

# 2023 PaddleNSW Harbour Series Race Briefing

Event	Race 3 – Iron Cup
Location	Salton Reserve, Drummoyne
Event Date	17 <sup>th</sup> of June 2023
Hosted By	Pacific Dragons Dragon Boat & Outrigger Canoe Club ( <a href="http://www.pacificdragons.com.au">www.pacificdragons.com.au</a> )
Acknowledgement of Country	<p>Today we are on Wangal land.</p> <p>The Pacific Dragons like to acknowledge the traditional custodians of this land and celebrate the diversity of Aboriginal &amp; Torres Strait Islander peoples and their ongoing connections to land, water and community. We pay our respects to elders past and present and extend that respect to any Aboriginal and Torres Strait Islander peoples here today.</p>
Important Safety Messages	<p><b>All HR paddlers should wear a high-vis cap, carry a storm whistle and some form of communication</b> (such as a mobile phone, PLB or flare). Sometimes the top of your head is the only thing the safety boat crews can see. <b>Make yourself as visible as possible and have some way of attracting the attention of other paddlers and the safety boats.</b></p> <p><b>Attendance at the pre-race Paddler Safety Briefing is mandatory.</b></p> <p>Due to the prevailing conditions, the Race Committee may alter the course and/or the start order on the morning of the race. <b>The final course and start order will be explained at the Paddler Safety Briefing.</b></p>
Parking	<p>Street parking is available around Salton Reserve (Park Ave and St Georges Crescent).</p> <p>Parking also available at Birkenhead Point centre, first 3-hours free.</p> <p>Paddlers are responsible for checking parking restrictions.</p> <p>Please respect local residents and keep noise to a minimum.</p>
Check-in Time and Paddler Safety Briefing	<p><b>7am to 8:15am:</b> Race Check-in</p> <p><b>7:50am:</b> Paddler Safety Briefing</p>

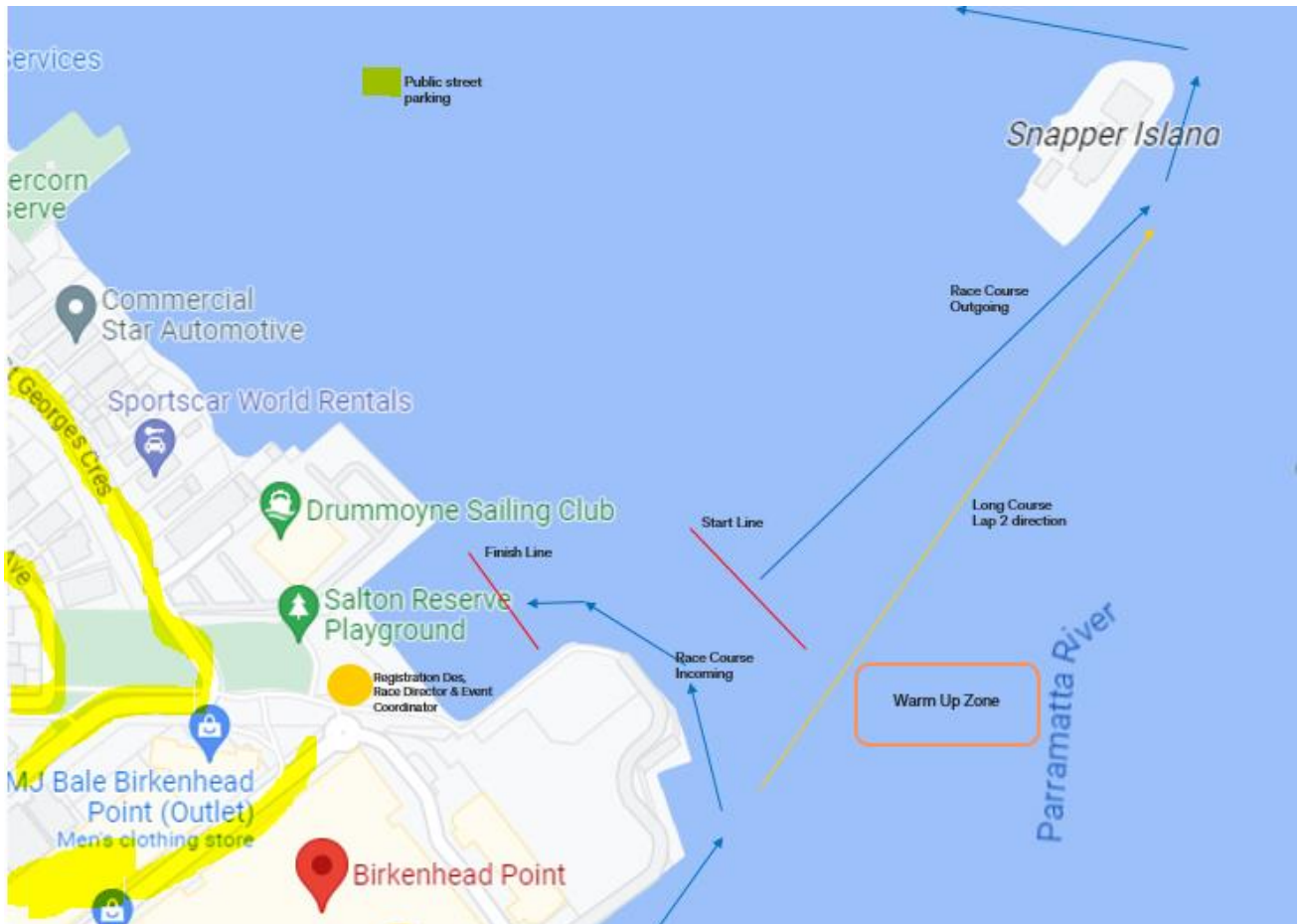
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<p><b>Race Start Times</b></p> <p><b>NOTE:</b> The final start order will be explained at the mandatory pre-race Paddler Safety Briefing.</p>	<p><b>8:25am Wave 1 – Long Course:</b></p> <ul style="list-style-type: none"> <li>• Female: 50+ and older</li> <li>• Male: 60+ and older</li> <li>• All Juniors</li> <li>• All OC1 &amp; 2, and Sea Kayak</li> </ul> <p><b>8:35am Wave 2 – Long Course:</b></p> <ul style="list-style-type: none"> <li>• Female: Open &amp; 40+</li> <li>• Male: Open, 40+, &amp; 50+</li> <li>• All Double Skis</li> </ul> <p><b>8:38am Wave 3 - Short Course:</b></p> <ul style="list-style-type: none"> <li>• All craft, all ages (including SUP)</li> </ul>
<p><b>Post-Race Presentation</b></p>	<p>A summary of the results and Race Medals will be presented after the race at the race registration tent.</p>
<p><b>HR Series Rules</b></p>	<p>Please familiarise yourself with the PNSW <a href="#">Harbour Racing Series Rules</a></p>
<p><b>Boat Numbers</b></p>	<p>Collect boat numbers from paddler check-in. Return boat numbers immediately after you finish paddling.</p> <p><b>You need to bring your own Race Number holder.</b> These can also be purchased when you register or at the event.</p> <p>Remove old HR Series stickers from your craft before you participate in this series.</p>
<p><b>Start List</b></p>	<p>The Webscorer Start List will be available on the after registration closes. (<a href="https://www.webscorer.com/PaddleNSW">https://www.webscorer.com/PaddleNSW</a>)</p>

