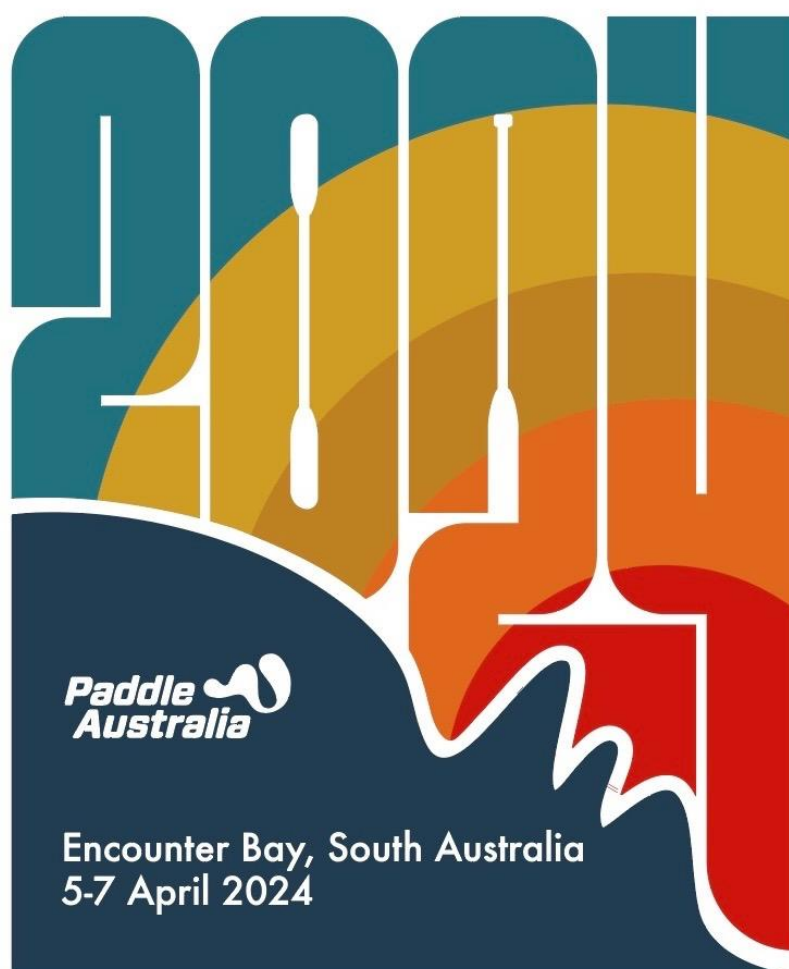


2024 Paddle Australia Canoe Marathon Championships & SUP Championships

Encounter Bay, South Australia, 5-7 April 2024



**CANOE AND SUP
MARATHON CHAMPIONSHIPS**

Proudly supported by:



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Note: This document is current on date of issue. Please check the event website for any updates.



ACKNOWLEDGEMENTS

We meet on the traditional lands of the Ngarrindjeri. The Ngarrindjeri are a clan of the Ramindjeri and we pay our respects to their Elders, past, present and emerging.

A special thank you is extended to all the event officials and volunteers, to the Organising Committee and to our venue hosts, Encounter Paddling.

Paddle South Australia and the 2024 Organising Committee appreciate and acknowledge the support of the City of Victor Harbor, Encounter Lakes Residents Group, Boulevard Café on the Lake, South Coast Sand and Civil, South Australian Paddling Clubs and the broader paddling and Victor Harbor community.

