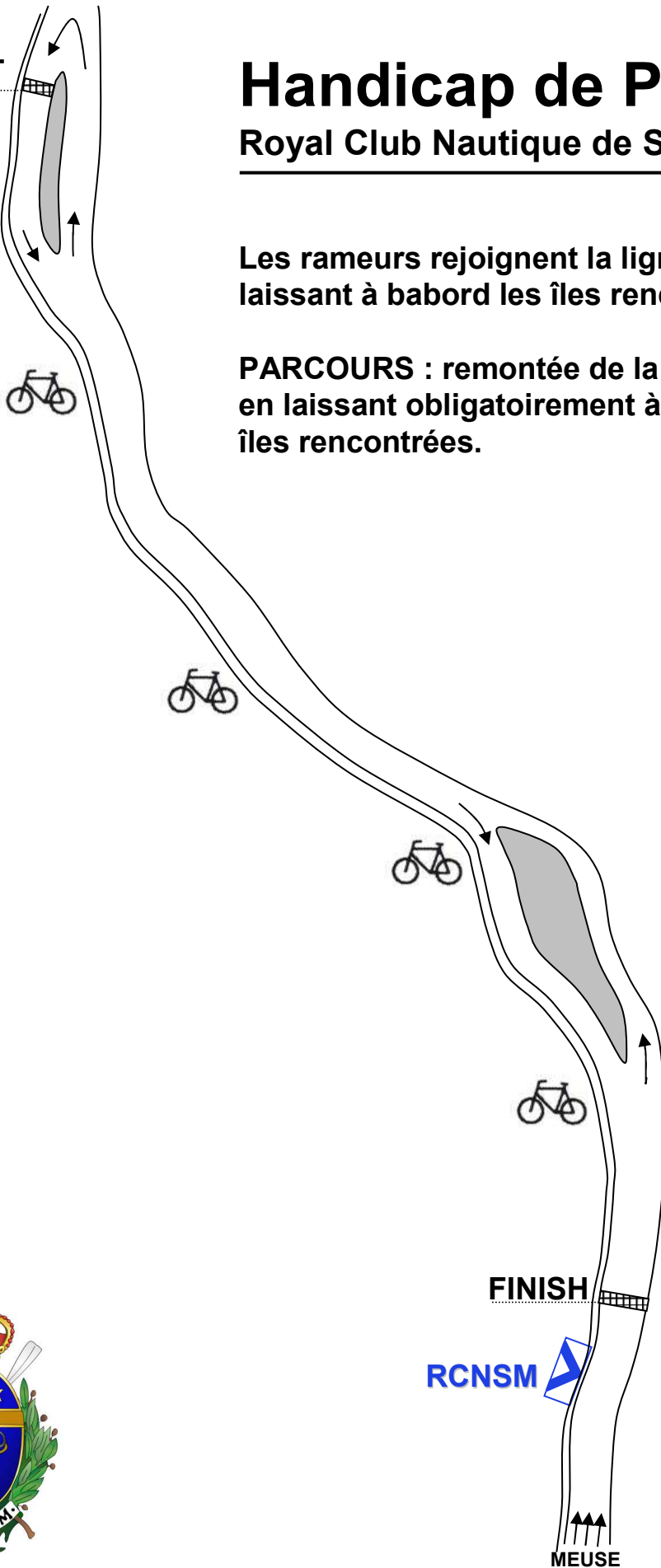
START

Handicap de Printemps

Royal Club Nautique de Sambre & Meuse

Les rameurs rejoignent la ligne de départ en laissant à babord les îles rencontrées.

PARCOURS : remontée de la Meuse sur 5000m en laissant obligatoirement à babord les îles rencontrées.



