

**2020 Paddle Australia
Canoe Marathon Championships
Geelong, Victoria
16 - 19 April 2020**



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Welcome

Paddle Australia, along with Paddle Victoria Marathon, is delighted to host the 2020 Paddle Australia Canoe Marathon Championships on the Barwon River in Geelong, Victoria from Thursday 16th to Sunday 19th April 2020. The organising committee has worked hard to bring you a world class event, so book early and enjoy.

Venue

The event will be held at the Corio Bay Rowing Club, 10 Barwon Terrace, South Geelong VIC 3220. The venue will be available for training from Thursday, 16th April 2020, with racing commencing on Friday, 17th April 2020.

Event location map



Main event area and start/finish for long course event



Competition Information

Provisional Timetable

Time	Event / Activity
Thursday 16 April 2020 - training	
12:00 pm	Boat control available
Afternoon	Short and Long Courses set
4:00 pm	Boat control closes
4:30 pm	Team Leaders meeting
Friday 17 April 2020 - short course events	
8:30 am	Number collection available
9:30 am	Short Course - Open Men and Women C1
10:00 am	Short Course - Open Women K1
10:30 am	Short Course - Open Men K1
11:00 am	Presentations
4:30 pm	Team Information Briefing (Team Manager / SSEC)
5:00 pm	Volunteer / Official Briefing
Saturday 18 April 2020 - long course singles	
7:00 am	Number collection available
8:00 am	Juniors (U10, U12, U14, U16 all and U18 non-selection) Singles
10:00 am	Masters Singles
12:30 pm	Open, U23, U21 and U18 - Men and Women - K1 and C1
3:15 pm	Presentations
Sunday 19 April 2020 - long course doubles	
7:00 am	Number collection available
8:00 am	Juniors (U12, U14, U16 and U18 non-selection) Doubles
8:00 am	Masters Doubles
11:00 am	Novice Event
12:30 pm	Open, U23 and U18 - Men and Women - K2 and C2
2:45 pm	Presentations & afternoon tea

Registration

Registration will be on-line via Webscorer at

<https://www.webscorer.com/registerseries?pid=1&seriesid=207457>

- 17 January 2020 – Entries open
- 12 March 2020 – Early bird entries close
- 2 April 2020 – Entries close

Entry fees

Entry fees are unchanged from 2019. Paddlers can enter up to three events: singles, doubles and short course singles. Please note the short course singles event is only offered for Open age category K1 and C1 craft. There is a \$35/event discount for entering multiple events and a \$40/event discount for early bird entry.

Entry fees for PA members are as follows:

