



**2023 Paddle NSW Marathon
NSW State Championships
Hosted by Burley Griffin Canoe Club**

March 11th and 12th

Race Briefing

Race Location: Molonglo Reach, Morshead Drive, opposite Duntroon. Parking is available onsite including overflow parking.

Entries: There will be no provision for new race registrations on the day.

Briefing: There will be a short briefing on Saturday and Sunday prior to the commencement of racing to update competitors on river conditions, any weather concerns, the wearing of life jackets and course changes. Please be familiar with the information in this written document as it may not be reiterated at the face-to-face briefings.

Presentation: Results will be posted online on the Paddle NSW Webscorer page. Medals for events on Saturday will be presented at the event Dinner (see below for details) to be held at Capital Brewery from 18:30 on 11th March. Medals from the events on Sunday will be presented at the end of racing.

Saturday night Dinner: BGCC has organised an event dinner with presentation of medals for Saturday's racing at Capital Brewing Co., Building 3/1, Dairy Rd, Fyshwick from 18:30. This is a unique venue with excellent craft beer and food by award winning BrodBurger. It is reasonably priced and we will have a dedicated seating area with presentation podium etc. Hope to see you all there.

Covid Safe protocols:

As a condition of entry, you cannot attend if:

- you are unwell and display cold or flu-like symptoms (fever, coughing, sore throat, shortness of breath, loss of sense of smell), or
- you have returned a positive RAT in the last 24 hours, or
- you have been in contact with someone who is unwell or awaiting results of a COVID test, or
- you or anyone in your household are awaiting COVID-19 test results, or if
- you should be in isolation.

Other requests - please:

- respect the health and safety of other competitors and all officials and volunteers.
- practice social distancing (2 m² /person or at least 1.5 m from anyone at all. Please follow standing signs at the food stalls etc).
- practice good hand hygiene (there will be hand sanitiser available).
- Public toilets are also provided at the Northern end of the parking lot. Treat all surfaces as contaminated and wash communal surfaces before and after use. Hand sanitiser will be provided where possible.

Use of the BGCC shed is permitted as long as:

- occupancy guidelines are adhered to, especially in the toilet and shower areas.
- Maintain social distancing in the shed. 2 m² /person or at least 1.5 m apart.
- Treat all communal surfaces in and around the shed as CONTAMINATED. BGCC volunteers will monitor shower and toilet facilities, and these will be shut if left in an unclean state;
- Dispose of hand towels (supplied) used to disinfect surfaces in the lined bin.

Food: BGCC Chef Maria will provide a wide range of food (with pre-ordering of some items requested) along with cold drinks and coffee available - see the BBQ area for details on the day.

Lifejackets: Juniors (U14) must wear a life-jacket, but depending on weather and river conditions lifejackets may be made compulsory for all competitors. **Bring yours just in case.** Inflatable lifejackets are not permitted.

Paddler check-in opens: 08:30am on Saturday, and 07:30am on Sunday.

Race starts:

Singles on Saturday:

11:00 – all ICF portaging classes.

14:00 – all General classes and non-portaging ICF classes.

16:30 – all Short Course classes (includes portaging).

Doubles on Sunday:

08:30 – all same gender Doubles.

12:30 – all mixed Doubles.

The course: The anticlockwise course consists of a long lap of ± 3.7 km, a short lap for portaging classes and juniors of ~ 1.0 km and a portage on grass of ~120 m. Paddlers will turn shortly before the mouth of the river at East Basin of Lake Burley Griffin. The upstream turn is located short of the first bridge (Dairy Flat Bridge). The short course is demarcated by the large PNSW pink buoys at the downstream turn and the yellow buoys near Dairy Flat Bridge. The canoe polo field, marked by black buoys on river right, is **strictly out of bounds until the last lap at the finish line.** Paddlers who enter the canoe polo area on any other lap will be disqualified.

Distance/Laps/Portage:

| ICF Class Portage Events | | | |
|--------------------------|----------|-----------|---------|
| Distance | Long Lap | Short Lap | Portage |
| 26.9km | 7 | 1 | 6 |
| 23.2km | 6 | 1 | 5 |
| 19.5km | 5 | 1 | 4 |
| 15.8km | 4 | 1 | 3 |

Distance/Laps:

| General Classes & ICF Non-Portage Class Events | | | |
|--|----------|-----------|---------|
| Distance | Long Lap | Short Lap | Portage |
| 18.5km | 5 | - | - |
| 14.8km | 4 | - | - |
| 11.1km | 3 | - | - |
| 7.4km | 2 | - | - |
| 3.0km | - | 3 | - |

Officials will be stationed at all turns and the Portage, and a safety boat will patrol the course.

There will be a feeding lane on the portage. Please be mindful of portaging athletes when walking across the portage area and please avoid the feeding lane unless you are seconding an athlete.

Launch Area: At the beach.

Warm Up Area: Upstream from the beach to the yellow turn buoys; outside of the racing lines. Raft Marshalls will direct kayaks/canoes on the day.

Start line: The Aligner will call you into a line in your starting order from pontoon in front of the finish tent. A board showing the starting number being aligned will be clearly visible. From there, you will roll towards the start line indicated by a BLUE buoy that aligns with the beach pontoon. The starter will then give you a 1-minute warning and then the command will be “ready, go”. The starts will be approximately 1 min apart.

Separation buoys: Keep RED buoys on your left; GREEN buoys on your right if you are not portaging. Please be aware of boats re-joining the course after the portage. See map for further reference.

Turning buoys: The turns are anti-clockwise around 3 YELLOW buoys at each end of the course. Short course downstream buoys are PNSW pink buoys. NOTE: Turn Officials will be posted at both turns. Any penalties or disqualifications will be addressed post-race.

