

2016
NSW
Canoe Marathon
Championships



Manly Warringah Kayak Club
Narrabeen Lake
Pittwater Road, Narrabeen, NSW

Sunday 13th March, 2016

VENUE AND DATE

The 2016 PNSW Canoe Marathon Championships will be hosted by Manly Warringah Kayak Club, on Narrabeen Lake, on Sunday 13th March 2016-01-29.



COMPETITION COMMITTEE / MAJOR OFFICIALS

Chief Official – Bob Turner

Safety Officer – David James

Competition Secretary – Mike Emery

Chief Course Umpire – Michael O’Leary

Volunteers Co-ordinator – Jenny Listberger / Pieter Boer

RULES AND REGULATIONS

The PNSW Canoe Marathon State Championships are conducted under the ICF Canoe Marathon Competition Rules and the Australian Canoeing Marathon Racing Rules.

It is the responsibility of competitors to be familiar with these regulations.

Members can access the ICF and AC Marathon Racing Rules at www.regattas.canoe.org.au

CHAMPIONSHIP PROGRAM

Please note that all times are Australian Eastern Daylight Savings Time.

DATE	ACTIVITY	LOCATION
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Wednesday 9th March

	ALL Entries Close	On-Line
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Sunday 13th March

07:30-09:00am	Registration Open	PNSW Tent
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09:00-09:15am	Main Briefing	PNSW Tent
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09:30	START – All Singles Selection Classes first, followed by Recreational Classes	
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12:00pm	Medal Presentations – All Singles	
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1:00pm	Update Briefing – Doubles	PNSW Tent
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1:15pm	START – All Doubles	
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3:30pm	Medal Presentations – All Doubles	
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ENTRY FEES AND PROCEDURES

Entries will only be accepted via www.regattas.canoe.org.au online entry system.

There is no provision for Entry on the Day.

AGES

Junior ages are taken as at 1 January 2015.

A Masters competitor can compete in a Masters event in the year he/she reaches the lower limit of the age category, i.e. in the 35-39 age group in the year of his/her 35th birthday. In double events the combined age of the both paddlers will determine the category in which a crew can compete. Age group categories for singles will commence from age 35-39 and increase upwards in 5-year age brackets. Age groups for doubles will commence from a combined age total of 70-99, and increase upwards in 30-year brackets. Age groups **may** be amalgamated should entries determine such.

ENTRY FEES

General (Adult) Entry

- One race entered \$40.00
- Two races entered \$60.00

Juniors, Students, and Masters 65+

- One race entered \$25.00
- Two races entered \$35.00

CRITICAL DATES AND TIMES

ALL entries close at 11:59pm (AEDT) Wednesday 9th March 2016.

NO ENTRIES WILL BE ACCEPTED AFTER WEDNESDAY 9th March 2016.

REFUND POLICY

The following Refund Policy applies to all PNSW Marathon events.

1. A \$10:00 administration fee will be applied to any refund.
2. Refunds will only be granted for medical reasons and must be accompanied by a doctor's certificate.
3. All requests must be in writing and forwarded to:

Chief Executive Officer
Paddle NSW
PO Box 6971
Silverwater NSW 2128
4. Prior to 14 days before the event refunds will be full (\$10 will be kept as an administration fee).
5. Within 14 days of the commencement of the event refunds will be 50% (\$10 will be kept as an administration fee).
6. Within 7 days of the commencement of the event no refund will be issued.

This policy was approved by the PNSW Chief Executive Officer and is effective from 1st January 2015.

SINGLES EVENTS - CLASSES, DISTANCES & PORTAGES

ONE LAP = 3.75KM

M = MEN W = WOMEN

AGE	CLASS	DISTANCE	LAPS	PORTAGES
UNDER 12	ALL	7.5KM	2	0
UNDER 14	ALL	11.25KM	3	0
UNDER 16	ALL	15KM	4	2
UNDER 18	WC1	11.25KM	3	1
	WK1, MC1	15KM	4	2
	MK1	18.75KM	5	3
UNDER 23	WK1, MC1	18.75KM	5	3
	MK1	22.5KM	6	4
OPEN	WK1, MC1	22.5KM	6	4
	MK1	26.25KM	7	5

MASTERS MEN				
AGE	CLASS	DISTANCE	LAPS	PORTAGE
35 – 54	K1	18.75KM	5	3
	C1	15KM	4	2
	ALL OTHER	18.75KM	5	0
55 - 64	K1	15KM	4	2
	C1	11.25KM	3	1
	ALL OTHER	15KM	4	0
65-74	ALL	11.25KM	3	0
75+	ALL	7.5KM	2	0

MASTERS WOMEN				
35 - 54	WK1	15KM	4	2
	ALL OTHER	15KM	4	0
55 - 64	WK1	11.25KM	3	1
	ALL OTHER	11.25KM	3	0
65+	ALL	7.5KM	2	0