Handicap de Printemps 2023 : Tableau des Handicaps

Lentehandicap van de Maasvallei 2023 : Handicaptabel

Hommes

Bateau	Handicap																
	MU17	MU18	MU23	M	M MastA	M MastB	M MastC	M MastD	M MastE	M MastF	M MastG	M MastH	M MastI	M MastJ	M MastK	M MastL	M MastM
1x	00:21:02	00:21:31	00:21:57	00:22:09	00:21:58	00:21:42	00:21:22	00:21:01	00:20:39	00:20:10	00:19:29	00:18:32	00:17:09	00:15:32	00:13:52	00:11:35	00:08:25
2+	00:20:44	00:21:13	00:21:40	00:21:51	00:21:41	00:21:24	00:21:04	00:20:42	00:20:20	00:19:51	00:19:10	00:18:11	00:16:47	00:15:08	00:13:27	00:11:07	00:07:55
2-	00:21:48	00:22:15	00:22:41	00:22:52	00:22:42	00:22:26	00:22:07	00:21:46	00:21:25	00:20:57	00:20:18	00:19:23	00:18:04	00:16:30	00:14:54	00:12:41	00:09:39
2x	00:22:28	00:22:55	00:23:19	00:23:30	00:23:20	00:23:05	00:22:47	00:22:27	00:22:06	00:21:39	00:21:02	00:20:08	00:18:52	00:17:21	00:15:49	00:13:40	00:10:44
4+	00:22:46	00:23:13	00:23:37	00:23:47	00:23:38	00:23:23	00:23:05	00:22:45	00:22:25	00:21:59	00:21:22	00:20:29	00:19:14	00:17:45	00:16:14	00:14:08	00:11:14
4x+	00:23:22	00:23:47	00:24:11	00:24:21	00:24:12	00:23:57	00:23:40	00:23:21	00:23:01	00:22:36	00:22:00	00:21:09	00:19:56	00:18:30	00:17:02	00:15:00	00:12:12
4-	00:23:14	00:23:40	00:24:03	00:24:14	00:24:04	00:23:50	00:23:32	00:23:13	00:22:53	00:22:28	00:21:52	00:21:00	00:19:47	00:18:20	00:16:51	00:14:48	00:11:59
4x	00:23:53	00:24:18	00:24:41	00:24:51	00:24:42	00:24:27	00:24:11	00:23:52	00:23:33	00:23:08	00:22:34	00:21:44	00:20:33	00:19:10	00:17:44	00:15:46	00:13:03
8+	00:24:30	00:24:53	00:25:15	00:25:25	00:25:16	00:25:02	00:24:46	00:24:28	00:24:10	00:23:46	00:23:13	00:22:25	00:21:17	00:19:56	00:18:33	00:16:39	00:14:02
8x+	00:25:00	00:25:23	00:25:45	00:25:54	00:25:46	00:25:32	00:25:17	00:24:59	00:24:41	00:24:18	00:23:46	00:23:00	00:21:53	00:20:35	00:19:15	00:17:24	00:14:51
1xPoly	00:20:37	00:21:07	00:21:34	00:21:45	00:21:35	00:21:18	00:20:58	00:20:36	00:20:13	00:19:44	00:19:03	00:18:04	00:16:40	00:15:00	00:13:19	00:10:58	00:07:44
2xPoly	00:22:03	00:22:31	00:22:56	00:23:07	00:22:57	00:22:41	00:22:22	00:22:02	00:21:41	00:21:14	00:20:35	00:19:41	00:18:22	00:16:50	00:15:15	00:13:04	00:10:04
3xPoly	00:22:15	00:22:42	00:23:07	00:23:18	00:23:08	00:22:53	00:22:34	00:22:14	00:21:53	00:21:26	00:20:48	00:19:54	00:18:36	00:17:05	00:15:31	00:13:22	00:10:23
4xPoly	00:23:03	00:23:29	00:23:53	00:24:04	00:23:54	00:23:39	00:23:22	00:23:02	00:22:42	00:22:16	00:21:40	00:20:48	00:19:34	00:18:06	00:16:37	00:14:33	00:11:42
C1x	00:18:47	00:19:19	00:19:48	00:20:01	00:19:50	00:19:31	00:19:10	00:18:46	00:18:21	00:17:49	00:17:04	00:16:00	00:14:29	00:12:40	00:10:50	00:08:17	00:04:46
C2+	00:18:26	00:18:58	00:19:28	00:19:41	00:19:29	00:19:11	00:18:49	00:18:24	00:17:59	00:17:27	00:16:41	00:15:36	00:14:03	00:12:13	00:10:21	00:07:45	00:04:11
C2x+	00:19:02	00:19:34	00:20:03	00:20:15	00:20:04	00:19:46	00:19:24	00:19:01	00:18:36	00:18:05	00:17:20	00:16:17	00:14:46	00:12:59	00:11:10	00:08:38	00:05:10
C2-	00:19:26	00:19:58	00:20:26	00:20:39	00:20:27	00:20:09	00:19:48	00:19:25	00:19:01	00:18:30	00:17:47	00:16:44	00:15:15	00:13:30	00:11:43	00:09:14	00:05:49
C2x	00:20:17	00:20:47	00:21:14	00:21:26	00:21:15	00:20:58	00:20:38	00:20:15	00:19:52	00:19:23	00:18:41	00:17:41	00:16:15	00:14:34	00:12:51	00:10:28	00:07:11
C3+	00:20:17	00:20:47	00:21:14	00:21:26	00:21:15	00:20:58	00:20:38	00:20:15	00:19:52	00:19:23	00:18:41	00:17:41	00:16:15	00:14:34	00:12:51	00:10:28	00:07:11
C3x	00:21:49	00:22:17	00:22:42	00:22:53	00:22:43	00:22:27	00:22:08	00:21:48	00:21:26	00:20:59	00:20:20	00:19:24	00:18:05	00:16:31	00:14:56	00:12:43	00:09:41
C4+	00:21:43	00:22:11	00:22:36	00:22:48	00:22:38	00:22:22	00:22:03	00:21:42	00:21:20	00:20:53	00:20:14	00:19:18	00:17:58	00:16:24	00:14:48	00:12:35	00:09:31
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C4x	00:22:34	00:23:01	00:23:25	00:23:36	00:23:26	00:23:11	00:22:53	00:22:33	00:22:12	00:21:46	00:21:08	00:20:15	00:18:59	00:17:29	00:15:57	00:13:50	00:10:54
C5x	00:23:03	00:23:29	00:23:53	00:24:04	00:23:54	00:23:39	00:23:22	00:23:02	00:22:42	00:22:16	00:21:40	00:20:48	00:19:34	00:18:06	00:16:37	00:14:33	00:11:42
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C8x+	00:23:52	00:24:17	00:24:40	00:24:50	00:24:41	00:24:26	00:24:10	00:23:51	00:23:32	00:23:07	00:22:33	00:21:43	00:20:32	00:19:08	00:17:43	00:15:44	00:13:01