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<h3 style="color: #4F81BD;">Course and Site Information</h3>	
<p><b>Course Description</b></p> <p style="color: #4F81BD;">See the attached course map(s).</p> <p><b>NOTE:</b> The final course will be explained at the mandatory pre-race Paddler Safety Briefing.</p>	<p><b>Short Course:</b></p> <ul style="list-style-type: none"> <li>• Start as per instructions below</li> <li>• The start line is in front of Birkenhead Point in a line facing Snapper Island between the 2 buoys.</li> <li>• From Start, head straight out to Snapper Island keeping it on your left hand side and turn anti-clockwise (<b>left</b>) around Snapper Island and head towards the western side of Spectacle Island.</li> <li>• Once you get to the western tip of Spectacle Island, head around the island in a clockwise (<b>right</b>) direction and immediately move to the outside of the pylons.</li> <li>• Follow the pylons and then head towards the North Western point of Cockatoo Island and turn <b>right</b> at the buoy.</li> <li>• Make your way around the outside of Cockatoo Island (you will go around half of the island) turning <b>right</b> around the buoy at the eastern tip (opposite the Balmain Sailing Club).</li> <li>• From here head straight towards Iron Cove Bridge, pass under the bridge and continue to Rodd Island, travel clockwise (<b>right</b>) around Rodd Island, paddle back under Iron Cove Bridge and along the Birkenhead Marina.</li> <li>• At the end of the marina, turn <b>left</b> and paddle back to Birkenhead Point and through the finish buoys.</li> </ul> <p><b>Long Course:</b></p> <ul style="list-style-type: none"> <li>• Start and Lap 1 as above.</li> <li>• As you get to the end of Birkenhead Marina, instead of turning to come to the finish line, head straight over to Snapper Island and complete a second lap of the course.</li> <li>• When you get to the end of Lap 2, head straight back to the Drummoyne Sailing club and the finish line.</li> </ul> <p>Remember:</p> <ul style="list-style-type: none"> <li>• You <b>turn left</b> around Snapper Island.</li> <li>• You <b>turn right</b> around <b>yellow</b> buoys.</li> <li>• The <b>Finish Line</b> will be <b>between two black and white chequered buoys</b>.</li> <li>• If you see any of the safety boats wave a <b>red flag</b> on the course, the race has been stopped and you must proceed as directed by the safety boat.</li> </ul> <p>The race director reserves the right to reverse the course based on weather / tide conditions. The decision for this will be made on the Thursday evening before the race</p>

