

## **PADDLE NSW MARATHON RACE 8**

**Hosted by Cronulla Sutherland Kayak Club**

**Saturday 13<sup>th</sup> August, 2022**

**Location:** Swallow Rock Reserve, Grays Point.

**Covid Safety:** Please do not attend if you are unwell or experiencing any cold or flu like symptoms. Even though this is an outdoor event, social distancing and hand hygiene practices should be adhered to.

**Parking:** Parking is extremely limited and the cooperation of paddlers is required to enable the parking of as many cars as possible. Council have permitted the northern boat trailer area to be reserved for Club use and **3 cars** should be parked in each boat trailer space. An attendant will be present to assist with parking.

**Briefing:** This written race briefing replaces a race briefing at the venue prior to the race.

**Presentation:** Results will be posted on Webscorer after the race.

**Food and Beverage:** The Club will be operating a BBQ and drinks will be available in front of the Scout Hall. A coffee van will also be in attendance.

**Lifejackets:** Compulsory for all paddlers.

**Registration:** Registration commences at 8.15am and finishes at 9.25am.

### **Start Times:**

9.30am -Division 7 & 20km SUP

9.40am – Division 6 & 15km SUP

9.50am- Division 5 & 10km SUP

10.00am -Division 1, then remaining Divisions at approximately 2 minute intervals thereafter

Paddlers in the Junior series will start with the main divisions , as follows:

Junior U8 – 2km – Division 13 but turn at red Channel marker – see map

Junior U10 – 2km – Division 13 but turn at red Channel marker – see map

Junior U12 – 5km – Division 13

Junior U14 – 10km – Division 12

Junior U16 - 10km - Division 11

Junior U18 - 15km - Division 8

**Portage:** The portage will be marked by two witches hats on the beach near the start finish line.

**Marshalling Area:** Please remain on the side of the river near the boat ramp until you are called up to the wharf.

**Course:** The course will be the same 5km lap course that has been used in previous years as shown in the accompanying map.

20km is 4 laps, 15km is 3 laps, 10km is 2 laps and 5km is 1 lap.

The turns will be marked by 3 yellow buoys. The pink separation buoys must be kept on your left. The regular red and green channel markers may be ignored.

**Hazards:** On the southern side of the river there are rocks and shallow water which are marked by white buoys . Keep left of these at all times. **Do not go in between them and the shore.**

**Start:** This line will be marked by two black and white buoys. There will be a marshall on the pontoon to the left of the Start line who will call boats up to the start line. The starter will then give a 1 minute warning then the command will be "ready, go".

**Finish:** Between the black and white buoys. Once through the finish buoys please exit the river further upstream. Do not go back and please also beware of paddlers re-entering the water from a portage.