



Registration, Timing & Scrutineering

Bibs: All paddlers must wear race bibs during the event. Race bibs must be worn as the outer most piece of clothing (ie. on top of your PFDs/life jackets). You must return your bib at the end of the event. You will be charged \$50 for any bibs not returned.

Bring-your-own boat paddlers:

- ensure your boat/bib number is written on your hand by official
- ensure your boat number sticker is on your boat
- make sure you go through scrutineering

Start Waves

There are 2 start waves:

- 9:00am: Yellow AROC 3-seater kayaks (teams of 3 and relay teams of 4-12)
- 9:25am: all other boats

Course

The course goes through 3 transition areas (TAs) and past 3 checkpoints. There is a buoy at each TA and checkpoint.

All boats need to pass between the shore and the buoy – ie leave buoy to your RIGHT.

Bring-Your-Own Boat paddlers and Teams of 3

If you are paddling the full course you do not need to stop at the TAs. You need to call out your race number to the TA official on the beach for your boat to be recorded.

Relay Teams (teams of 4-12)

Relay teams must come into the beach at the TA and check in with officials. Swap race

bibs, PFDs, paddles with the incoming paddlers in your team. You must not remove your race bib and PFD until you have landed on the beach.

<u>TRANSITION AREAS</u>	<u>CHECKPOINTS</u>
TA1 Little Sirius Cove (Mosman Bay)	CP1 Kurraba Point
TA2 Clifton Gardens (Chowder Bay)	CP2 Taylors Bay
TA3 Balmoral Beach (Southern end)	CP3 Obelisk Beach

Race Notes

1. All paddlers must wear a PFD (Personal Floatation Device)
2. Yell out your race number to the officials at each TA and at the Finish.
3. Make sure your race bib is pulled down and not worn inside out so your number is visible. Race bibs have to be worn on top of your outermost wear and on top of your PFD.
4. Give way to other boat traffic on the Harbour. There are sailing races, ferries and more. The Harbour is not closed off for this event.
5. Be careful of swimmers and divers at Clifton Gardens.
6. Keep on the outside of the Navy Wharf at Clifton Gardens.
7. Stay clear of the Navy Wharf HMAS Penguin at the south end of Balmoral Bay.
8. Be careful of swimmers at all beaches (particularly Balmoral Beach).
9. Keep a safe distance from rocks. Don't put yourself in a position to be swept onto them.
10. Obey directions from safety boats and officials.

Finish

Your finish time will be taken under the finishing arch at Clifton Gardens. Officials will direct you to leave your kayak and paddle on the beach. You will then run up the finishing chute, across the reserve, towards the finishing arch. Your time will be taken once you cross the finish line. Please take off your race number and leave in the designated area. If you have used the PFDs provided please leave these at the PFD drop area near the finish

line. You can then make your way to the drink station, coffee van, grab some fruit and line up for the free BBQ!

Race Timing

Electronic timing will be used. All solo paddlers and one person in each team will have a race number with timing chip attached to their race vest. This will record your time when you cross the finish line. There is no timing at the transition areas although boat numbers are recorded. You must return the race vest but you may unpin and keep the race plate.

Withdrawals

If you withdraw from the event you must notify the officials at a TA if you are withdrawing at the TA or at the finish. You must hand your race bib in to the TA or finish officials.