VENUE

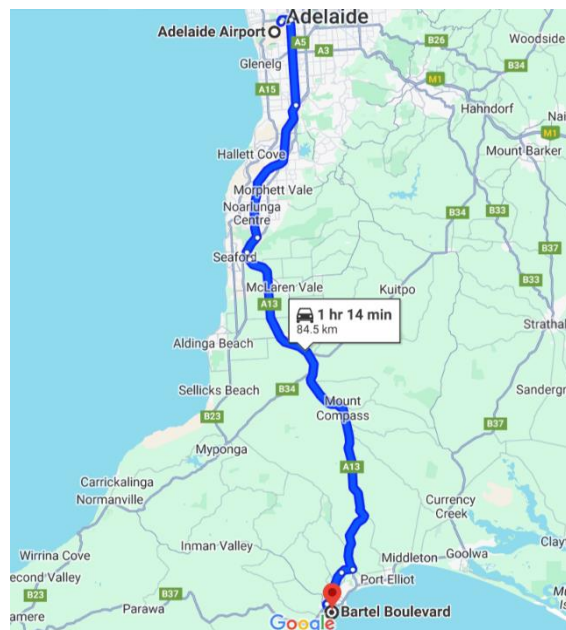
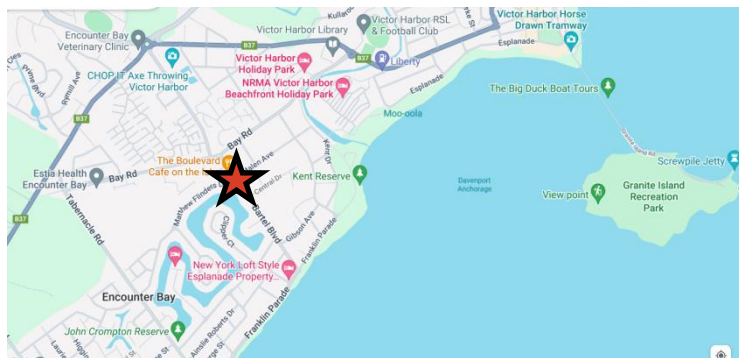
Encounter Lakes

Paddle SA along with Encounter Paddling would like to welcome paddlers, family, and friends to the 2024 Paddle Australia Canoe Marathon and SUP Championships. Encounter Paddling is a small club that became incorporated in the early 2000's when a small group of paddlers decided to formalise the club that paddle on Encounter Lakes but also have access to the beauty of the Southern Ocean. While small in number the club has enjoyed introducing many people to the sport of paddling flat water and ocean and have supported and encouraged club members to participate in many local, national and international events.

Location

Encounter Lakes are located on Bartel Boulevard, Encounter Bay, SA.

85 km from Adelaide Airport on the Fleurieu Peninsula on the outskirts of Victor Harbor.



PARKING

Parking is limited at the venue as it is situated in residential area. There is some limited parking on side streets nearby with some vacant land to the north that can be used near the hospital. Boat drop-off and trailer parking is off Matthew Flinders Drive. Trailer parking must be pre-arranged with the organising committee. There is NO parking for athletes or spectators in this area, or at the front of the café as this is specifically for café patrons.

ACCOMMODATION

There is a large range of accommodation options in the Encounter Lakes area including caravan parks, holiday rentals and Air BnB accommodation around the course. Many of these options would mean the possibility of a warmup walk to the course instead of the need to drive and park. So, book early to get the best deals.

BOAT STORAGE

Secure overnight boat storage will be provided from 4 to 7 April by prior arrangement with the organising committee through your state team leader. Please note capacity is limited.

FOOD

There is a café adjacent to the course and food and coffee vendors will be available on-site on competition days.

VOLUNTEERS

We are seeking race officials and volunteers to help us in a variety of roles throughout the championship event. Training will be provided in advance to assist in the safe and efficient management of the event.

To register as a volunteer, go to:

<https://www.webscorer.com/54807>

If you entered to race you can register to volunteer as part of your race registration.

Volunteer positions include:

- Check-in & boat numbers
- Portage
- Course officials
- Time keeping
- Raft marshal
- Boat control
- Scrutineering
- Traffic warden
- Pedestrian management
- Event setup / pack-down

If you are not sure about what role you might like to take on, please register and feel free to contact us to find out more.

All volunteers will be provided with a coffee and food voucher for each session they assist with, plus apparel for you to wear to identify you and as a souvenir of your efforts over the course of the event.

The rules governing the Canoe Marathon and SUP events can be found at:

- International Canoe Federation (ICF) rules: <https://www.canoeicf.com/rules>
- Paddle Australia (PA) competition policy: <https://paddle.org.au/about-us/documents-policies-and-bylaws/>
- PA Canoe Marathon Rules: <https://paddle.org.au/paddlesports/canoe-marathon/#rules>

As part of Paddle Australia's adoption of the National Integrity Framework Child Safeguarding Policy, all adult volunteers (18 years old and over) will be required to hold a valid Working with Children Check (or equivalent). Please provide details to PA for verification purposes.

REGISTRATION

- Register on-line via Webscorer at: <https://www.webscorer.com/54807>
- Early bird entries close: Midnight on Monday 26 February 2024.
- Standard entries close: Midnight on Wednesday 20 March 2024 (additional \$40 per competitor).
- Late entries: 8pm on Sunday 24 March 2024 (additional \$70 per competitor).
- NO entries on the day.

