

2023 Oceania & Paddle Australia Canoe Marathon Championships & SUP Championships

Geelong, Victoria, 6-10 April 2023



Proudly supported by:



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Changes from Version 1

Geelong City Council logo; Site diagram; PA requirement for WWCC; Link to 2023 Australian Marathon Team Selection; Daily volunteer briefings & radio pick-up schedule; SUP sprint at 3:30pm; Long Course singles presentations for U18/U23/Open/Para at 4:00pm; K4/C4/Sup relay at 10:30am; Monday presentations at 12:00pm with event closing at 12:30pm; Course maps (and text) to reflect the finish line and holding area being closer to the bank (except for the K4/C4/Sup relay); C4 distance 1 x 6km loop; ICF mixed doubles on Monday are 13km but maintain 2 portages; All SUP Long Course distances are 13km.

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

INVITATION

On behalf of Paddle Australia (PA), I would like to welcome all competitors and team supporters to the 2023 Oceania and Paddle Australia Canoe Marathon and SUP Championships being held from Thursday 6th to Monday 10th April 2023. I extend a very special welcome to our international paddling friends from the Oceania region.

It is wonderful to see Canoe Marathon and SUP combining for these championships. Canoe Marathon, as one of the largest disciplines in Australia, has a long history of developing both participation and competition in paddling. For the fast-growing discipline of SUP, these will be the very first Oceania Championships. PA is proud to be able to conduct these inaugural championships and know that they will be the first of many future Oceania events.

The venue in Geelong, on the beautiful Barwon River, will provide great racing in a parkland setting close to the city. Geelong Canoe Club and Paddle Victoria Marathon are experienced event organisers and looking forward to hosting you. We encourage you can stay longer to enjoy this part of Victoria following the championships.

Oceania Championships are an opportunity to race against new competitors and to form new friendships. PA invites you to be part of an event that will showcase the best of paddling, both on and off the water.

With best wishes for a successful competition,

Andrea McQuitty

President, Paddle Australia



ACKNOWLEDGEMENTS

We meet on the traditional lands of the Wadda Wurrung people, and we pay our respects to their Elders, past and present. A special thank you is extended to all the event officials and volunteers, to the Organising Committee and to our venue hosts, the Geelong Canoe Club.

Paddle Victoria and the 2023 Organising Committee appreciate and acknowledge the support of the Victorian Government for the event through the Significant Sporting Events Program, Barwon Water for providing hydration facilities, the City of Greater Geelong for event sponsorship, and the Corangamite Catchment Management Authority for event approvals.

WELCOME

I am honoured to have been invited to send a message to all the competitors from the Oceania region and to show my support for the 2023 Oceania and Paddle Australia Canoe Marathon and SUP Championships.

My paddling career began in 1978 when a teacher at school challenged some students to complete the Murray Marathon. I fell in love with the discipline and the challenges that marathon paddling presented. I enjoyed and looked forward to the training sessions and cherished the lifelong friendships that I developed.

My first Australian championships were in Perth in 1985, and as a 19-year-old I was in awe of the opportunity to travel and experience new things and compete against the best in the country.

I was lucky enough to be selected for my first Australian Canoe Marathon Team in 1985 and travelled to Luxembourg for the World Cups Championship (now known as the World Championships).

I realised that if I was to succeed at the highest level, I needed to commit to a meticulous training program. I feared missing a session knowing that my competitors were out there somewhere training, improving. I gained tremendous motivation from my training partners and fellow competitors who were all so willing to share their knowledge of training and racing.

At my first World Champs I felt nervous, but calm and confident that I had trained and prepared well. My coach and peers had helped me so much and it was up to me to execute the plan and have confidence in my preparation. This included training specifically for 1km+ long portages which were included in the Worlds race. The training paid off and my drills of running around the local park with my kayak paid off with a win!

The 1980s and 90s were a golden period for Australian marathon paddling and Victoria was the epicentre of excellence. Kayak paddlers from other states moved to Melbourne to join training squads that pushed them to become world class athletes. It was very much a case of success breeds success and when a significant achievement is made, it has far reaching impacts on the paddling community in the area.

Paddling took me to many parts of the world and gave me a great foundation for success in adventure racing and my employment career. To this day, paddling still provides regular exercise, motivation, and adventure in my life, with a paddling trip planned later this year to northern Norway.

I highly encourage all paddlers to take part in these 2023 championships and help make them the most successful in recent years.

John Jacoby



John Jacoby

- Twice winner of the K1 ICF World Cup Canoe Marathon Championships
- Twice winner of the K1 ICF World Canoe Marathon Championships
- Winner of the Sella Descent, Spain
- Multiple winner of NZ's Coast to Coast
- Member of the Paddle Australia Hall of Fame
- Recipient of the Paddle Australia Olgas Truchanas Award

VENUE

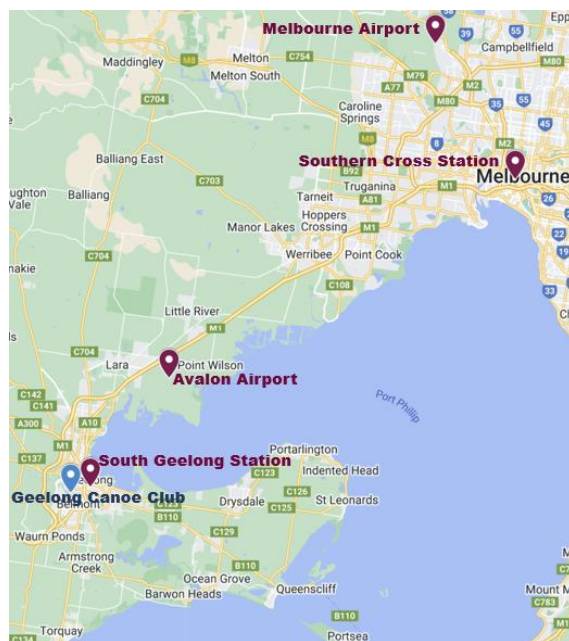
Geelong Canoe Club

The Geelong Canoe Club would like to welcome paddlers, family, and friends to the 2023 Oceania and Paddle Australia Canoe Marathon and SUP Championships. The Geelong Canoe Club started on the banks of the Barwon River back in 1981 when a few interested paddlers met and decided it was a good idea to form a club. From that very first day, the club has enjoyed introducing many people to the sport of paddling and supported club members who have been Australian representatives at the World Championships. Some of those members are still active in the club today and continue to demonstrate the love of this sport. The Geelong Canoe Club hopes that everyone enjoys the event and have allowed a few hours, or days, to explore this beautiful area here in Geelong, the Surf Coast and Bellarine Peninsula.

