



## TEAMS RELAY & PADDLE RALLY

### Location

Nagambie Lakes Regatta Centre, Loddings Lane, Nagambie

### Date

Sunday, 17 July 2022

### Registration

Webscorer: <https://www.webscorer.com/register?raceid=275258>

Entries close: 8pm on Friday 15 July 2022. NO entries on the day

### Fees

PA Members: Junior/U23 \$20. Adult (24-64yo) \$30. Adult (65+) \$25

Non-PA Members: Junior/U23 \$30. Adult (24-64yo) \$50. Adult (65+) \$45

Early Bird entries before 8pm on Friday 8 July 2022 get a \$5 discount.

### Schedule

Check in: 8:30-9:00am

First start: 10:00am

Volunteer briefing: 9:00am

Race finish: ~ 12:30pm

Competitor briefing: 9:30am

Presentations: ~ 1:00pm

### Race Distances & Classes

Divisional racing (refer: [https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/03/PVM\\_Flyer\\_Divisional\\_System.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/03/PVM_Flyer_Divisional_System.pdf))

Div 1-5, Canoes, Para: 15km or Div 6-10, Canoes, Para: 4 x 2km relay

Paddle with the stars: 1.5km

### Race Format

1a) 15km (3 x 5km laps) singles race for Division 1-5 and Canoes

1b) 4 laps of 1km doubles relay team race (with 4 paddlers) for Divisions 6-10 and Canoes. So each boat does 2 laps each.

Followed by:

2) A quick 1.5 km paddle with the stars (TK2 pairing of novice with experienced paddlers).

Stationary on-water starts. No portage.

### Host

Paddle Victoria Marathon & INCC Yarra Paddlers

### Safety

- First Aid provided on site. You may provide information that might assist medical personal in an emergency, which will be destroyed after the event.
- All paddlers must wear an approved PFD/life jacket when on the water.
- All boats must have fixed positive buoyancy and float level when full of water.
- Safety boats will be in operation.
- You must provide assistance to paddlers in distress.
- Event held under PV Marathon's Safety Risk Management Plan and the [VIC COVIDSafe settings](#).
- Check Victorian COVID restrictions.
- Be sunsmart & bring additional warm, dry clothing.

### Food

Trinity Grammar food stall. Fresh water will be available.

### Facilities

Parking, change rooms & toilets available on site.

### Event Personnel

Chief Official: tbc

Chief Course Umpire: tbc

Safety Officer: tbc

Competition Manager: Sally Miller

### Contact

PV Marathon: John Young, 0417 444 350

[marathon@paddlevic.org.au](mailto:marathon@paddlevic.org.au)

INCC Yarra Paddlers: Sally Miller, 0409 564 329

[marathon.secretary@paddlevic.org.au](mailto:marathon.secretary@paddlevic.org.au)



<https://vic.paddle.org.au/> >Disciplines >Marathon



Paddle Victoria Marathon



[marathon@paddlevic.org.au](mailto:marathon@paddlevic.org.au)



# LOCATION & COURSE MAPS

## Acknowledgements

We meet on the traditional lands of the Taungurung people, and pay our respects to their Elders past, present & emerging. The Taungurung people have a long association with the surrounding land and Nagambie waterways. Their country encompasses the area between the upper reaches of the Goulburn River and the waters flowing north from the Great Dividing Range. Nagambie in their language means lagoon or still waters, and we hope for still waters during our event. Lake Nagambie, on which we shall paddle, was formed from the old lagoon when the Goulburn weir was built in 1890.

## Course description - Singles 15km

1. Divisions 1-5, Canoes, Para. On-water start.
2. Consisting of 3 x 5km laps with no portage. Total distance 15km.
3. Start at beginning of straight, paddle to end of straight ~1km.
4. Turn left at end of straight and paddle through to Goulburn River ~0.5 km.
5. Turn left into the river and paddle upstream ~1km.
6. Turn at the river buoy and return back the way you came.
7. Avoid Relay Race while on the straight.

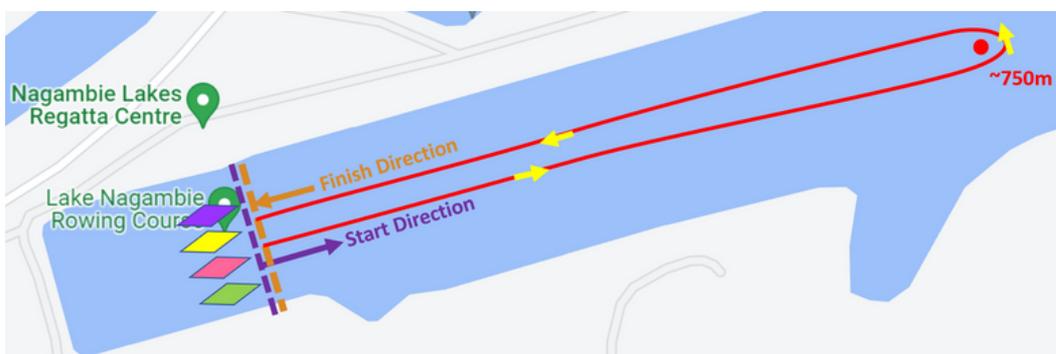
## Course description - Doubles Relay

1. Divisions 6-10, Canoes, Para. Teams of 4 paddlers (2 boats).
2. Teams drawn on the day to make teams as even as possible.
3. On-water starts. Total distance of 4km, consisting of 4 laps of 1km each with no portage. Each boat does 2 laps each.
4. The "number one" boats line up across the strait, with the "number two" boats behind them.
5. Change-over to the next boat in the relay occurs once the other boat in the team returns across the line.



## Course description - Paddle with the Stars

1. An experienced paddler to team up with a young and/or novice paddler in a TK2. Names drawn from a hat.
2. Four to six TK2/TC2's per Heat.
3. Total race distance 1.5 km – down to the end of the straight (~750m) and back (~750m).
4. Winner is the team with the fastest time.



## COVID-19

- Do not attend if you have symptoms, are unwell or have been instructed to isolate or quarantine.
- Maintain at least 1.5m physical distance between others.
- Observe face covering, cough etiquette and personal hygiene

Updated: 27/05/2022