ENTRY FEES

AGE GROUP	EARLY BIRD FEE Closes 26 February 2024	STANDARD FEE Closes 20 March 2024	LATE FEE Closes 8pm 24 March 2024
Up to 12 years (1 event)	\$50	\$90	\$120
Up to 12 years (2+ events)	\$70	\$110	\$140
13-18 years (1 event)	\$70	\$110	\$140
13-18 years (2 events)	\$90	\$130	\$160
13-18 years (3+ events)	\$105	\$145	\$175
19-64 years (1 event)	\$90	\$130	\$160
19-64 years (2 events)	\$115	\$155	\$185
19-64 years (3+ events)	\$130	\$170	\$200
65 years and older (1 event)	\$70	\$110	\$140
65 years and older (2 events)	\$90	\$130	\$160
65 years and older (3+ events)	\$105	\$145	\$175

Note: Fees are based on the competitors age as of 1 January 2024.

REFUND POLICY

Paddle Australia's Refund Policy (2020): <https://paddle.org.au/wp-content/uploads/2020/05/20200508-POL-Refund-Policy.pdf>

If required, notice of event cancellation will be given to competitors via the email address supplied upon registration and will be made no later than **Tuesday 2 April 2024**.

NATIONAL TEAM SELECTION

To be eligible for selection all athletes must comply with the 2024 Selection Policy and the Selection Criteria Supplement, which will be available on the Paddle Australia website during the first week of March.

TIMETABLE (SUBJECT TO CHANGE BASED ON FINAL ENTRIES)

TIME	EVENT / ACTIVITY
THURSDAY 4 APRIL – COURSE SET-UP, TRAINING & BRIEFINGS	
9:00 am	Short and Long Courses set for Training
10:00 am-5:00 pm	Course open for training
12:00-4:00 pm	Boat control open (self-weighing of boats/SUPs)
4:30 pm	Team Leaders meeting
5:00 pm	Volunteers / Officials briefing
FRIDAY 5 APRIL – LONG COURSE & SUP SPRINT	
7:30 am	Boat number collection open
7:30-8:00 am	Course open for training
7:45 am	Volunteer briefing & radio collection Morning session
8:30 am	Long Course – Masters
11:00 am	Long Course – Juniors (under10 -16 + 18General class), Para
11:30 am	Medal presentations session1
12:45 pm	Volunteer briefing & radio collection Afternoon Session
1:30 pm	Long Course – U18, U23 and Open Women and Men K1 and C1
2:00 pm	Medal Presentations session 2
4:00pm	SUP sprints
4:15 pm	Medal Presentations Session 3
4:45pm	Medal Presentation SUP Sprints
4:45-5:30 pm	Course open for training

TIME	EVENT / ACTIVITY
SATURDAY 6 APRIL – LONG COURSE DOUBLES & SUP TECHNICAL	
7:30 am	Boat number collection open
7:30-8:00 am	Course open for training
7:45 am	Volunteer briefing & radio collection
8:30 am	Long Course Doubles – Masters (general & ICF)
11:00 am	Long Course Doubles – Juniors (U10 to U18 general); Para (general)
11:30 am	Medal presentations Session 1
1:30 pm	Long Course Doubles – U23 and Open Men's and Women's K2
2:00pm	Medal Presentations Session 2
3:45pm	SUP Technical Course
4:00 pm	Long Course presentations – U18 / U23 / Open / Para singles
4:30pm	Medal Presentations SUP Technical
4:30 -5:30 pm	Course open for training
SUNDAY 7 APRIL – SHORT COURSE and LONG COURSE MIXED DOUBLES & SUP LONG COURSE	
7:30 am	Boat number collection open
7:30-8:00 am	Course open for training
7:45 am	Volunteer briefing & radio collection
8:30 am	Long Course Mixed doubles
10:30 am	Long Course - SUP
11:00am	Long Course presentations – Mixed Doubles
12:30 pm	Volunteer briefing & radio collection
1:30 pm	SUP presentations
2:00 pm	Short Course– Junior (16,18) U23 and Open (general & ICF), Para
2:30 pm	Short Course–Masters, All Canoes
3:15pm	Short Course Presentations
3:30pm	Closing comments

