

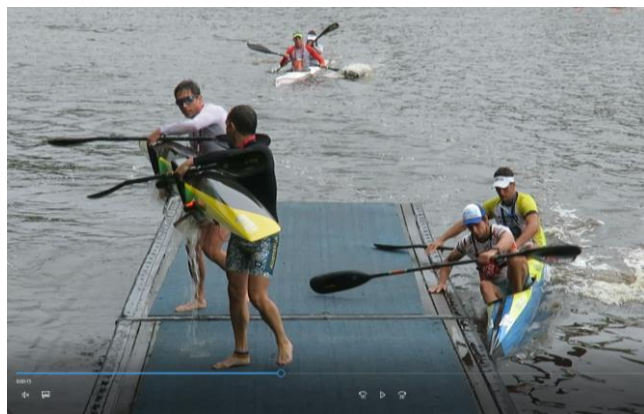
RACING SCHEDULE AND COURSE

State Marathon Championships

STATES with MATES

08-10 March, 2024

Molonglo Reach, Canberra



FRIDAY EVENING: Briefing at 18:30

| TIME | CLASSES for SHORT COURSE |
|-------|--|
| 19:15 | ICF Class (Portage). All Ages < 65 yo. |
| 19:30 | All Classes non-portage. |



PLEASE enter by 16 FEBRUARY as production constraints mean that we must order all of the t-shirts no later than the 17th if we want them delivered in time for the Championships. If you order yours by the 16th we can guarantee that you will get the size you ordered. You can edit your entry after the 16th by logging back into Webscorer before the cutoff date.

SATURDAY: Briefing at 09:15

| TIME | CLASSES for LONG COURSE SINGLES |
|-------|--|
| 10:00 | Portage: ICF Open, U23, U18, Masters (35-64). |
| 13:00 | Non-portage: ICF Masters (65+), General Class (all ages), Para, Juniors (U10-U18), Novice, SUP |

If you haven't ordered by the 16th, you will be relying on taking something from whatever sizes we order based on our best guesses. We intend to establish a tradition of providing a quality event shirt as part of the entry fee and with your assistance we can ensure that it's something that fits you and that you'll be happy to wear.

SUNDAY: Briefing at 8:00

| TIME | CLASSES for LONG COURSE DOUBLES |
|-------|---|
| 08:30 | ICF & General Class Doubles. All Ages/Portage/Non-portage |
| 12:30 | ICF & General Class Mixed Doubles. All Ages/Portage/Non-portage |

Coffee and FOOD on Weekend by BGCC Chef Maria



hosted by
Burley Griffin Canoe Club
info@bgcc.org.au

COURSE EXPLAINED

See Course Map for Details.

FRIDAY EVENING SHORT COURSE:

- ICF Classes with portage - 3 laps of 1 km with 2 portages.
- ICF (65+) and Non-Portage General Class - 3 laps of 1 km with no portages. U14 - 2 laps.

LONG COURSE DESCRIPTIONS:

- SL = Short lap of 1 km.
- L = Lap of ±3.7 km.
- P = Portage with dock exit and beach entry ±120 m run on grass.

HOW TO READ THE DISTANCE TABLES:

- If you want to enter a class with no distance or marked grey in the following tables or on Webscorer, please contact the PNSW Events Coordinator (events@paddlensw.org.au). Diane will work with you to ensure that your entry goes through and that you know what distance you will be paddling.
- All this means is that in the past, we have had no entries in these classes but are happy to run them in 2024.

SELECTION to PNSW TEAM for Nationals

All winners of classes that will be offered at the Australian National Marathon Championships will be eligible for selection onto the PNSW Team. The classes offered at this event are most likely going to be available at Nationals. Thus, every entrant has a chance of making the State Team, getting the State Guernsey and making NSW proud in April. NOTE that you can still participate at Nationals if you do not get selected onto the PNSW Team.