<p><b>Race Start Procedure</b></p>	<p>You must pass between the flags on the beach when you enter the water. This is to check you have the minimum required equipment and to record your race number. Failure to enter through the designated entry gates will result in a DNS (Did Not Start) being applied.</p> <p>If paddlers would like to warm up before their race start, they can make their way around Birkenhead Point and towards the Birkenhead Marina area, ensuring they are not in the way of a prior start wave. The start line area must be cleared of anyone not in the wave 3 mins prior to that start time to allow paddlers in the start wave opportunity to get into position.</p> <p>There will be callers standing on shore at Birkenhead Point, and at the Salton Reserve Beach area calling start waves onto the water and into position.</p> <p>The Race Starter will be in an IRB on the water.</p> <p>The Race Starter will:</p> <ol style="list-style-type: none"> <li>i. Call the paddlers in the wave to make their way towards the start line.</li> <li>ii. Raise a <b>green flag</b> giving the paddlers in that wave a 1-minute warning to come up to (but not cross) the start line.</li> <li>iii. Signal race start by the dropping of the <b>green flag</b> and <b>a single blast of an air horn</b>.</li> </ol> <p>DO NOT break the Start. You must remain behind the safety boat bringing your start to the start line. The safety boat will move to the yellow and black buoy at the start line (opposite the start boat). Anyone breaking the start will incur a 2-minute penalty.</p>
<p><b>Key Hazards</b></p>	<p>The Iron Cup is held in the inner west of Sydney Harbour, which can present a range of hazards and challenges for participants. Of particular note along the course are:</p> <ul style="list-style-type: none"> <li>• Eastern side of Snapper Island can be quite shallow so take a wide line at low tide</li> <li>• Western tip of Spectacle Island can be quite shallow so take a wide line at low tide</li> <li>• Inside the pylons along Spectacle Island is a no-go zone, you <b>MUST</b> stay on the outside of the pylons at all times</li> <li>• Western side (around the back) of Rodd Island can be quite shallow so take a wide line at low tide</li> <li>• There are many rowers along the leg between Cockatoo Island and Rodd Island, under Iron Cove Bridge – they cannot see you.</li> <li>• Powered boats move in and out of Birkenhead Marina and the Petrol Station. Paddlers must ensure they have a minimum 20m gap between themselves and the Marina wall</li> </ul>
<p><b>Weather and Tides</b></p>	<p>Paddlers should monitor the weather and water conditions and make their own decisions about their ability to handle the conditions.</p>
<p><b>Other Water Users</b></p>	<p>This event does not have exclusive use of the waterways.</p> <p><b>You MUST GIVE WAY to all other waterway users</b></p>

<b>When you finish racing</b>	Someone will collect your number when you cross the finish line (alternatively please leave it on the registration desk) Access to water to clean your craft is limited, please bring your own water and cleaning equipment
<b>Facilities</b>	Toilets are available within the Birkenhead Shopping Centre. Water for cleaning vessels is located on the Drummoyne Sailing Club side of the beach on the grass patch.
<b>Event Catering</b>	There will be a BBQ station for post-paddle food and a small selection of baked goods available to purchase. Birkenhead Shopping Centre also has cafes for coffee.
<b>Health and Safety Requirements</b>	
<b>Medical Information</b>	For your safety, paddlers should enter any relevant information in WebScorer when registering.
<b>Minimum safety Requirements</b>	Ensure you have the minimum safety equipment as per the Harbour Series Race Rules. No exceptions will be granted. <ul style="list-style-type: none"> <li>All paddlers must wear a Level 50 or 50S non-inflatable lifejacket that conforms to Australian Standards.</li> <li>One paddler of every Ski, Outrigger Canoe, Va'a or SUP must wear a leg leash at EVERY event. Paddle leashes or use of both paddle leash and leg leash together are not advised for Ski paddlers.</li> <li>All kayak paddlers are advised to wear a spray-skirt and use a paddle leash. Kayaks must have bulkheads and sealed compartments to provide buoyancy.</li> </ul>
<b>On-Water Safety Vessels</b>	There will be always a lead support boat and an IRB as safety vessel on the water. These will be supported by 2 or 3 individuals on their own single crafts.
<b>First Aid</b>	A qualified First Aid Officer will be located near the Race Officials area. Additional first aiders will be located at various locations on the course.
<b>Clothing</b>	Stay sun smart. Slip, slop, slap, seek shade. Remember to hydrate.
<b>COVIDsafe</b>	The event will comply with NSW requirements. Don't paddle or come to this event if you're unwell, awaiting test results, are required to be isolating, etc. Please use err on the side of caution.
<b>Emergency Muster Location</b>	At Registration Desk. Refer Site Map.

## Site Map



## Course Map

**NOTE:** The final course will be explained at the mandatory pre-race Paddler Safety Briefing.

**Short Course: approx. 7kms (1x LOOP)**

**Long Course: approx. 14kms (2x LOOP)**