RULES & POLICIES

- Paddle Australia Competitions Policy (2018): <https://paddle.org.au/wp-content/uploads/2019/02/20180617-POL-Competitions-Policy.pdf>
- Paddle Australia's Policies & Bylaws: <https://paddle.org.au/about-us/documents-policies-and-bylaws/>
- Paddle Australia's Extreme Weather and Conditions Policy (2020): <https://paddle.org.au/wp-content/uploads/2020/03/20200205-Extreme-Weather-and-Conditions-Policy.pdf>
- International Canoe Federation Canoe Stand Up Paddle (SUP) Competition Rules (from 2023): <https://www.canoeicf.com/rules>
- International Canoe Federation Canoe Marathon Competition Rules (from 2023): <https://www.canoeicf.com/rules>
- Paddle Australia Canoe Marathon Competition Rules (2020): <https://paddle.org.au/paddlesports/canoe-marathon/#rules>
- Paddle Australia 2024 Australian Canoe Marathon Team Selection TBA
- Paddle Australia's Photography and Social Media policies: <https://paddle.org.au/about-us/documents-policies-and-bylaws/> > General Policies.
- Paddle Australia's Remotely Piloted Aircraft policy: <https://paddle.org.au/about-us/documents-policies-and-bylaws/> > Competition Policies.

CHILD SAFEGUARDING

Paddle Australia has a zero-tolerance policy to child abuse and neglect in any form.

Paddle Australia is committed to safeguarding and promoting the welfare of children in paddling by providing a safe and inclusive environment and by ensuring that everyone involved in paddling is educated and informed of their responsibilities to protect and look after children.

To view the Paddle Australia Child Safeguarding Policy and other National Integrity Framework policies go to: <https://paddle.org.au/sport-integrity/>

AMALGAMATIONS

Paddle Australia Canoe Marathon Competition Rules (2020) state that:

- Where there are not sufficient entries or starters to contest a certain event, competitors can be moved into a relevant event.
- Juniors (18 and under) will not be amalgamated.
- Masters age groups will not amalgamate any further than ten (10) years and not change distance unless agreed by the competitors.

A contested class is a minimum of three (3) entries and two (2) starters.

Masters will be initially allocated 10-year age groups. These may be split into 5-year age groups if there are at least 3 paddlers in each class.

SHORT COURSE

SHORT COURSE DISTANCES

CLASS	GENERAL CLASS	ICF CLASS
K1 W U18	-	3.7.km (3, 2P)
K1 M U18	-	3.7.km (3, 2P)
C1 Open	-	3.7.km (3, 2P)
Para Open	-	3.7.km (3, 0P)
K1 W Open	-	3.7.km (3, 2P)
K1 M Open	-	3.7.km (3, 2P)
K1 W V35+	-	3.7.km (3, 2P)
K1 M V35+	-	3.7.km (3, 2P)

NOTES

- 1) W=Women's, M=Men's, X=Mixed.
- 2) C=Canoe, K=Kayak, Para.
- 3) S=Short Lap, L=Long Lap, P=Portage
- 4) No portage (0P) for General or Para classes (even if paddling ICF craft). No portage for V65+.
- 5) To be eligible for Australian Team selection for Short Course you must race in the OPEN age category.

The Short Course consists of three (3) short laps of approximately 1.2 km each, with a total race distance of 3.7 km. Portage is approximately 60m in length.

The start line is in the opposite direction to the long course but at the same position on the lake. The finish line is on the water just on from the portage lane as per the long course. Paddlers must only pass through the finish line buoys when finishing their race. Paddlers must keep the coloured buoys along the course to their left.

All ICF class paddlers must portage twice, at the end of the first and the second laps (with the exception of Para and V65+ classes, where there is no portage).

Upon finishing, paddlers should remain on the water in the middle of the course to avoid impacting another paddlers race. Wait for direction from the marshals to move back to the boat exit area at the beach. Once there is no race traffic, paddlers will be marshalled to disembark and proceed to scrutineering, if required.



LONG COURSE

Race Distances & Classes

The Long Course consists of multiple long laps (4 km each) followed by one short lap (1 km), with portage for ICF craft in designated classes. General, para & V65+ classes do not portage.