Location

The Geelong Canoe Club is located on Marnock Rd, Newtown VIC 3220, and is approximately:

- 93 km from Melbourne (Tullamarine) Airport
- 84 km from Southern Cross Railway Station in Melbourne
- 34 km from Avalon Airport
- 3 km from South Geelong Railway Station



Parking is available to the north of the canoe club in the Marnockvale Reserve or in the nearby streets. Boat drop-off and trailer parking is to the south of the canoe club. There is NO parking for athletes or spectators in this area.

ACCOMMODATION

There is a large range of accommodation options in the Geelong area including caravan parks and motels. So, book early to get the best deals.

BOAT STORAGE

Secure overnight boat storage will be provided from 6 to 10 April by prior arrangement with the organising committee through your state team leader. Please note capacity is limited.

FOOD

Food and coffee vendors will be available on site from Thursday to Monday. Barwon Water will be providing a hydration station to re-fill water bottles.



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/register?raceid=289054>.

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

Volunteer positions include:

- First aid
- Safety boat driver
- Safety boat crew
- Check-in & boat numbers
- Portage
- Turn buoy
- Time keeping
- Raft marshal
- Scrutineering
- Traffic warden
- Pedestrian management
- Event setup / set-down



A document summarising the roles and responsibilities for the race officials and volunteer positions, including several training videos, is available at: <https://vic.paddle.org.au/sample-page/competition/marathon/> then go to "Volunteers & Officials".

All volunteers will be provided with a coffee and food voucher and will be entered into a raffle for each session they assist with. The raffle will be drawn at the conclusion of the event. All volunteers will receive a hat for sun protection. Volunteers that register for 2 or more sessions prior to 19 March 2023 will also receive an event polar fleece vest.

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) from 1 April 2023, and provide details to PA for verification purposes.

REGISTRATION

- Register on-line via Webscorer at:
<https://www.webscorer.com/register?raceid=213872>
- Entries open: Thursday 1 December 2022.
- Early bird entries close: Midnight on Saturday 25 February 2023.
- Standard entries close: Midnight on Saturday 19 March 2023 (additional \$40 per competitor).
- Late entries: 8pm on Thursday 23 March 2023 (additional \$70 per competitor).
- NO entries on the day.



ENTRY FEES

AGE GROUP	EARLY BIRD FEE Closes 25 February 2023	STANDARD FEE Closes 19 March 2023	LATE FEE Closes 8pm 23 March 2023
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 2023.

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 4 April 2023**.

NATIONAL TEAM SELECTION

Paddle Australia's Selection Procedures Policy (2023): <https://paddle.org.au/wp-content/uploads/2023/02/20230210-Selection-Procedures-Policy-final.pdf>

To be eligible for selection all athletes must comply with the policy, in particular clause 6 "Eligibility", and register for ICF class events.

The 2023 Australian Canoe Marathon Team Selection Criteria Supplement is available at:
<https://paddle.org.au/paddlesports/canoe-marathon/#selection-info>

TIMETABLE

TIME	EVENT / ACTIVITY
THURSDAY 6 APRIL – COURSE SET-UP, TRAINING & BRIEFINGS	
9:00 am	Short, Long and SUP Technical 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 7 APRIL – SHORT COURSE & SUP TECHNICAL	
7:30 am	Boat number collection open
7:30-8:00 am	Short Course & SUP Technical Course open for training
7:45 am	Volunteer briefing & radio collection
8:00 am	Team information briefing (conducted by Team Managers)
8:30 am	Short Course – U16 / U18 Women K1
9:00 am	Short Course – U16 / U18 Men K1
9:30 am	Short Course – Junior / Open C1; Para
10:00 am	Short Course – Open Women K1
10:30 am	Short Course – Open Men K1
11:00 am	Short Course – Masters Women K1
11:30 am	Short Course – Masters Men K1
12:00 pm	Short Course – Junior mixed K4 interstate challenge (no portage)
12:30 pm	Short Course – Junior mixed TK2/TC2 relay (no portage)
12:45 pm	Volunteer briefing & radio collection
1:00 pm	Short Course presentations
1:00 pm	SUP paddler briefing
1:30 pm	SUP Technical event heats
3:30 pm	SUP Technical event finals
4:30 pm	SUP presentations
4:30-5:30 pm	Long Course and SUP Sprint Course open for training