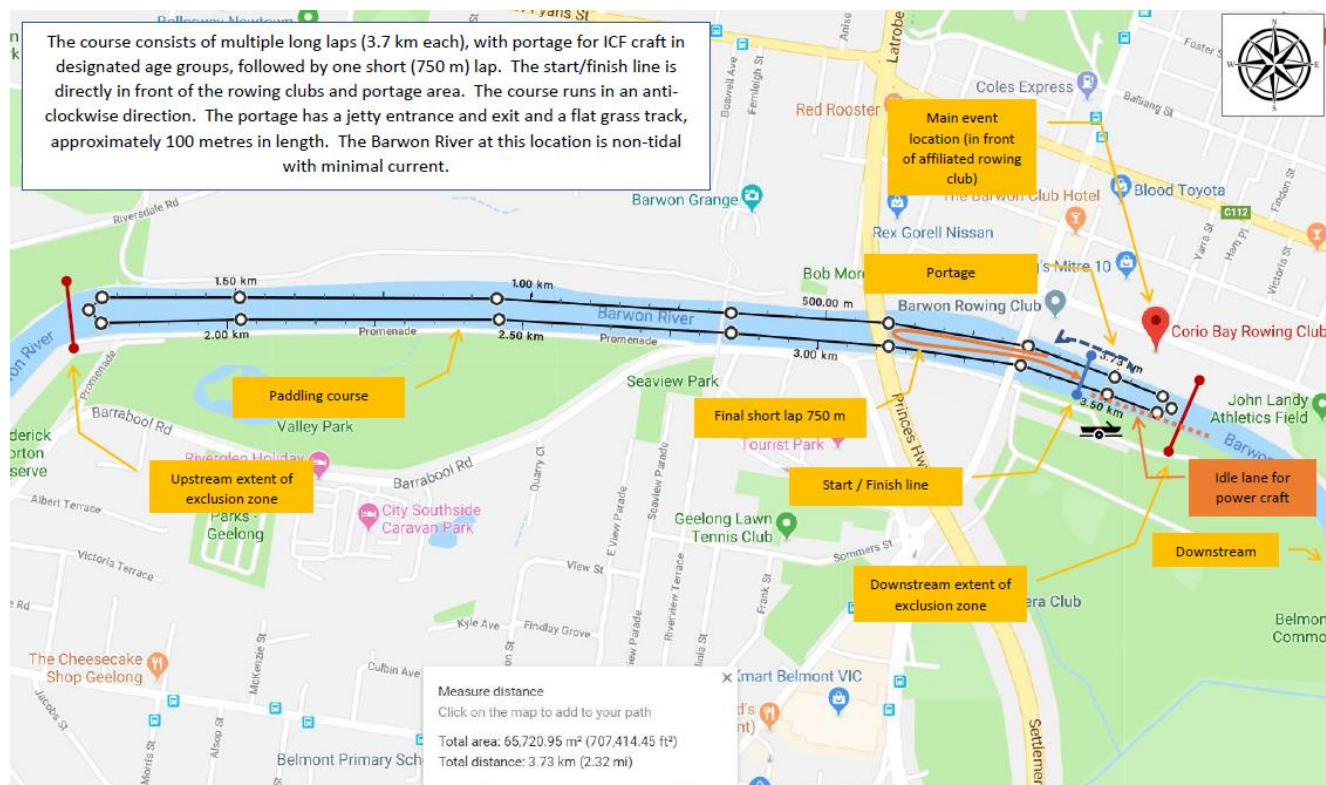
\$A	Early Bird Before 12 March 2020	Standard 13 Mar - 2 Apr 2020
Junior U12 one event	\$60	\$100
Junior U12 two events	\$50	\$130
Junior U14-U16 one event	\$75	\$115
Junior U14-U16 two events	\$80	\$160
U18, U23, Senior <60 one event	\$90	\$130
U18, U23, Senior <60 two events	\$110	\$190
U18, U23 Senior <60 three events	\$165	\$285
Senior 60+ one event	\$80	\$120
Senior 60+ two events	\$90	\$170



Photos courtesy of Carolyn Cooper. 2019 Paddle Australia Canoe Marathon Championships, Perth

Long Course

The course consists of multiple long laps (3.7 km each), with portage for ICF craft in designated age groups, followed by one short (750 m) lap. The start/finish line is directly in front of the rowing clubs and portage area. The course runs in an anti-clockwise direction. The portage has a jetty entrance and exit and a flat grass track, approximately 100 metres in length. The Barwon River at this location is non-tidal with minimal current.