LONG COURSE DISTANCES		
Long Lap (L) = 4.0 km. Short Lap (S) = 1.0 km. Portage (P)		
CLASS	GENERAL CLASS	ICF CLASS
JUNIOR WOMEN		
K1 W U10	3.7 km (1L,0P)	-
K1 W U12	3.7 km (1L,0P)	-
K1 W U14	7.73 km (2L, 0P)	-
K1 W U16	7.73 km (2L, 0P)	11.75 km (3L, 2P)
K1 W U18	7.73 km (2L, 0P)	15.77 km (4L, 3P)
UC1/C1 W U18	7.73 km (2L, 0P)	11.75 km (3L, 2P)
TC1 W U18	7.73 km (2L, 0P)	-
SENIOR / PARA WOMEN		
K1 W U23	11.75 km (3L, 0P)	19.8 km (5L, 4P)
K1 W Open	11.75 km (3L, 0P)	23.82 km (6L, 5P)
C1 W U23	-	11.75 km (3L, 2P)
UC1/C1 W Open	7.73 km (2L, 0P)	11.75 km (3L, 2P)
Para W Open Gen/L1	7.73 km (2L, 0P)	7.73 km (2L, 0P)
Para W Open L2/L3	-	11.75 km (3L, 0P)
MASTERS WOMEN		
K1 W V35-44	11.75 km (3L, 0P)	15.77 km (4L, 3P)
K1 W V45-54	11.75 km (3L, 0P)	15.77 km (4L, 3P)
K1 W V55-64	11.75 km (3L, 0P)	15.77 km (4L, 3P)
K1 W V65-74	7.73 km (2L, 0P)	11.75 km (3L, 0P)
K1 W V75+	7.73 km (2L, 0P)	11.75 km (3L, 0P)
UC1/C1 W V35+	7.73 km (2L, 0P)	11.75 km (3L, 0P)
TC1 W V35+	7.73 km (2L, 0P)	-
MIXED		
K2 X U18	7.73 km (2L, 0P)	11.75 km (3L, 2P)
K2 X Open	7.73 km (2L, 0P)	11.75 km (3L, 2P)
K2 X V35-49	7.73 km (2L, 0P)	11.75 km (3L, 2P)
K2 X V50+	7.73 km (2L, 0P)	11.75 km (3L, 2P)
K2 X V65+	7.73 km (2L, 0P)	-
TC2 X Open	7.73 km (2L, 0P)	-

LONG COURSE DISTANCES		
Long Lap (L) = 4.0 km. Short Lap (S) = 1.0 km. Portage (P)		
CLASS	GENERAL CLASS	ICF CLASS
JUNIOR MEN		
K1 M U10	3.7 km (1L,0P)	-
K1 M U12	3.7 km (1L,0P)	-
K1 M U14	7.73 km (2L, 0P)	-
K1 M U16	7.73 km (2L, 0P)	11.75 km (3L, 2P)
K1 M U18	7.73 km (2L, 0P)	19.8 km (5L, 4P)
UC1/C1 M U18	7.73 km (2L, 0P)	15.77 km (4L, 3P)
TC1 M U18	7.73 km (2L, 0P)	-
SENIOR / PARA MEN		
K1 M U23	15.77 km (4L, 0P)	23.82 km (6L, 5P)
K1 M Open	15.77 km (4L, 0P))	27.84 km (7L, 6P)
C1 M U23	-	19.8 km (5L, 4P)
UC1/C1 M Open	11.75 km (3L, 0P)	23.82 km (6L, 5P)
Para M Open Gen/L1	7.73 km (2L, 0P)	7.73 km (2L, 0P)
Para M Open L2/L3	-	11.75 km (3L, 0P)
MASTERS MEN		
K1 M V35-44	15.77 km (4L, 0P)	19.8 km (5L, 4P)
K1 M V45-54	15.77 km (4L, 0P)	19.8 km (5L, 4P)
K1 M V55-64	15.77 km (4L, 0P)	19.8 km (5L, 4P)
K1 M V65-74	11.75 km (3L,0P)	15.77 km (4L,0P)
K1 M V75+	11.75 km (3L,0P)	15.77 km (4L,0P)
UC1/C1 M V35+	11.75 km (3L,0P)	15.77 km (4L,0P)
TC1 M V35+	11.75 km (3L,0P)	-
MIXED		
		-
		-
		-

NOTES

- 1) W=Women's, M=Men's, X=Mixed.
- 2) L=Long lap (4km), S=Short Lap (1 km), P=Portage (0P=no portage, 1P=one portage etc.).
- 3) ICF classes: C=ICF Canoe, K=ICF Kayak, Para (VL, KL). Anyone can paddle in the ICF class events. Paddlers in ICF craft seeking Australian team selection (including Masters up to age 64) must paddle ICF class. U16 seeking Australian team selection must enter as U18.
- 4) General classes are open to all boat types: C=Canoe (C, TC, UC, OC, Va'a), K=Kayak (K, TK, Ski), Para. Where UC=unrestricted canoe and OC = outrigger
- 5) Same distances for singles and doubles. Mixed crews generally paddle same distance as women.
- 6) No portage for General classes (even if paddling ICF K or C craft). No portage for Para class. No portage for V65+.
- 7) 10-year age groups for Masters/Vet, unless sufficient numbers to constitute both 5-year sub-groups (i.e. 3 or more paddlers).
- 8) Separate classes for TC and C/UC assuming sufficient numbers for contested classes for both.

