

### 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.

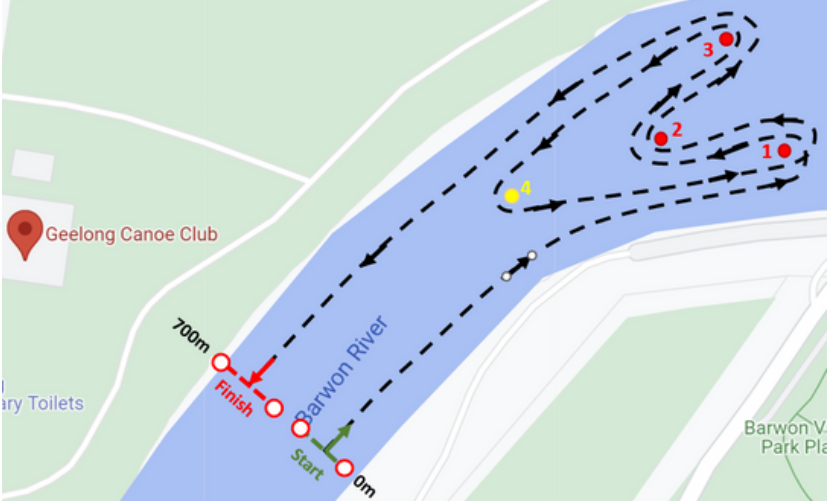
#### SUP Sprint Course

The SUP Sprint race is a straight-line course starting 200 meters upstream of the Geelong Canoe Club and finishing directly in front of the Geelong Canoe Club in a downstream direction.



#### 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 700m. Paddlers will start directly in front of the Geelong Canoe Club, head downstream to buoy 1 for a left-hand turn, then a right-hand turn around buoy 2, followed by a left-hand turn around buoy 3. Paddlers will then head towards buoy 4, before paddling back to buoys 1, 2 and then 3. Paddlers will then proceed upstream to the finish line located directly in front of the Geelong Canoe Club.



#### SUP Long Distance Course

The SUP Long Distance race is a lap circuit course and will follow the marathon Long Course as described in Newsletter#8. The overall distance for the SUP Long Distance Course will depend on the paddlers age. There is NO portage.

#### SUP Relay

The SUP Relay race is a five (5) lap circuit course and will follow the marathon Short Lap (approximately 1 km) as described in Newsletter#8. The overall distance for the SUP Relay is approximately 5km. There is NO portage. Two (2) to five (5) SUP paddlers make up the team (where a team member can do multiple legs, but not two legs in a row). Paddlers will start in the upstream direction. On completion of their lap, paddlers will tag (high-five) each other on the river near the start/finish line. Paddlers will finish in the downstream direction (noting the final lap will be slightly shorter than the others).

#### SUP Competition Rules

Please refer to the International Canoe Federation Canoe Stand Up Paddle (SUP) Competition Rules (2023): [https://www.canoeicf.com/sites/default/files/2023\\_icf\\_competition\\_rules\\_sup\\_final.pdf](https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_sup_final.pdf)