

WHY BE PART OF THIS EVENT

STATES with MATES is a family and club affair bringing back the Marathon Tradition of all boats; all participants; all FUN.

Participants will get a goodie bag with an AWESOME event t-shirt as part of their entry.

FRIDAY EVENING Short Course races are open to ALL classes: ICF classes (K and C) will do 3 x 1 km laps with 2 portages. General classes and all V65+ classes will do 3 x 1 km laps.

SATURDAY and SUNDAY Long Course: ICF classes (K and C) will portage (± 120 m) on every lap after lap 1 and will finish with a short lap (1.0 km). General classes and all V65+ classes will not portage but will finish with a short lap.

All juniors U14 and younger must wear a life jacket. Life jackets may be compulsory for all other competitors depending on conditions, so make sure you bring one. Inflatable lifejackets are not permitted.

There is NO provision for race entries on the day.

VOLUNTEERS very welcome. Please contact info@bgcc.org.au if you can help. Paddlers who volunteer will get \$10 discount from their next PNSW race.

Please do not attend if you/someone in your household has returned a positive RAT test in the last 5 days or if you display cold or flu-like symptoms.

There is plenty of parking for cars and trailers. Overnight security will not be provided. Camping is not permitted but vans can stay overnight at your own risk. Request access to the BGCC shed for toilet and shower facilities from info@bgcc.org.au.

REGISTRATION INFORMATION

<https://www.webscorer.com/register?pid=1&raceid=375609>

PLEASE enter by 16 FEBRUARY to ensure that we have your requested t-shirt size on the day. You can edit your entry through webscorer after this to add doubles partners.

FRIDAY NIGHT DINNER MENU

By BGCC Chef Maria

\$20 Buffet Style Dinner: You can pay for this as part of your entry to the event or on the day via cash or Square.

1. HOT POT: Tunisian Chickpea Stew (chablani); short Brown Sunrise (vegan friendly and dairy free).
2. PASTAS with Grated Parmesan Cheese:
 - 24hr slow cooked beef bolognese; rich tomato sauce; semolina spaghetti (dairy free).
 - Creamy Rotini pasta (Tuscan style); sundried tomatoes, basil, spinach (vegan and dairy free).
3. ON THE GRILL with small dinner roll:
 - Vietnamese Pork skewers; Bun Thit Nuong style.
 - Grilled chicken pieces; Tzatziki.
4. SALADS:
 - Loaded Bacon and Egg Potato salad; ranch dressing.
 - Carrots and Brussell sprouts; lemon poppy seed dressing (vegan and dairy free).
 - Plain Green salad; cucumber, green peppers, green capsicum and large green Italian olives (unpitted). Please note the olives will contain pips (vegan and dairy free).
5. DESSERT:
 - Plain Peter's Original Ice-cream (gluten free) with a seasonal fruit.
 - Cinnamon, custard and raisin bread & butter pudding with special sauce (includes wheat, dairy and gluten).

SATURDAY NIGHT PRESENTATION DINNER



Capital Brewing Co.
Building 3/1
Dairy Rd, Fyshwick
SATURDAY NIGHT
from 18:30-21:00

EXCELLENT CRAFT BEER



FOOD by BRODBURGER

Freshly made burgers using the best ingredients. We even get our beef from a local farmer so it's fresh, ethically produced and hormone free!

CANBERRA DAY FESTIVITIES

The State Championships coincide with Canberra's ENLIGHTEN FESTIVAL (01-11 March, 2024) that includes:

Balloon Spectacular - watch the balloons launch from Old Parliament lawns and fly over the lake.

City Illuminations - lighting up of National Attractions with a stunning display of light, sound and movement.

Enlighten Festival - celebrates Canberra's cultural diversity

Symphony in the Park - Canberra Symphony Orchestra



<https://enlighten.canberra.com/>