The start line is approximately 200m from the embarkation point on the portage beach. The start is in an easterly direction from a point in the reserve to a point across the lake. The finish is in a westerly direction through gates marked out just beyond the portage beach. Paddlers must only pass through the finish line buoys (red) when finishing their race.


Paddlers must keep the coloured buoys along the course to their left. There will be 2 orange buoys off the start line that can be ignored on the start (lap 1) but must be kept to the left for all remaining laps.

Finish gate will be marked with red buoys.

Fri 5th - Sun 7th April 2024
Championship Course, Official
 First Lap, Start to portage = 3,707m
 Full lap = 4,022m

- Permanent Buoys
- Buoys, only after lap 1
- Buoy, last lap turn to finish





Upon finishing, paddlers should remain in the centre of the waterway, beyond the finish line. Once there is no race traffic, paddlers should turn around and then follow the directions of marshals to the portage area to disembark and proceed to scrutineering, if required.

The ICF Class races are selection races for the Australian team. The U16 age group can enter the ICF class event which has a single portage, however if an U16 competitor wishes to try out for selection to the Australian Team to compete at the World Championships, they must enter the U18 event.

Portage

Portage is only for ICF singles and doubles classes, from U16 to V55-64. General, V65+, para and SUP classes do not portage (refer to Race Distances & Classes above).

Number of long laps	Number of portages	ICF kayak classes	ICF canoe classes
7	6	Open M	-
6	5	Open W, U23 M	Open M
5	4	U23 W, U18 M, Masters M	U23 M
4	3	U18 W, Masters W	U18 M, Masters M
3	2	U16 W, U16 M	U18 W, U23 W, Open W, Masters W

The portage is a beach entry and exit with a short 60 metre run on a mixture of hard and soft sand.



Paddlers will portage twice during the Short Course, at the end of the first and second laps.

Race Distance	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
27.84 km	Portage	Portage	Portage	Portage	Portage	Portage	
23.82 km	Portage	Portage	Portage	Portage	Portage		
19.8 km	Portage	Portage	Portage	Portage			
15.77 km	Portage	Portage	Portage				
11.75 km	Portage	Portage					

Note: For the ICF Mixed Doubles on Sunday (11.75km) there will be 2 portages.

STAND UP PADDLE (SUP) COURSES

The SUP Competition will consist of three (3) main events: Sprint, Technical and Long Distance. Competitors can choose to do one or more of the SUP events.

SUP EVENT DISTANCES	
CLASS	DISTANCE
SUP TECHNICAL COURSE	
All Classes	1850 m
SUP SPRINT COURSE	
All Classes	200 m
SUP LONG COURSE	
All Classes	11.75 km
NOTES	
L=Long lap (4km), S=Short Lap (1 km)	

SUP Technical Course

The SUP Technical race consists of a number of left and right-hand turns as given in the diagram below, with a total distance of approximately 1850m.

Paddlers will start at the same start line as for the long course but head back towards the portage beach area. Green buoys will mark the course with a sharp right hand turn at buoy 1, left at buoy 2, right at buoy 3, left at buoy 4 then head into the portage lane. That is lap one. Head out of the portage to the green buoy near the start line, left around that and repeat the first lap with a run to finish at the end of the portage beach.



SUP Sprint Course

The SUP Sprint race is a straight-line course starting at the same start line as the technical course and heading towards the portage beach. Finish line is 200m from start line.



SUP Long Distance Course

The SUP long distance race is a lap circuit course and will follow the Long Course (as given in the *Long Course* section). The overall distance for the SUP Long Distance Course is 11.75 km. There is NO portage.

PERSONAL SAFETY EQUIPMENT

Life Jackets / PFDs

Every competitor in all craft types must have access to a proper fitting life jacket (Type 1, 2 or 3). While we have an exemption from the requirement to wear life jackets / personal flotation devices, correctly fitted life jackets 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 due to weather conditions.

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.

LIFEJACKET TYPES

Lifejackets come in a variety of types with different characteristics and are also referred to as PFDs (personal flotation devices)

Type 1 – Level 100 Lifejacket

A lifejacket Type 1 provides a high level of buoyancy and keeps the wearer in a safe floating position. They are made in high visibility colours with reflective patches.