TIME	EVENT / ACTIVITY
SATURDAY 8 APRIL – LONG COURSE SINGLES & SUP SPRINTS	
7:30 am	Boat number collection open
7:30-8:00 am	Long Course and SUP Sprint Course open for training
7:45 am	Volunteer briefing & radio collection
8:30 am	Long Course singles – Juniors (U10 to U18 general); Para (general)
10:00 am	Long Course singles – Masters (general & ICF); U16 (ICF)
11:45 am	Volunteer briefing & radio collection
12:30 pm	Long Course singles – U18 / U23 / Open (ICF K1/C1); Para (ICF KL)
1:00 pm	Long Course presentations – Juniors / Para singles
1:30 pm	Long Course presentations – Masters singles
3:30 pm	SUP Sprint heats
4:00 pm	Long Course presentations – U18 / U23 / Open / Para singles
4:15 pm	SUP Sprint Finals
5:00 pm	SUP Sprint presentations
5:00-5:30 pm	Long Course open for training
SUNDAY 9 APRIL – LONG COURSE DOUBLES & SUP LONG COURSE	
7:30 am	Boat number collection open
7:30-8:00 am	Long Course open for training
7:45 am	Volunteer briefing & radio collection
8:30 am	Long Course doubles – Juniors (U12 to U18 general); Para (general)
10:00 am	Long Course doubles – Masters (general & ICF)
10:00 am	Long Course - SUP
11:45 am	Volunteer briefing & radio collection
12:30 pm	Long Course doubles – U18 / Open (ICF K2/C2)
12:30 pm	Long Course singles – Para (ICF VL)
1:00 pm	Event lunch and presentations
1:00 pm	Long Course presentations – Juniors / Masters / Para doubles
1:30 pm	Long Course presentations – Masters doubles & SUP
3:30 pm	Long Course presentations – U18 / Open doubles & Para & Trophy presentations
MONDAY 10 APRIL – LONG COURSE MIXED DOUBLES, K4/C4 & SUP RELAY	
7:30 am	Boat number collection open
7:30-8:00 am	Long Course open for training
7:45 am	Volunteer briefing & radio collection
8:30 am	Long Course mixed doubles (general and ICF)
10:30 am	Long Course mixed K4 / C4 interstate challenge
10:30 am	SUP Relay
12:00 pm	Mixed doubles, K4/C4 & SUP Relay presentations
12:30 pm	Event close. See you next year in South Australia

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 (2023): <https://www.canoeicf.com/rules>
- International Canoe Federation Canoe Marathon Competition Rules (2023): <https://www.canoeicf.com/rules>
- Paddle Australia Canoe Marathon Competition Rules (2020): <https://paddle.org.au/paddlesports/canoe-marathon/#rules>
- Paddle Australia 2023 Australian Canoe Marathon Team Selection Criteria Supplement (2023): <https://paddle.org.au/paddlesports/canoe-marathon/#selection-info>
- 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	-	3.4 km (3S, 2P)
K1 M U18	-	3.4 km (3S, 2P)
C1 Open	-	3.4 km (3S, 2P)
Para Open	-	3.4 km (3S, 0P)
K1 W Open	-	3.4 km (3S, 2P)
K1 M Open	-	3.4 km (3S, 2P)
K1 W V35+	-	3.4 km (3S, 2P)
K1 M V35+	-	3.4 km (3S, 2P)
K4 X U18 interstate	4.0 km (1L, 0P)	-
TK2/TC2 X U18 relay	3.4 km (3S, 0P)	-

NOTES

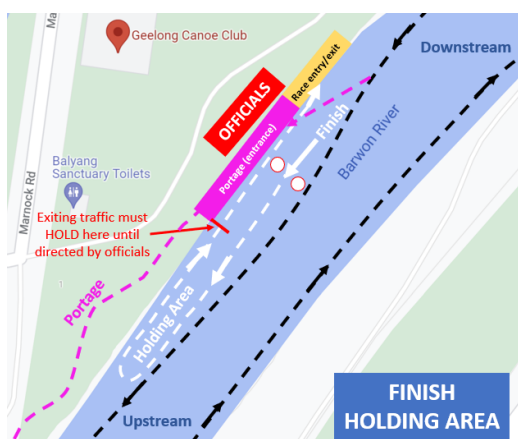
- 1) W=Women's, M=Men's, X=Mixed.
- 2) C=Canoe, K=Kayak, Para.
- 3) S=Short Lap, L=Long Lap, P=Portage
- 4) No portage (0P) for General or Para classes (even if paddling ICF craft). No portage for V65+.
- 5) To be eligible for Australian Team selection for Short Course you must race in the OPEN age category.

The Short Course consists of three (3) short laps of approximately 1.1 km each, with a total race distance of 3.4 km. Portage is approximately 200m in length.

The start/finish line is directly in front of the Geelong Canoe Club. The start is in the upstream direction and is an imaginary line between the pole in front of the Officials marquee and the post on the opposite (southern) bank. The finish is also in the upstream direction. 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 in the holding area near the bank of the river, upstream from the finish line. Once there is no race traffic, paddlers will be marshalled to the landing area (downstream of portage) to disembark and proceed to scrutineering, if required.



Junior TK2/TC2 Relay

The Junior TK2/TC2 relay will follow the Short Course layout and consist of three (3) short laps of approximately 1.1 km each, with a total race distance of 3.4km. There is NO portage.