Femmes

Bateau	Handicap																
	WU17	WU19	WU23	W	W MastA	W MastB	W MastC	W MastD	W MastE	W MastF	W MastG	W MastH	W MastI	W MastJ	W MastK	W MastL	W MastM
1x	00:18:46	00:19:19	00:19:48	00:20:01	00:19:50	00:19:31	00:19:10	00:18:46	00:18:20	00:17:48	00:17:04	00:16:01	00:14:27	00:12:41	00:10:49	00:08:18	00:04:42
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4-	00:21:13	00:21:42	00:22:09	00:22:20	00:22:10	00:21:53	00:21:34	00:21:13	00:20:50	00:20:21	00:19:42	00:18:45	00:17:22	00:15:48	00:14:08	00:11:53	00:08:41
4x	00:21:57	00:22:25	00:22:50	00:23:01	00:22:51	00:22:35	00:22:17	00:21:57	00:21:34	00:21:07	00:20:28	00:19:34	00:18:14	00:16:43	00:15:07	00:12:57	00:09:51
8+	00:22:37	00:23:04	00:23:28	00:23:39	00:23:30	00:23:14	00:22:56	00:22:37	00:22:15	00:21:49	00:21:12	00:20:19	00:19:02	00:17:34	00:16:01	00:13:56	00:10:57
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1xPoly	00:18:19	00:18:52	00:19:22	00:19:35	00:19:24	00:19:04	00:18:43	00:18:19	00:17:52	00:17:20	00:16:34	00:15:30	00:13:54	00:12:06	00:10:12	00:07:38	00:03:58
2xPoly	00:19:54	00:20:25	00:20:53	00:21:06	00:20:55	00:20:37	00:20:17	00:19:54	00:19:30	00:18:59	00:18:17	00:17:17	00:15:48	00:14:07	00:12:21	00:09:58	00:06:33
3xPoly	00:20:08	00:20:38	00:21:06	00:21:18	00:21:07	00:20:49	00:20:30	00:20:08	00:19:43	00:19:13	00:18:31	00:17:32	00:16:04	00:14:24	00:12:39	00:10:17	00:06:54
4xPoly	00:21:01	00:21:31	00:21:57	00:22:09	00:21:58	00:21:41	00:21:22	00:21:01	00:20:38	00:20:09	00:19:29	00:18:32	00:17:08	00:15:32	00:13:52	00:11:36	00:08:22
C1x	00:16:16	00:16:53	00:17:25	00:17:40	00:17:27	00:17:06	00:16:42	00:16:16	00:15:48	00:15:12	00:14:22	00:13:12	00:11:28	00:09:31	00:07:26	00:04:38	00:00:39
C2+	00:15:53	00:16:29	00:17:03	00:17:17	00:17:04	00:16:43	00:16:19	00:15:53	00:15:23	00:14:47	00:13:57	00:12:45	00:11:00	00:09:00	00:06:54	00:04:03	00:00:00
C2x+	00:16:33	00:17:09	00:17:41	00:17:55	00:17:43	00:17:22	00:16:59	00:16:33	00:16:04	00:15:29	00:14:40	00:13:31	00:11:48	00:09:51	00:07:48	00:05:02	00:01:05
C2-	00:17:00	00:17:35	00:18:07	00:18:21	00:18:09	00:17:48	00:17:25	00:17:00	00:16:32	00:15:58	00:15:09	00:14:01	00:12:20	00:10:26	00:08:25	00:05:42	00:01:50
C2x	00:17:56	00:18:30	00:19:00	00:19:14	00:19:02	00:18:42	00:18:20	00:17:56	00:17:29	00:16:56	00:16:10	00:15:04	00:13:27	00:11:37	00:09:41	00:07:04	00:03:20