Type 2 – Level 50 Lifejacket

A lifejacket Type 2 is a buoyancy vest. It provides less buoyancy than a lifejacket Type 1 but sufficient to keep you afloat.



Type 3 – Level 50S Lifejacket

A lifejacket Type 3 is a buoyancy garment. It has similar buoyancy to a lifejacket Type 2 but is manufactured in a wide variety of colours and is shaped or equipped for particular activities.



SUP Leash

All SUP competitors are required to have access to a leash to attach the athlete to their board. Competitors may be required to use the leash during events, depending on weather and/or river conditions.

UNIFORM

Canoe and kayak competitors must wear their club or state uniform during their events and at medal presentations.

SUP competitors are strongly encouraged to wear their club or state uniform during their events and at medal presentations.

MEDALS

Medals will be awarded as per the Paddle Australia Competition Policy, Section 9 - Awards.

TROPHIES

Several trophies will be awarded at the event. These are detailed in full in the *Paddle Australia Canoe Marathon Competition Rules*.

Frank Whitebrook Trophy

The Frank Whitebrook Trophy, first presented in 1984, is awarded to the state or territory who amass the most points over every race during the event.

Halford Challenge Trophy

The Halford Challenge Trophy, first presented in 1998, is scored across international boat classes in both men and women in the Open, Under 23, Under 18 and Masters 35 classes. Each state or territory Team Leader must nominate two (2) boats in each of these classes to be considered for the award.

Coulthart Trophies

The Coulthart Trophies, first presented in 1991, are awarded to the best performing Under 16 male and female paddlers across both classes.

SUSTAINABILITY

The sustainability of the environment is a key issue for all paddlers. That is why Paddle Australia work to advocate with local, state, and federal government to ensure that the quality of the water we paddle on, and the outdoor environment we all enjoy, is maintained, and improved.

Recycling bins will be provided for the event.

There are some water fountains available in the area for paddlers, spectators, and volunteers to use. So, bring along your own water bottles and drink systems.

MERCHANDISE

Event t-shirts, hoodies, caps and rashies will be available for competitors, friends and family through Plus Printing.

To order go to:

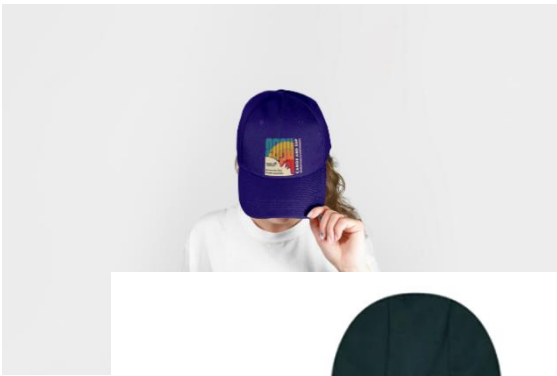
[National Canoe and Sup Marathon Championships – Plus Printing](#)

ITEM	STYLE	PRICE
Rashie	Unisex	\$50
Cap	Unisex	\$15
T-shirt	Mens	\$35
Polo	Unisex	\$45
Hoodie	Unisex	\$60
Sweater	Unisex	\$60

The event logo will be on the front/ back of the merchandise depending on your choice or apparel. Images are an example only.

Competitors can order merchandise as part of the registration process.

Disclosure: A commission will be earnt on merchandise sales.



MEDICAL

Hospitals

- South Coast District Hospital, 50 Harbour View Terrace, Victor Harbor SA 5211

First Aid

- A First Aid station will be available at the venue.
- If you wish you may provide information that might assist medical personnel in an emergency. This information will be returned or destroyed after the event.

Anti-Doping

- Competitors, officials, volunteers and support persons must comply with Australian National Anti-Doping Policy: <https://www.sportintegrity.gov.au/what-we-do/anti-doping/2021-world-anti-doping-code/australian-national-anti-doping-policy>

COVID-19

- The event will operate under the South Australian Government COVID Safe guidelines.
- Do not attend if you have symptoms, are unwell or are required to isolate.
- Observe face covering, cough etiquette, physical distancing and personal hygiene measures.

TOURISM



Victor Harbor is situated on the beautiful Fleurieu Peninsula approximately 85km/ 1hour 20mins south of Adelaide. A seaside town set on spectacular Encounter Bay, so named after Matthew Flinders and Nicholas Baudin had a peaceful meeting in the waters just off the coastline. If you are a ski/ sea kayak paddler you may wish to bring this craft with you and make the most of what is on offer just a 5-minute walk from the course.