Portage

Entrance



Running surface



Exit



Classes and Distances

Class	Portage	3.0 km	8.2 km	11.9 km	15.6 km	19.3 km	23.0 km	26.7 km	30.4 km
Long Lap length (km)		3.70							
Short Lap length (km)		0.75							
Number of long laps			2	3	4	5	6	7	8
Number of short laps		4	1	1	1	1	1	1	1
Number of portages (ICF selection classes)				2	3	4	5	6	7
ICF selection (ICF craft only, portage as per ICF requirements)									
U16	Y				WK,MK				
U18	Y			WC		MC,WK	MK		
U21 & U23	Y				WC		MC,WK	MK	
Open	Y				WC, Para-C		MC	WK	MK
V35-44	Y			WC		MC,WK	MK		
V45-54	Y			WC		MC,WK	MK		
V55-64	Y			WC	MC,WK	MK			
V65-74	N			WC,MC,WK	MK				
V75+	N		WC,MC,WK	MK					
Non-selection (all craft types - no portage)									
U10	N	all							
U12	N		all						
U14	N			WK,MK					
U16	N		WC,MC	WK,MK					
U18	N			WC,MC	WK,MK				
Open (inc. U21 & U23)	N				WC, Para-C	MC	WK	MK	
V35-44	N			WC	MC	WK	MK		
V45-54	N			WC	MC	WK	MK		
V55-64	N			WC	MC,WK	MK			
V65-74	N			WC,MC,WK	MK				
V75+	N		WC,MC,WK	MK					
Notes: 1a) ICF selection class: C = ICF Canoe; K = ICF Kayak; Para. WK = Women's Kayak, MK = Men's Kayak, XK = Mixed Kayak, etc. 1b) Non-selection class: C = Canoe (C, TC, UC, OC, vaá, SUP), K = Kayak/ski, etc. 2) Same distances for mixed crews as women's crews. Same distances for singles and doubles (except U21 & U23 doubles, see note 5d) 3a) No portage for "non-selection" classes (even if paddling ICF K or C craft). 3b) ICF selection age groups must portage in accordance with ICF rules (no portage for V65+). 4) 10 year age groups for Masters, unless sufficient numbers to constitute both 5 year sub-groups. 5a) Separate U21 & U23 classes if sufficient numbers to constitute both age groups. U21 & U23 race same distance, same start. 5b) U21 & U23 "ICF selection class" MK1, WK1 and MC1 paddlers are eligible for U23 selection (no U21 class at Worlds). 5c) U21 and U23 "ICF selection class" WC1 paddlers are eligible for Open selection (no C1 W U23 class at Worlds). 5d) U21 and U23 ICF selection class doubles race same distance as Open (and same start as Open) for ICF Open team selection. 6) Separate classes for TC and C/UC assuming sufficient numbers for constituted classes for both.									

Note: For 2020 PACMC purposes we shall recognize both U21 and U23 age groups for ICF-selection class singles and doubles events (assuming there are sufficient numbers to constitute classes in both age groups). However, selection to the Australian team to compete in Norway will be consistent with ICF age categories (i.e. U21 and U23 singles paddlers will be eligible for U23 team selection; U21, U23 and Open doubles paddlers will be eligible for Open team selection) subject to the performance requirements stated in the PA Marathon selection policy.

Short Course (ICF K1 and C1 Open age only)

The course consists of three short laps (1.2 km each), with two portages. The start/finish line is directly in front of the rowing clubs and portage area. The course runs in an anti-clockwise direction. The portage has a jetty entrance and exit and a flat grass track, approximately 100 metres in length. The Barwon River at this location is non-tidal with minimal current.



Start, 2019 ICF Short Course Championships, Shaoxing, China



Photo courtesy of Lawrence Greed, Paddle WA

Novice Event

11:00 am, Sunday, 19th April.

The purpose of this event is to provide an opportunity to introduce new paddlers to competitive events in a fun environment.

The format is a 3 x ~1 km relay, using the final short lap and bottom turn of the long distance course. There are a few rules in the interests of fairness and inclusion.

- Boats: Three boats per team. At least one canoe or SUP (single or double) and at least one double kayak (TK2) per team. ICF class boats (K or C) are not permitted. PV Marathon can supply some boats for interstate teams (just let us know before hand).
- Crew: At least one mixed crew and at least one junior (U18) per team. Paddlers in other PACMC events can only enter this event if they paddle with a novice in a double. A novice is a paddler who is new to racing.
- Safety: Life jackets must be worn.

The early bird cost to enter is nil for 2020 PACMC competitors, \$10 for PA members and \$20/\$30 for junior/adult non-PA members. The event will be run by Paddle Victoria Marathon and placegetters will receive PV Marathon ribbons. Registration will be on-line via Webscorer at <https://www.webscorer.com/register?raceid=207635>

- 17 January 2020 – Entries open
- 12 March 2020 – Early bird entries close
- 2 April 2020 – Standard entries close
- 18 April 2020 – Late entries close

Rules

ICF Rules

For Paddle Australia's Competition policies refer to: <https://paddle.org.au/about-us/documents-policies-and-bylaws/> > Competition Policies.