C3+	00:17:56	00:18:30	00:19:00	00:19:14	00:19:02	00:18:42	00:18:20	00:17:56	00:17:29	00:16:56	00:16:10	00:15:04	00:13:27	00:11:37	00:09:41	00:07:04	00:03:20
C3x	00:19:38	00:20:10	00:20:38	00:20:50	00:20:39	00:20:21	00:20:01	00:19:38	00:19:13	00:18:43	00:18:00	00:16:59	00:15:29	00:13:47	00:11:59	00:09:34	00:06:07
C4+	00:19:32	00:20:03	00:20:32	00:20:44	00:20:33	00:20:15	00:19:55	00:19:32	00:19:07	00:18:36	00:17:53	00:16:52	00:15:21	00:13:39	00:11:51	00:09:25	00:05:57
C4x+	00:19:41	00:20:12	00:20:40	00:20:53	00:20:42	00:20:24	00:20:03	00:19:41	00:19:16	00:18:45	00:18:02	00:17:02	00:15:32	00:13:50	00:12:03	00:09:38	00:06:11
C4-	00:19:51	00:20:22	00:20:50	00:21:02	00:20:51	00:20:33	00:20:13	00:19:51	00:19:26	00:18:55	00:18:13	00:17:13	00:15:44	00:14:03	00:12:16	00:09:52	00:06:27
C4x	00:20:29	00:20:59	00:21:26	00:21:38	00:21:27	00:21:10	00:20:50	00:20:29	00:20:05	00:19:35	00:18:54	00:17:55	00:16:29	00:14:51	00:13:08	00:10:48	00:07:29
C5x	00:21:01	00:21:31	00:21:57	00:22:09	00:21:58	00:21:41	00:21:22	00:21:01	00:20:38	00:20:09	00:19:29	00:18:32	00:17:08	00:15:32	00:13:52	00:11:36	00:08:22
C8+	00:21:22	00:21:50	00:22:17	00:22:28	00:22:18	00:22:01	00:21:42	00:21:22	00:20:59	00:20:30	00:19:51	00:18:55	00:17:32	00:15:58	00:14:19	00:12:06	00:08:55
C8x+	00:21:56	00:22:24	00:22:49	00:23:00	00:22:50	00:22:34	00:22:16	00:21:56	00:21:33	00:21:06	00:20:27	00:19:33	00:18:13	00:16:42	00:15:05	00:12:55	00:09:50

Pour tout équipage mixte junior, senior ou master, le handicap sera calculé par la moyenne des handicaps de l'équipage.

En catégorie PR3 (officiellement classifié), un avantage de 30 secondes est attribué à chaque rameur (réduction de l'handicap).

En catégorie PR2 ou PR1, le calcul de l'handicap sera établi lors de l'inscription.

Dans toutes les catégories, le handicap finalement attribué sera arrondi aux cinq secondes les plus proches.

Voor een gemengde junior-, senior- of masterploeg wordt de handicap berekend aan de hand van het gemiddelde van de handicaps van de ploeg

In de categorie PR3 (officieel geklasseerd) krijgt elke roeier een voordeel van 30 seconden (vermindering van de handicap).

In de categorieën PR2 of PR1 wordt de berekening van de handicap bij de inschrijving vastgesteld.

In alle categorieën wordt de uiteindelijk toegekende handicap afgerond op de dichtstbijzijnde vijf seconden.