The city and surrounds offer visitors the chance to explore popular beaches, surf breaks, Granite Island and the famous horse-drawn tram, the historic steam propelled “[Cockle Train](#)”, that can take you from Victor Harbor through to Goolwa and return and indulge in a variety of food and wine.

There are many other opportunities to see our wonderful back yard with local walks including parts of the [Heysen Trail](#), boat tours to the internationally renowned [Coorong](#), [The Big Duck Boat tours](#) to see what the waters off Victor Harbor have to offer, or perhaps take in a spot of fishing. If you prefer a quieter way of life and wish to try some of our local wines the McLaren Vale and Langhorne Creek wine areas are just a short drive away.



We encourage all competitors and spectators to make the most of their visit to the Fleurieu region and visit its attractions. Here are some links to give you some inspiration or ask a friendly local when you arrive.

Victor Harbor: <https://visitvictorharbor.com/>

Broader Fleurieu: <https://fleurieupeninsula.com.au/>



WEATHER & WATER

Weather Averages

Victor Harbor for April:

Mean maximum temperature	21.4 °C
Mean minimum temperature	10.4 °C
Mean rainfall	35 mm
Mean number of days of rain ≥ 1 mm	6.4 days
Mean 9am wind speed	7.5 km/h
Mean 3pm wind speed	11.7 km/h

Source: Bureau of Meteorology

Please bring along appropriate clothing for the day: waterproof jackets and warm clothes if it is likely to rain; sun protection if it is 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 2 hours or more often if exercising.
- SLAP on a broad-brimmed hat that shades your face, neck and ears.
- SEEK shade.
- SLIDE on sunglasses.

Sunrise and Sunset



	Thu 4 Apr	Fri 5 Apr	Sat 6 Apr	Sun 7 Apr
Sunrise	7:31am	7:32am	7:33am	6:33am
Sunset	7:06pm	7:04pm	7:03pm	6:01pm

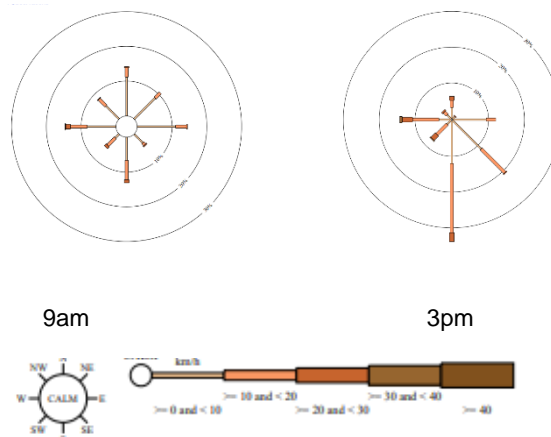
Source: Geoscience Australia

NB: Daylight savings concludes Sunday 7 April



Wind Roses

(Wind direction vs Wind Speed)



Alert SA

- Alert SA <https://www.alert.sa.gov.au/> is a centralised website to find emergency information and warnings.

Useful links

- Bureau of Meteorology (BoM) Weather app on [Google Play](#) or [Apple App Store](#)
- Weather Forecast (Victor Harbor): <http://www.bom.gov.au/sa/forecasts/victor-harbor.shtml>



CONTACT INFORMATION

RACE OFFICIALS	NAME/S
Chief Official	John Young
Deputy Chief Official	tba
Chief Course Umpires	tba
Safety Officers	tba
Chief Finish Line Judge	Bob Turner
ICF Technical Delegate	Jerry Dunn
Competition Managers	Marc Brehin/ Cathy Venning
Volunteer Coordinators	Leanne McKenzie/ Trevor Jew

TEAM LEADERS	
VIC	Michael Osborn
SA	Michael Arthur
WA	Doug Hodson
QLD	TBC
NSW / ACT	James Harrington

ORGANISING COMMITTEE	NAME	CONTACT
Chair & PA liaison	David Heard	sa@paddle.org.au
Committee Members	Marc Brehin	
	Tony Sims	
	Mark Bulmer	
	Ian Hume	
	Jim Murphy	
	Martin Finn	

Competition Committee

The Competition Committee consists of the Chief Official, Chief Course Umpire and Safety Officer.

Website

Stay up to date with the latest information on the event website:

[2024 PA National Canoe and SUP Marathon Championships](#)

Facebook

Follow us on the Facebook:

<https://www.facebook.com/paddlesouthaustralia>

https://www.facebook.com/events/7151289591599165/?active_tab=discussion

Version

This document is current at date of issue. Please check the event website for any updates.