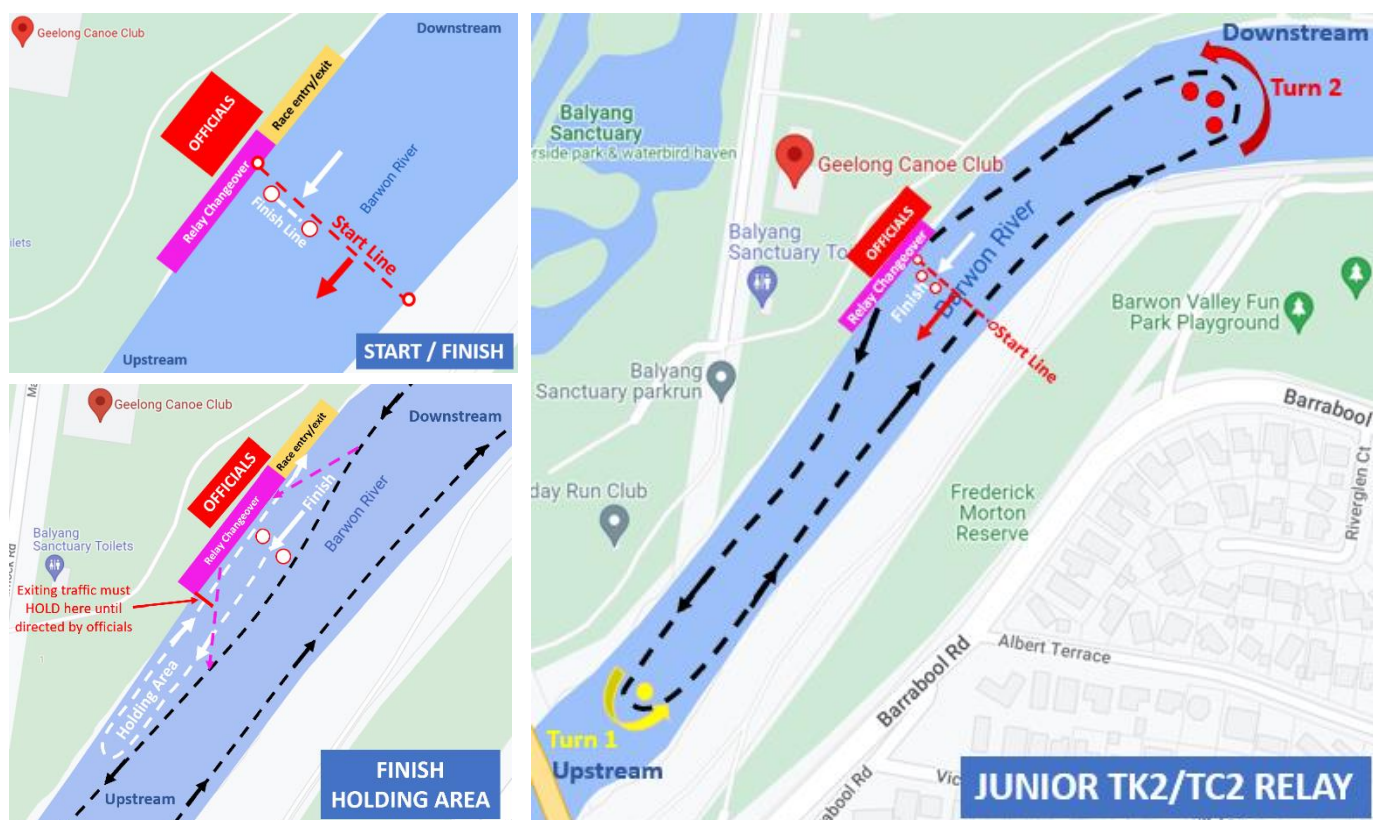
Each team will consist of three mixed (3) crews, consisting of up to six (6) paddlers with at least half the crew being female. Each crew will complete one short lap, with at least one paddler changing at each lap. Teams can be formed by having team members from any club or state/territory.

The start/finish line is directly in front of the Geelong Canoe Club. The start is in the upstream direction and is an imaginary line between the pole in front of the Officials marquee and the post on the opposite (southern) bank.

Crew changes will be at the dock in front of the Geelong Canoe Club.

The finish is also in the upstream direction. 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.

Upon finishing, paddlers should remain in the holding area near the bank of the river, upstream from the finish line. Once there is no race traffic, paddlers will be marshalled to the landing area (downstream of portage) to disembark.



Junior K4 Interstate Challenge

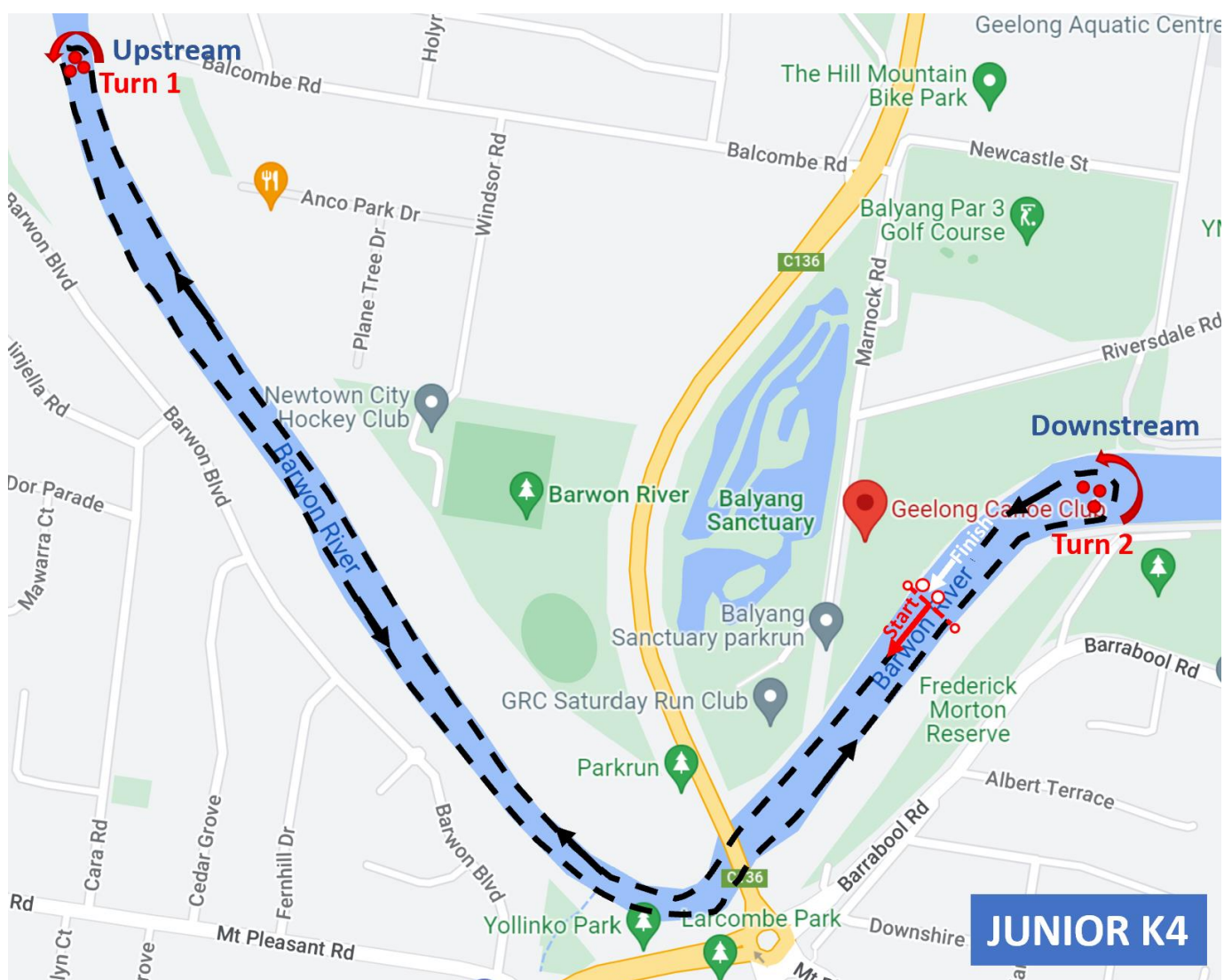
The Junior K4 Interstate Challenge is one lap of the Long Course (approximately 4km). There is NO portage. Paddle Victoria will arrange for the provision of K4 boats for the event which will be allocated via ballot. However, other states/territories can provide their own K4.