Paddle Australia's competition rules for marathon are available at: <https://paddle.org.au/paddlesports/canoe-marathon/#rules>

The International Canoe Federation rules for Canoe Marathon are at: <https://www.canoeicf.com/rules>

Life Jackets

We expect to receive an exemption from the requirement to wear life jackets. However proper fitting life jackets (i.e. done up) must be worn by:

- All paddlers competing in the Under 10, Under 12 and Under 14 categories;
- Those who are not strong and confident swimmers;
- All paddlers if the Competition Committee deems it necessary.

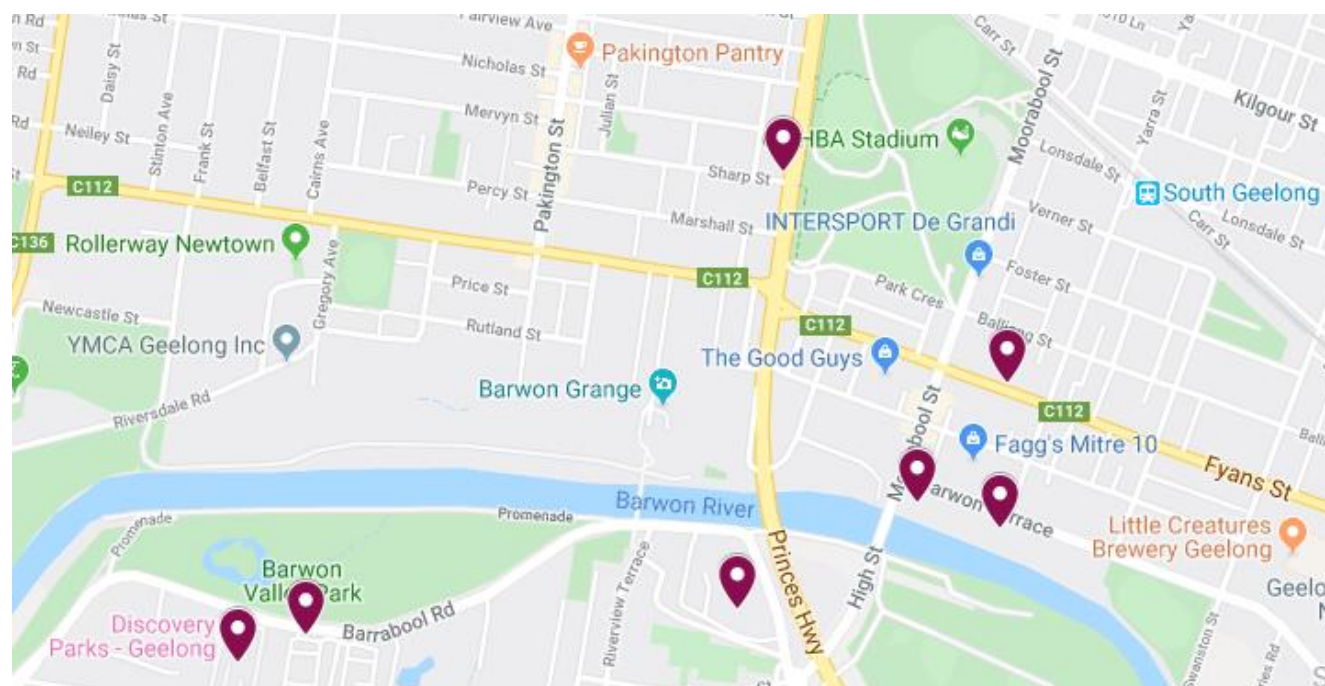
Every competitor must have access to a proper fitting life jacket.

Please note, inflatable life jackets are not acceptable due to the need for the paddler to be conscious to activate the life jacket and for the need for annual testing to ensure compliance.

Accommodation

There is a range of accommodation options in the Geelong area. The list below provides some options close to the event – please note that the organising committee have not contacted any of these, nor do they recommend any particular supplier.