DISTANCES ICF Singles and Doubles

| ICF Classes | K1 (km) | Course | C1 (km) | Course | K2 (km) | Course | C2 (km) | Course |
|-------------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|
| U16W | 12.1 | 3L;2P;1SL | | | 12.1 | 3L;2P;1SL | | |
| U18W | 15.8 | 4L;3P;1SL | 12.1 | 3L;2P;1SL | 15.8 | 4L;3P;1SL | 12.1 | 3L;2P;1SL |
| U23W | 19.5 | 5L;4P;1SL | 12.1 | 3L;2P;1SL | | | | |
| OW | 23.2 | 6L;5P;1SL | 15.8 | 4L;3P;1SL | 19.5 | 5L;4P;1SL | 15.8 | 4L;3P;1SL |
| V35-44W | 15.8 | 4L;3P;1SL | 12.1 | 3L;2P;1SL | 12.1 | 3L;2P;1SL | 12.1 | 3L;2P;1SL |
| V45-54W | 15.8 | 4L;3P;1SL | 12.1 | 3L;2P;1SL | 12.1 | 3L;2P;1SL | 12.1 | 3L;2P;1SL |
| V55-64W | 15.8 | 4L;3P;1SL | 12.1 | 3L;2P;1SL | 12.1 | 3L;2P;1SL | 12.1 | 3L;2P;1SL |
| V65-74W | 11.1 | 3L | 7.4 | 2L | 7.4 | 2L | 7.4 | 2L |
| V75+W | 7.4 | 2L | 7.4 | 2L | 3.7 | 1L | 7.4 | 2L |
| KL1 W | 11.1 | 3L | | | 7.4 | 2L | | |
| KL2 W | 14.8 | 4L | | | 11.1 | 3L | | |
| KL3 W | 14.8 | 4L | | | 11.1 | 3L | | |
| | | | | | | | | |
| U16M | 12.1 | 3L;2P;1SL | | | 12.1 | 3L;2P;1SL | | |
| U18M | 19.5 | 5L;4P;1SL | 15.8 | 4L;3P;1SL | 19.5 | 5L;4P;1SL | 15.8 | 4L;3P;1SL |
| U23M | 23.2 | 6L;5P;1SL | 15.8 | 4L;3P;1SL | | | | |
| OM | 26.9 | 7L;6P;1SL | 19.5 | 5L;4P;1SL | 23.2 | 6L;5P;1SL | 19.5 | 5L;4P;1SL |
| V35-44M | 19.5 | 5L;4P;1SL | 12.1 | 3L;2P;1SL | 15.8 | 4L;3P;1SL | 15.8 | 4L;3P;1SL |
| V45-54M | 19.5 | 5L;4P;1SL | 12.1 | 3L;2P;1SL | 15.8 | 4L;3P;1SL | 15.8 | 4L;3P;1SL |
| V55-64M | 19.5 | 5L;4P;1SL | 12.1 | 3L;2P;1SL | 15.8 | 4L;3P;1SL | 15.8 | 4L;3P;1SL |
| V65-74M | 14.8 | 4L | 7.4 | 2L | 11.1 | 3L | 11.1 | 3L |
| V75+M | 11.1 | 3L | 7.4 | 2L | 7.4 | 2L | 11.1 | 3L |
| KL1 M | 11.1 | 3L | | | 7.4 | 2L | | |
| KL2 M | 14.8 | 4L | | | 11.1 | 3L | | |
| KL3 M | 14.8 | 4L | | | 11.1 | 3L | | |

DISTANCES Mixed Doubles

| Mixed Doubles | ICF K2 (km) | Course | ICF C2 (km) | Course | General Class (km) | Course | Double Canoe (km) | Course |
|---------------|-------------|-----------|-------------|-----------|--------------------|--------|-------------------|--------|
| U10 | 3 | 3SL | | | 3 | 3SL | | |
| U12 | 3 | 3SL | | | 3 | 3SL | | |
| U14 | 3 | 3SL | | | 3 | 3SL | | |
| U16 | 7.4 | 2L | | | 7.4 | 2L | | |
| U18 | 12.1 | 3L;2P;1SL | | | 11.1 | 3L | 3.7 | 1L |
| Open | 12.1 | 3L;2P;1SL | 8.4 | 2L;1P;1SL | 11.1 | 3L | 7.4 | -999 |
| V35-44 | 12.1 | 3L;2P;1SL | 8.4 | 2L;1P;1SL | 11.1 | 3L | 7.4 | -999 |
| V45-54 | 12.1 | 3L;2P;1SL | 8.4 | 2L;1P;1SL | 11.1 | 3L | 7.4 | -999 |
| V55-64 | 12.1 | 3L;2P;1SL | 8.4 | 2L;1P;1SL | 11.1 | 3L | 7.4 | -999 |
| V65-74 | 11.1 | 3L | 7.4 | 2L | 11.1 | 3L | 3.7 | 2L |
| V75+ | 11.1 | 3L | 7.4 | 2L | 11.1 | 3L | 3.7 | 2L |
| Para | | | | | | | | |
| Para/Open | | | | | | | 3.7 | 2L |
| Junior/Master | | | | | 3 | 3SL | | |