The race is a mixed team event, meaning that at least 50% of the crew must be female. Each boat represents a particular state/territory. Paddlers from a different state/territory can paddle as part of another team but must be aware that they will be paddling for that state.

The start/finish line is directly in front of the Geelong Canoe Club. The start is in the upstream direction and is an imaginary line between the pole in front of the Officials marquee and the post on the opposite (southern) bank.

Paddlers must keep the coloured buoys along the course to their left. Turn 1 will be a tight turn for the K4, so go wide for the turn.

The finish is also in the upstream direction. Paddlers must only pass through the finish line buoys when finishing their race. Upon finishing, paddlers should remain in the holding area near the bank of the river, upstream from the finish line. Once there is no race traffic, paddlers will be marshalled to the landing area (downstream of portage) to disembark.



LONG COURSE

Race Distances & Classes

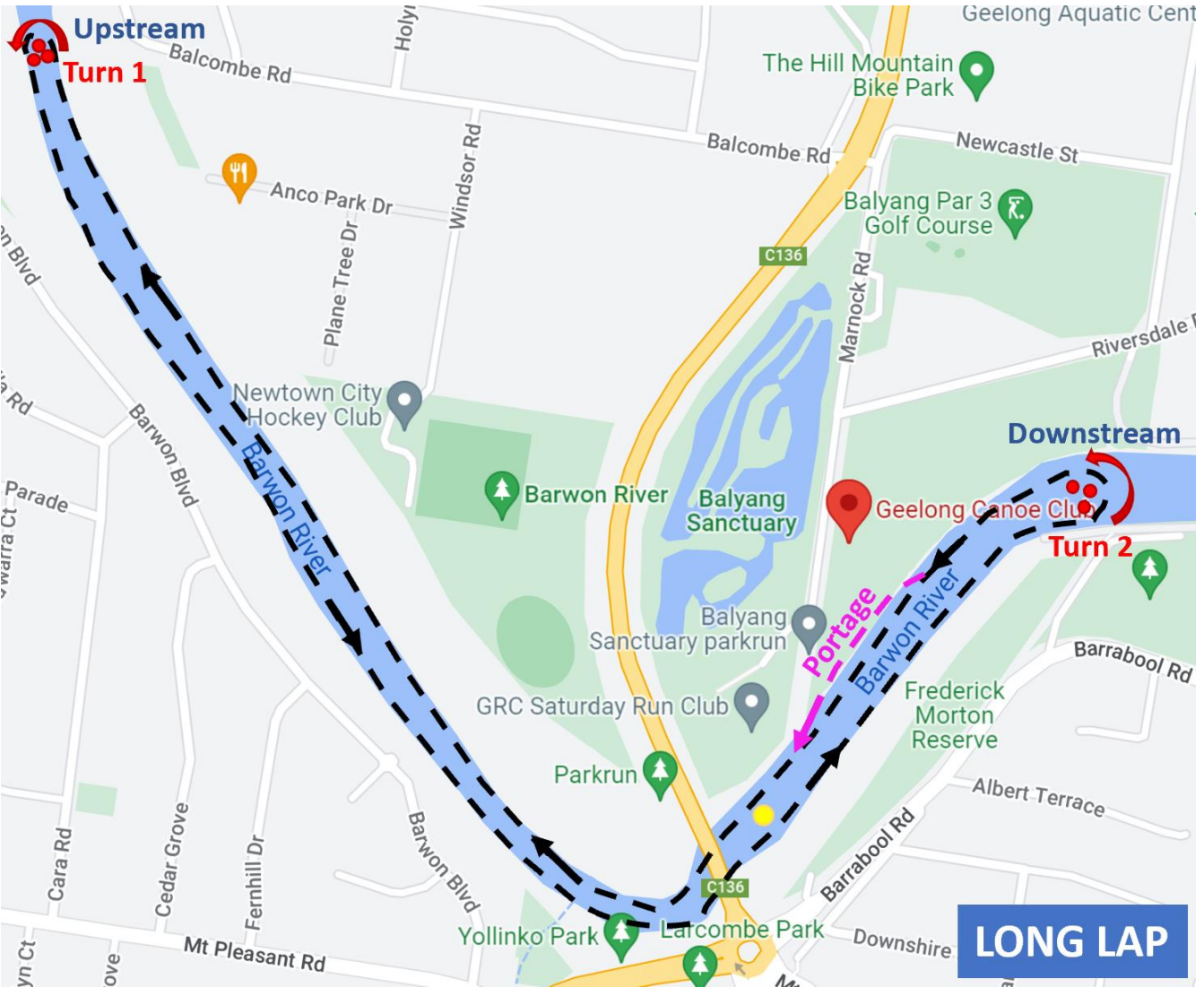
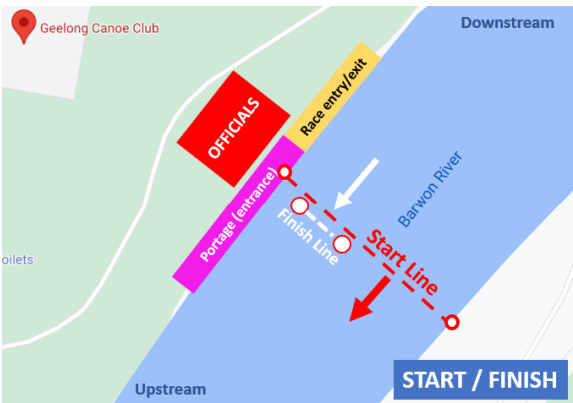
The Long Course consists of multiple long laps (4 km each) followed by one short lap (1 km), with portage for ICF craft in designated classes. General, para & V65+ classes do not portage.