Accommodation	Distance	Contact
Colonial Lodge Motel, 57 Fyans St, Geelong	400m	(03) 5223 2266
Kardinia Park Motel, 422 Latrobe Terrace, Newtown	900m	(03) 5221 5188 www.kardiniaparkmotel.com.au
Barwon River Holiday Park, 153 Barrabool Rd, Belmont	600m	1800 657 955 barwonriverhp.com.au
Discovery Parks Geelong, 59 Barrabool Rd, Belmont	2 km	(03) 5243 6225 discoveryholidayparks.com.au
Riverglen Holiday Park, 75 Barrabool Rd, Belmont	2 km	(03) 5243 5505 riverglenhp.com.au



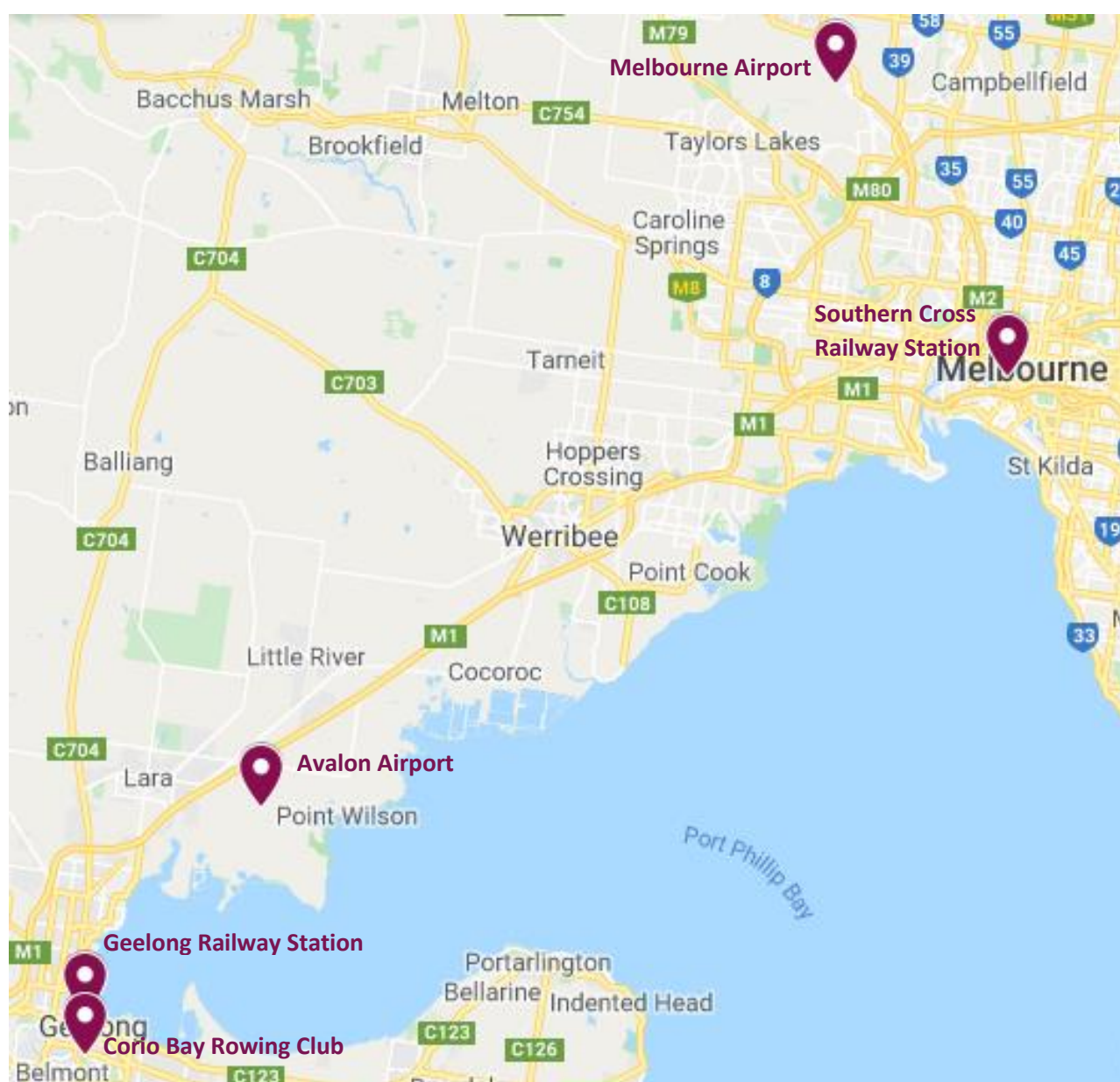
Getting there

Corio Bay Rowing Club is located at 10 Barwon Terrace, South Geelong, on the banks of the Barwon River.