DISTANCES General Class Singles and Doubles

| General Class | Single Kayak or Ski (km) | Course | Canoe (km) | Course | Double Kayak or Ski (km) | Course | Double Canoe (km) | Course |
|---------------|--------------------------|--------|------------|--------|--------------------------|--------|-------------------|--------|
| U10W | 2 | 3SL | | | 3 | 3SL | | |
| U12W | 2 | 3SL | | | 3 | 3SL | | |
| U14W | 3 | 3SL | | | 3 | 3SL | | |
| U16W | 7.4 | 2L | | | 7.4 | 2L | | |
| U18W | 7.4 | 2L | 7.4 | 2L | 7.4 | 2L | 3.7 | 1L |
| OW | 14.8 | 4L | 11.1 | 3L | 14.8 | 4L | 11.1 | 3L |
| V35-44W | 14.8 | 4L | | | 14.8 | 4L | 11.1 | 3L |
| V45-54W | 14.8 | 4L | | | 14.8 | 4L | 11.1 | 3L |
| V55-64W | 14.8 | 4L | | | 14.8 | 4L | 11.1 | 3L |
| V65-74W | 11.1 | 3L | | | 11.1 | 3L | 11.1 | 3L |
| V75+W | 7.4 | 2L | | | 11.1 | 3L | 11.1 | 3L |
| Para | 11.1 | 3L | | | 7.4 | 2L | | |
| SUP W | 14.8 | 4L | | | | | | |
| Novice W | 11.1 | 3L | | | | | | |
| | | | | | | | | |
| U10M | 2 | 3SL | | | 3 | 3SL | | |
| U12M | 2 | 3SL | | | 3 | 3SL | | |
| U14M | 3 | 3SL | | | 3 | 3SL | | |
| U16M | 7.4 | 2L | | | 7.4 | 2L | | |
| U18M | 7.4 | 2L | 7.4 | 2L | 7.4 | 2L | 3.7 | 1L |
| OM | 18.5 | 5L | 14.8 | 4L | 18.5 | 5L | 11.1 | 3L |
| V35-44M | 18.5 | 5L | | | 18.5 | 5L | 11.1 | 3L |
| V45-54M | 18.5 | 5L | | | 18.5 | 5L | 11.1 | 3L |
| V55-64M | 18.5 | 5L | | | 18.5 | 5L | 11.1 | 3L |
| V65-74M | 14.8 | 4L | | | 14.8 | 4L | 11.1 | 3L |
| V75+M | 11.1 | 3L | | | 14.8 | 4L | 11.1 | 3L |
| Para | 11.1 | 3L | | | 7.4 | 2L | | |
| SUP M | 14.8 | 4L | | | | | | |
| Novice M | 11.1 | 3L | | | | | | |

TROPHIES

The TONGWAY - awarded to the club with the most points across all classes.

JOAN MORRISON Cup - awarded to the club with the most points by female paddlers across all classes.



WHY BE PART OF THIS EVENT



This is STATES with a DIFFERENCE ... 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. Non-ICF classes and all V65+ classes will do 3 x 1 km laps. U14 will do 2 x 1 km laps.

SAT and SUN: 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). Non-ICF classes and all V65+ classes will not portage with no 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.

Please do not attend if you or someone in your household has returned a positive Covid RAT test in the last 5 days or if you are unwell and 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 in the parking area at your own risk. Request access to the BGCC shed for after hours toilet and shower facilities from info@bgcc.org.au.

ENTRY INFORMATION

https://www.webscorer.com/register?raceid=338823&fclid=IwAR2H8Yofdcv1GjldqYHvjCbScVwWJ9cRLBOYEGIagBOBDe3BqqPSpkCRwRQ_aem_AVzx7jnReXFVvxNZmAgIfTaGQbemjPAMzLTtJzYh9SjglM64msSaMjhRt65koxBMRsg

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:

Early Bird Entries close: 26 February, 2024.
All Entries close: 06 March, 2024.

FRIDAY NIGHT DINNER MENU

By BGCC Chef Maria

\$10 Dinner: You can pay for this as part of your entry to the event or on the day via cash or Square.

- Bowl of spaghetti bolognaise (ala Maria), topped with Romano cheese and bread roll (butter/margarine available) with a can of soft drink;
- Bowl of spaghetti with creamy spinach sauce (vegetarian), topped with Romano cheese and bread roll (butter/margarine available) with can of soft drink.

\$25 Dinner (pay on the day or upgrade if already paid through your entry): For the hungry ... Large Plate of any of the following:

- Spaghetti bolognaise and/or creamy spinach sauce with bread roll;
- Chicken souvlaki with flat bread;
- Greek salad with feta cheese;
- Fruit salad with ice-cream;
- Can of soft drink.

If you paid for a \$10 meal through your entry and want to upgrade to the larger meal, cash and a Square will be available for the extra \$15.

DINNER and PRESENTATION



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/>