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	4 km (0L, 4S, 0P)	-
K1 W U12	4 km (0L, 4S, 0P)	-
K1 W U14	9 km (2L, 1S, 0P)	-
K1 W U16	9 km (2L, 1S, 0P)	13 km (3L, 1S, 1P)
K1 W U18	9 km (2L, 1S, 0P)	17 km (4L, 1S, 2P)
UC1/C1 W U18	9 km (2L, 1S, 0P)	13 km (3L, 1S, 1P)
TC1 W U18	9 km (2L, 1S, 0P)	-
SENIOR / PARA WOMEN		
K1 W U23	13 km (3L, 1S, 0P)	21 km (5L, 1S, 3P)
K1 W Open	13 km (3L, 1S, 0P)	25 km (6L, 1S, 4P)
C1 W U23	-	13 km (3L, 1S, 1P)
UC1/C1 W Open	9 km (2L, 1S, 0P)	13 km (3L, 1S, 1P)
Para W Open Gen/L1	9 km (2L, 1S, 0P)	9 km (2L, 1S, 0P)
Para W Open L2/L3	-	13 km (3L, 1S, 0P)
MASTERS WOMEN		
K1 W V35-44	13 km (3L, 1S, 0P)	17 km (4L, 1S, 2P)
K1 W V45-54	13 km (3L, 1S, 0P)	17 km (4L, 1S, 2P)
K1 W V55-64	13 km (3L, 1S, 0P)	17 km (4L, 1S, 2P)
K1 W V65-74	9 km (2L, 1S, 0P)	13 km (3L, 1S, 0P)
K1 W V75+	9 km (2L, 1S, 0P)	13 km (3L, 1S, 0P)
UC1/C1 W V35+	9 km (2L, 1S, 0P)	13 km (3L, 1S, 1P)
TC1 W V35+	9 km (2L, 1S, 0P)	-
MIXED		
K2 X U18	9 km (2L, 1S, 0P)	13 km (3L, 1S, 2P)
K2 X Open	9 km (2L, 1S, 0P)	13 km (3L, 1S, 2P)
K2 X V35-49	9 km (2L, 1S, 0P)	13 km (3L, 1S, 2P)
K2 X V50+	9 km (2L, 1S, 0P)	13 km (3L, 1S, 2P)
K2 X V65+	9 km (2L, 1S, 0P)	-
TC2 X Open	9 km (2L, 1S, 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	4 km (0L, 4S, 0P)	-
K1 M U12	4 km (0L, 4S, 0P)	-
K1 M U14	9 km (2L, 1S, 0P)	-
K1 M U16	9 km (2L, 1S, 0P)	13 km (3L, 1S, 1P)
K1 M U18	9 km (2L, 1S, 0P)	21 km (5L, 1S, 3P)
UC1/C1 M U18	9 km (2L, 1S, 0P)	17 km (4L, 1S, 2P)
TC1 M U18	9 km (2L, 1S, 0P)	-
SENIOR / PARA MEN		
K1 M U23	17 km (4L, 1S, 0P)	25 km (6L, 1S, 4P)
K1 M Open	17 km (4L, 1S, 0P)	29 km (7L, 1S, 5P)
C1 M U23	-	21 km (5L, 1S, 3P)
UC1/C1 M Open	13 km (3L, 1S, 0P)	25 km (6L, 1S, 4P)
Para M Open Gen/L1	9 km (2L, 1S, 0P)	9 km (2L, 1S, 0P)
Para M Open L2/L3	-	13 km (3L, 1S, 0P)
MASTERS MEN		
K1 M V35-44	17 km (4L, 1S, 0P)	21 km (5L, 1S, 3P)
K1 M V45-54	17 km (4L, 1S, 0P)	21 km (5L, 1S, 3P)
K1 M V55-64	17 km (4L, 1S, 0P)	21 km (5L, 1S, 3P)
K1 M V65-74	13 km (3L, 1S, 0P)	17 km (4L, 1S, 0P)
K1 M V75+	13 km (3L, 1S, 0P)	17 km (4L, 1S, 0P)
UC1/C1 M V35+	13 km (3L, 1S, 0P)	17 km (4L, 1S, 2P)
TC1 M V35+	13 km (3L, 1S, 0P)	-
MIXED		
K4 X Open	12 km (2x6km, 0P)	-
C4 X Open	6 km (1x6km, 0P)	-
SUP Relay	5 km (0L, 5S, 0P)	-

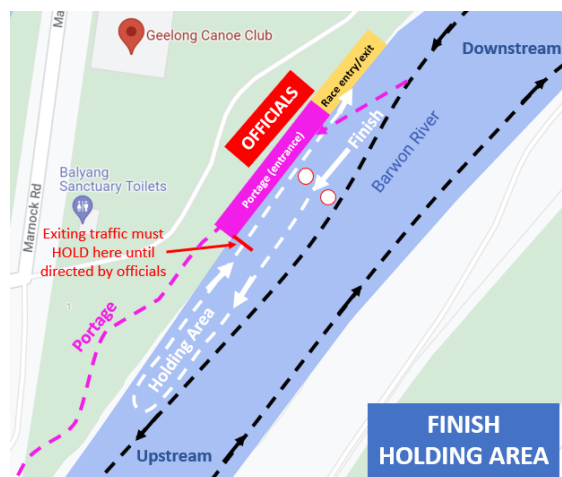
NOTES

Paddlers must keep the coloured buoys along the course to their left. Both long lap turns (Turn 1 and Turn 2) will be marked by red buoys. The short lap turn (Turn 3) is located before the bridge and will be marked by a yellow buoy.





Upon finishing, paddlers should remain in the holding area near the bank of the river, upstream from the finish line. Once there is no race traffic, paddlers will be marshalled to the landing area (downstream of portage) 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.