It is approximately:

- 85 km from Melbourne Airport
- 76 km from Melbourne (Southern Cross Station)
- 25 km from Avalon Airport
- 3 km from Geelong Railway Station
- 800 m from South Geelong Railway Station

A Skybus service runs from Avalon Airport to Geelong (<https://www.skybus.com.au/timetables/>)



Boats

Boat storage and boat racks will be available at the course. Secure storage will be provided from the 16-19 April.

Medical

Hospitals

- University Hospital (Barwon Health), Bellarine St, Geelong
- St John of God Hospital, 80 Myers St, Geelong

First Aid

A First Aid station will be available at the venue in the Corio Bay Rowing Club.

Anti-Doping

Competitors, officials, volunteers and support persons participating in the 2020 Australian Canoe Marathon Championships are bound by and must comply with Paddle Australia's Anti-Doping Policy. A copy of the policy can be found on the Paddle Australia web site at: <https://paddle.org.au/about-us/documents-policies-and-bylaws/> > Safety, Health and Wellbeing Policies.

All participants should be familiar with the policy. Under the terms of the policy, the Australian Sports Anti-Doping Authority (ASADA) is authorised to undertake testing during the 2020 Australian Canoe Marathon Championships.

Food

Breakfast and lunch stalls / food trucks will be available on site from Friday to Sunday. Coffee van/s will be on site from Thursday to Sunday. Water fountains will be available to re-fill water bottles.

On Sunday an afternoon tea will be held followed by presentations. Tickets can be purchased through the same on-line the registration system as for merchandise. Additional tickets can be purchased at the venue.

Merchandise

Shirts, hoodies and caps will be available for competitors, friends and family to purchase prior to the event. Items include:

- Ladies V neck and men's round neck Tee shirt in navy marl or white with the event logo on the front and names of all participants on the back;
- Unisex Hoodie in navy with the event logo on the front and names of all participants on the back;
- Ladies and Men's navy and white polo with the event logo on the front; and
- Baseball cap in white with the event logo on the front.

Orders will need to be completed by 2nd April to provide time to print the garments, with items available for collection at the event. Please note items are made to order. Photos of the items, prices and information regarding on-line ordering will be available shortly.

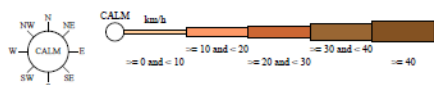
Weather

Weather Averages

The average weather conditions in Geelong (Avalon Airport) for the month of April are given below.

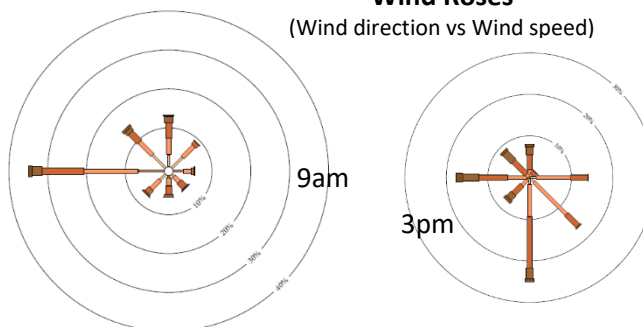
Mean Maximum Temperature	20.6 °C
Mean Minimum Temperature	9.7 °C
Mean Rainfall	37.3 mm
Mean Number of Days of Rain ≥ 1 mm	4.4 days
Mean 9am Wind speed	16.7 km/h
Mean 3pm Wind Speed	22.3 km/h

Source: Bureau of Meteorology



Wind Roses

(Wind direction vs Wind speed)



Remember there is no such thing as bad weather, just the wrong clothing. So bring the appropriate clothing for the day, whether it be waterproof jackets and warm clothes if it's likely to rain or sun protection if it's warm and sunny.