PARACANOE			
GENDER	CATEGORY	DISTANCE	LAPS
MEN	KL3, KL2	15KM	4
	KL1, VL3, VL2	11.25KM	3
	VL1	7.5KM	2
WOMEN	KL3, KL2	11.25KM	3
	KL1, VL3, VL2	7.5KM	2
	VL1	3.75KM	1

DOUBLES EVENTS - CLASSES, DISTANCES & PORTAGES

ONE LAP = 3.75KM

M = MEN W = WOMEN X = MIXED

AGE	CLASS	DISTANCE	LAPS	PORTAGES
UNDER 12	ALL	7.5KM	2	0
UNDER 14	ALL	11.25KM	3	0
UNDER 16	ALL	15KM	4	2
UNDER 18	WK2, MC2	15KM	4	2
	K2	18.75KM	5	3
UNDER 23	WK2, MC2	18.75KM	5	3
OPEN	MK2	22.5KM	6	4

MASTERS MEN				
AGE	CLASS	DISTANCE	LAPS	PORTAGE
70 - 99	K2	18.75KM	5	3
	C2	15KM	4	2
	ALL OTHER	18.75KM	5	0
100 - 129	K2	15KM	4	2
	C2	11.25KM	3	1
	ALL OTHER	15KM	4	0
130 - 159	ALL	11.25KM	3	0
160+	ALL	11.25KM	2	0

MASTERS WOMEN AND MIXED				
70 - 99	WK2, XK2	15KM	4	2
	ALL OTHER	15KM	4	0
100 - 159	WK2, XK2	11.25KM	3	1
	ALL OTHER	11.25KM	3	0
160+	ALL	7.5KM	2	0

PNSW TEAM SELECTION

Paddlers who wish to nominate for selection in the NSW Team to participate in the 2016 Australian Canoeing National Championships, to be held on the Gold Coast in March 2016, must enter, compete and finish in the recognised ICF Classes.

The Paddler finishing first, in each class, will gain automatic selection. Paddlers finishing in a time within 5% of the first finishing paddler in each class will also be selected.

PNSW Marathon Committee reserves the right to appoint paddlers to the PNSW Team at its sole discretion.

COURSE MAP

MAP TO BE PROVIDED

Note: Course may change depending on conditions and other unforeseen factors. Final Course details will be confirmed at Main Briefing.

The Course will be run over a lap distance of 3.75km.
The Start/Finish line will be adjacent to the PNSW Tent.
A 3.75km lap will be from the Start/Finish.

Portage (for Selection events) will be clearly marked at both Entry and Exit points in accordance with ICF guidelines.

Paddlers in ICF / Selection events WILL NOT Portage on their FIRST & LAST laps.

EVENT SAFETY

1. The course is run on a lake, and can be considered as closed water.
2. It can be wind affected in some sections.
3. The course may have motorised vessels from time to time.
4. All canoes/kayaks shall have sufficient fixed or positive buoyancy to float when filled with water.
5. Paddlers in Under 16 classes and above may be required to carry / wear LifeJackets, at the discretion of the Competition Committee.
6. All paddlers in Under 12 AND Under 14 classes **MUST** wear a correctly fitted LifeJacket. Any Under 12 or Under 14 Paddler found removing a LifeJacket, or failing to wear one for the duration of their race, will be immediately Disqualified.

PNSW & Australian Canoeing recommends that all other paddlers carry or wear a suitable LifeJacket.

7. All boats must display the racing number issued at registration for identification and, if necessary, paddlers must state their number when requested by a Race Official. The racing number is to be displayed in an upright position in a number holder that is securely fastened to the canoe/kayak.

8. All paddlers must notify a Race Official when withdrawing from a race and hand in their number to a Race Official at the finish line.
9. When a paddler is in distress, the first paddler(s) on the scene must render assistance. Failure to do so may incur disqualification.

The Organising Committee will provide safety boats to cover the progress of competitors during the competition.

10. IN THE CASE OF OPPOSING TRAFFIC – KEEP RIGHT

REGISTRATION

Registration will be located adjacent to the MWKC Clubhouse, from 7:30am – 9:00am Sunday 13th March 2016. Registration is compulsory for all paddlers, as it advises the organisers that you have arrived for the competition and it confirms your entry.

SCRUTINEERING

Scrutineering of craft is not compulsory prior to the event but equipment may be available for competitors to check their craft. The onus is on the competitor to ensure that their craft meets the required specifications.

Post race scrutineering will be in the area adjacent to the designated Exit point. This will be confirmed at the Briefing.

NOTE: The first four (4) canoes/kayaks in each constituted class may be impounded and scrutinised for dimensions, weight buoyancy and safety after crossing the finish line. Competitors whose craft fail scrutineering after finishing the race will be disqualified.

PRESENTATIONS & MEDALS

Medals for the Singles events will be presented at 12:00 midday on Sunday.

Medals for the Doubles events will be presented at the conclusion of racing on Sunday afternoon, at around 3:30pm.

In keeping with the spirit of good sportsmanship, all competitors are encouraged to stay, observe and participate in the Medal Presentations.

Enquiries in the first instance should be directed to Paddle NSW Marathon Committee via e-mail marathon@paddlensw.org.au