C4 and K4 Interstate Challenge

The C4 and K4 events consist of an extra-long lap, with one lap for the C4 event and 2 laps for the K4 event. There is NO portage. The start is in front of the Geelong Canoe Club, in the upstream direction.

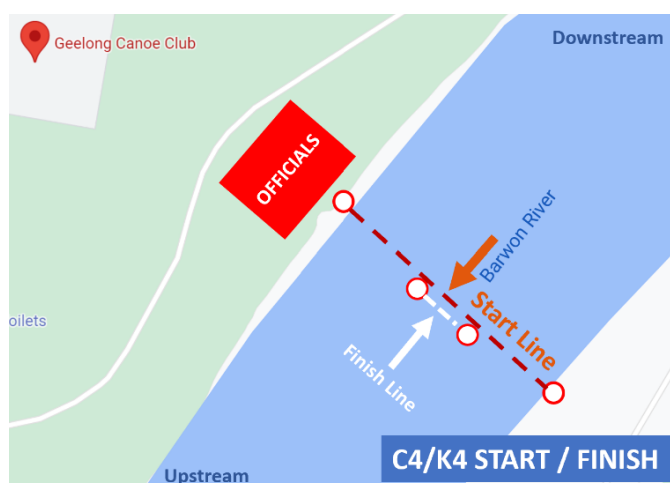
Both the C4 and K4 crews will turn at the Queens Park turn (approximately 2.8km upstream).

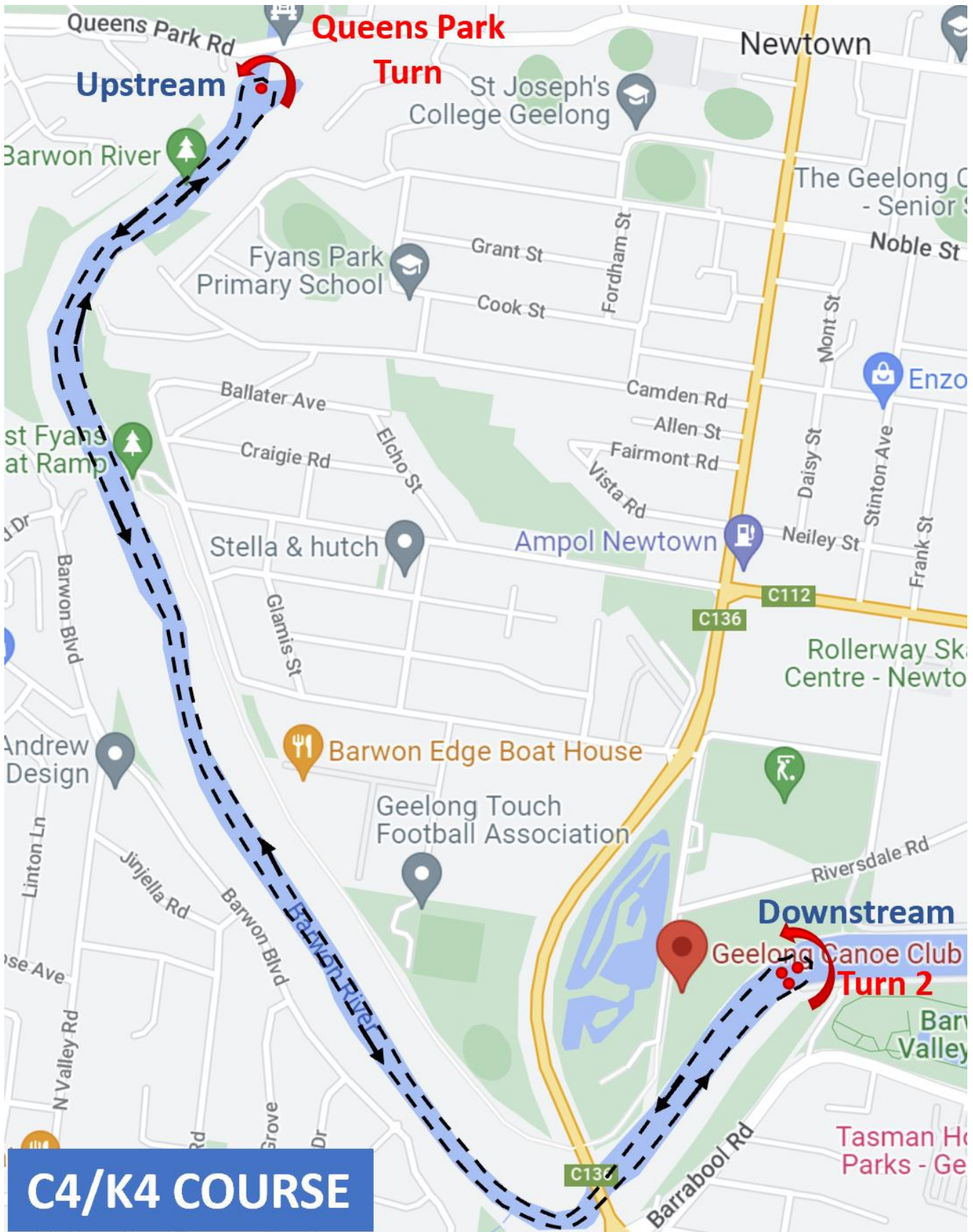
The K4 race will then proceed downstream to turn 2. Paddlers will then head back upstream for their second lap. Paddlers must keep the coloured buoys along the course to their left.

The finish will be in a downstream direction (to avoid turning a K4/C4 close to the end of the race). The finish is marked with buoys in the middle third of the river. Paddlers must only pass through these buoys when finishing their race.

Paddle Victoria will arrange for the provision of C4 and K4 boats for the event which will be allocated via ballot. However other states can provide their own boats.

The C4 / K4 races are mixed team events, meaning that at least 50% of the crew must be women. Each boat represents a particular state. Paddlers from a different state/territory can paddle as part of the state C4 / K4 crew but must be aware that they will be paddling for that state.





Portage

Portage is only for ICF singles and doubles classes, from U16 to V55-64. General, V65+, para, SUP and C4/K4 classes do not portage (refer to Race Distances & Classes above).