Sun Safety

- SLIP on sun protective clothing that covers as much of your body as possible.
- SLOP on SPF 30 or higher broad-spectrum, water-resistant sunscreen, at least 20 minutes before sun exposure. Reapply every two hours when outdoors or more often if perspiring or swimming.
- SLAP on a broad-brimmed hat that shades your face, neck and ears.
- SEEK shade.
- SLIDE on sunglasses.

VicEmergency

VicEmergency (www.emergency.vic.gov.au) is a centralised website to find emergency information and warnings. You can also access preparedness and recovery information related to emergencies. The website has a real-time map display with incidents across the state including floods, storms, fires, earthquakes, tsunami, beach closures, shark sightings and more. Download the [VicEmergency app](#) or following VicEmergency on [Facebook](#) or [Twitter](#).



Water

- Water Data Online: <http://www.bom.gov.au/waterdata/> Search: Barwon River @ Geelong or 233217
- Rainfall & River: <http://www.bom.gov.au/vic/flood/corangamite.shtml>

Useful links

- Weather Forecast (Geelong): <http://www.bom.gov.au/vic/forecasts/geelong.shtml>
- Weather Observations (Avalon Airport): <http://www.bom.gov.au/products/IDV60801/IDV60801.94854.shtml>
- Weather Radar: <http://www.bom.gov.au/products/IDR023.loop.shtml>
- Interactive Map (MetEye): http://www.bom.gov.au/australia/meteye/?loc=VIC_FA001
- Victorian Weather Warnings: <http://www.bom.gov.au/vic/warnings/>
- BoM Blog: <http://media.bom.gov.au/social/blog/2203/know-your-weather-kayaking-canoeing-and-rafting/>

Media

For Paddle Australia's Photography and Social Media policies refer to: <https://paddle.org.au/about-us/documents-policies-and-bylaws/> > General Policies.

For Paddle Australia's Remotely Piloted Aircraft refer to: <https://paddle.org.au/about-us/documents-policies-and-bylaws/> > Competition Policies.

Tourism

Geelong is Victoria's second largest city, located on Corio Bay, and within a short drive from popular beach-front communities on the Bellarine Peninsula as well as being the gateway to the famous Great Ocean Road, which begins just south of Geelong at [Torquay](#).

The city offers visitors the chance to explore popular beach-front attractions such as Eastern Beach with its swimming enclosure, the Steampacket Gardens, dining options available on Cunningham Pier, and several coastal walks, dotted with collections of bollards depicting historic characters. Elegant architecture, colourful gardens and parks, and the backdrop of Corio Bay are all symbolic of what locals refer to as the "city by the bay".

Locations of interest for visitors include the National Wool Museum, the Old Geelong Gaol, the Botanic Gardens at Eastern Park, Geelong Museum of Motoring and Industry, and a number of other museums, galleries and historical buildings.

The Barwon River meanders through Geelong and its surrounding suburbs, fronted by a number of attractive parks and the scenic Buckley Falls in Fyansford. On its journey to the coast, the river flows through the wetlands of Lake Connemara before entering Bass Strait at the twin towns of [Barwon Heads](#) and [Ocean Grove](#).

Geelong and Bellarine Peninsula: <https://www.visitgeelongbellarine.com.au/>

Great Ocean Road: <https://www.visitgreatoceanroad.org.au/>

Contact information

Chief Official – Jerry Dunn

Deputy Chief Official – Bob Turner

2020 PACMC Organising Committee		marathon@paddlevic.org.au
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Vice Chair & PA Liaison	Joe Alia	aliatec@alphalink.com.au
Secretary / Visitor information / VIC club liaison / State committee liaison	Sue O'Rourke	s.orourke64@gmail.com
Agreements / Legal matters	Mike Neilson	
Event Marketing / Communication	Arabella Eyre	
Sponsorship / Merchandise	Deb Bennett	
Safety	Foster Rosetto	
Regulatory approvals / Exemptions	Peter Currie	
Volunteer management / Location and course preparation	Alex Brunacci	
Catering / Equipment vendors / Stakeholder liaison	Sally Miller	
Support boat management / Equipment	Geoff Baird	