Finish runway and line: A row of black buoys (that usually mark the canoe polo field) demarcate the finish runway. **Do not paddle through the finish runway on any other lap except your final lap.** The finish line is between two black and white chequered PNSW conical buoys located directly out from the timekeeper’s tent. **Only go through these buoys when you are actually finishing.**

Exit Area: Once you have finished, please paddle carefully towards the beach pontoon and follow the directions of the Raft Marshalls regarding when and where to get out of your boat. Do not go across the portage or race line as other paddlers may still be racing unless directed to do so by a Raft Marshall. Make sure that you get out of your boat in the designated non-portage area and please take care when crossing the portage area with your boat after getting out.

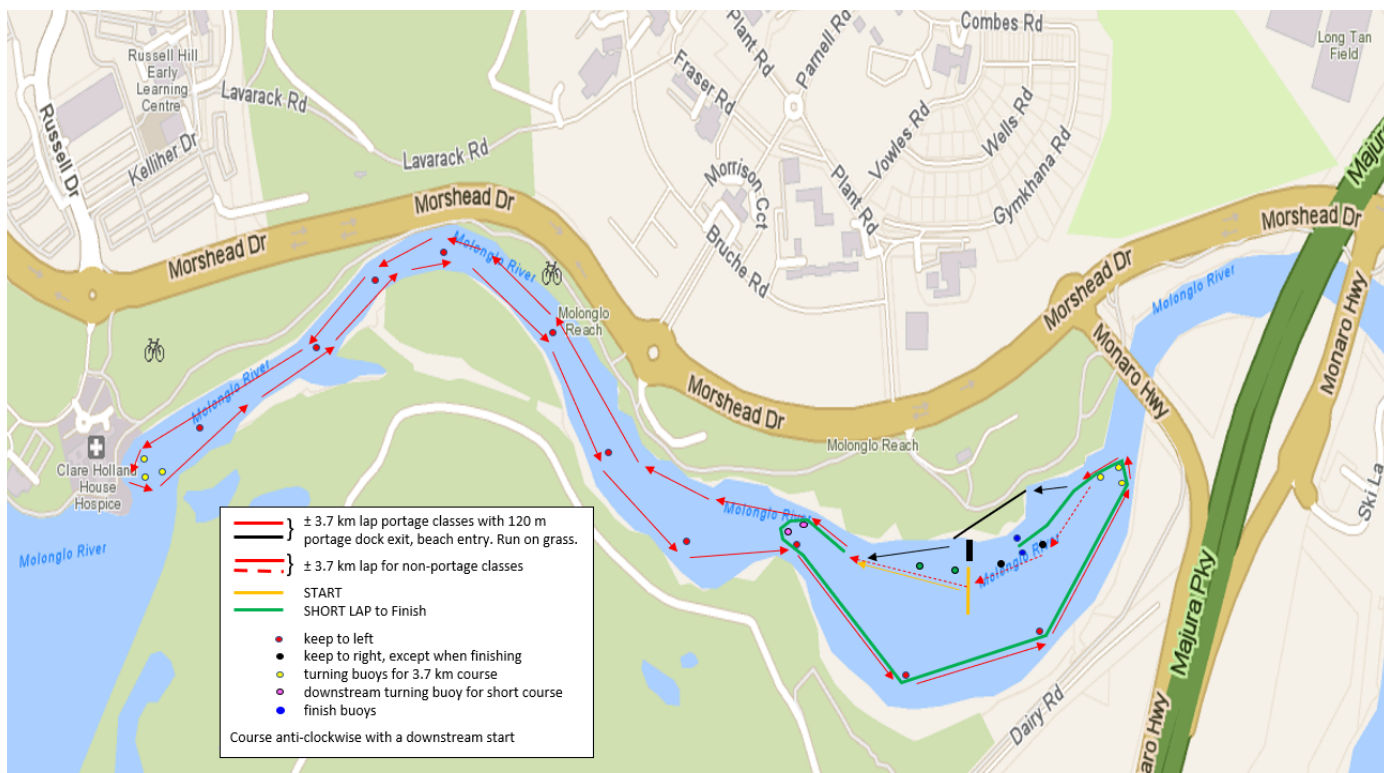
Portage: The portage will be a dock exit as shown on the map. It is safe to approach on either side of the dock. Paddlers are warned that the surfaces may be slippery. The run is 120m on grass to a beach entry. The beach entry is between the red and yellow portage markers. There is a feeding lane on the LEFT side of the portage, immediately after the exit.

The first portage will be at the END OF LAP 2 with NO portage on the first lap. Spectators are requested to stay away from the portage exit, run and entry areas. If you have to cross the portage lane, please do so with care.

Portage Buoys: There will be no buoys segregating the traffic at the exit dock as it is naturally off the main course. There are 2 green buoys directing non-portaging paddlers away from the beach and all non-portaging boats must keep these buoys on your RIGHT to avoid interacting with paddlers re-entering the course from the portage.

Hazard markers: This will be discussed at a briefing on the day. There will be a check on both mornings. Entrants will be given an update on weather and river conditions prior to the races

Safety boats: There will be 1-2 safety boats on the course, however if you see someone in trouble, you must stop and render assistance. Paddlers can seek redress for time spent assisting.



Canberra Day Weekend: This event coincides with the Canberra Day festivities. Go to <https://enlightencanberra.com> for more details. Activities that are fun for canoe/kayakers include the dawn launching of balloons from old Parliament lawns and them flying over the lake. The Illuminations are also quite spectacular.

We hope that everyone has an enjoyable and successful weekend.

Race results at <https://webscorer.com/paddlensw>