Number of long laps	Number of portages	ICF kayak classes	ICF canoe classes
7	5	Open M	-
6	4	Open W, U23 M	Open M
5	3	U23 W, U18 M, Masters M	U23 M
4	2	U18 W, Masters W	U18 M, Masters M
3	1	U16 W, U16 M	U18 W, U23 W, Open W, Masters W



The portage entry and exit are via a fixed landing, with a 200 metre run on an undulating grass surface.

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

The Long Course, due to the length of the portage, has a reduced number of portages. There is no portage on the first two laps. The paddlers' first portage will be at the end of their 3rd lap (start of the 4th lap) and subsequent laps. After the final portage paddlers will complete a short lap (<1 km).

Race Distance	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
29 km	-	-	Portage	Portage	Portage	Portage	Portage
25 km	-	-	Portage	Portage	Portage	Portage	
21 km	-	-	Portage	Portage	Portage		
17 km	-	-	Portage	Portage			
13 km	-	-	Portage				

Note: For the ICF Mixed Doubles on Monday (13km) there will be 2 portages instead of one, which will occur at the end of the 2nd and 3rd laps.

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	700 m
SUP SPRINT COURSE	
All Classes	200 m
SUP LONG COURSE	
All Classes	13 km (3L, 1S)
SUP RELAY	
SUP Relay Mixed	5 km (5S)
NOTES	
L=Long lap (4km), S=Short Lap (1 km)	

SUP Sprint Course

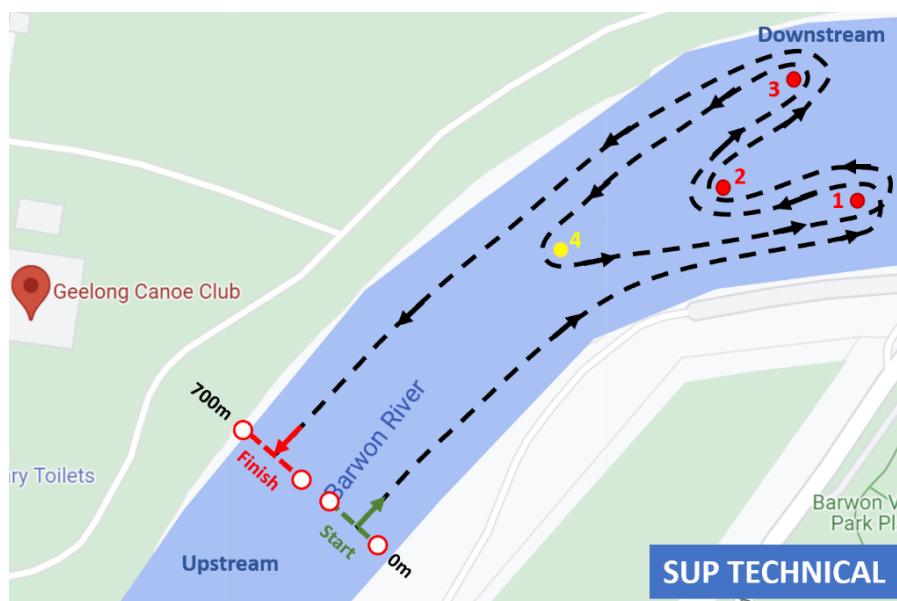
The SUP Sprint race is a straight-line course starting 200 meters upstream of the Geelong Canoe Club and finishing directly in front of the Geelong Canoe Club in a downstream direction.



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 Long Course (as given in the *Long Course* section). The overall distance for the SUP Long Distance Course is 13 km. 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). 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).

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 or river 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.

EVENT LUNCH

Paddlers and their supporters are encouraged to stay for the afternoon on Sunday and watch the U18 & Open doubles races. Lunch will be available for purchase at one of the many food trucks.

The Sunday afternoon program will also include medal presentations for the Sunday events and the presentations of trophies as described above.

An announcement regarding the paddlers who have qualified to represent Australia at the 2023 ICF Canoe Marathon World Championships will also be made. The formal selection, invitation and acceptance of the Australian teams will be subject to a later announcement by Paddle Australia.

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.

Barwon water is supplying a hydration station for paddlers, spectators, and volunteers to use. So, bring along your own water bottles and drink systems.

MERCHANDISE

Event t-shirts, hoodies, caps and visors will be available for competitors, friends and family through The Regatta Shop (TRS). Orders need to be completed by 10am on the 20 March 2023 and will be available at the TRS Merchandise tent between 9am to 1pm on 7-8 April 2023. Paddlers names will be printed on the back of the t-shirts & hoodies.

To order go to:

<https://www.theregattashop.com.au/pages/2023-oceania-pa-canoe-marathon-sup-championships>



ITEM	STYLE	PRICE
Visor	Unisex	\$25
Cap	Unisex	\$25
V-neck T-shirt	Womens	\$45
T-shirt	Mens	\$45
Long-sleeve T-shirt	Unisex	\$50
Hoodie	Unisex	\$80

The event logo will be in the front of the merchandise and competitors names on the back (excluding the cap and visor).

Competitors can order merchandise as part of the registration process. Some items may be available to buy at the event but may cost slightly more.

Disclosure: Paddle Victoria will earn a commission on merchandise sales.



MEDICAL

Hospitals

- University Hospital (Barwon Health), Bellarine St, Geelong.
- St John of God Hospital, 80 Myers St, Geelong.

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 Victorian Government COVIDSafe settings <https://www.coronavirus.vic.gov.au/> and the Paddle Victoria Marathon COVIDSafe Plan.
- 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

Geelong is Victoria's second largest city, located on Corio Bay, and within a short drive from popular beach-front communities on the Bellarine Peninsula as well as being the gateway to the famous Great Ocean Road, which begins just south of Geelong at [Torquay](#).

The city offers visitors the chance to explore popular beach-front attractions such as Eastern Beach with its swimming enclosure, the Steampacket Gardens, dining options available on Cunningham Pier, and several coastal walks, dotted with collections of bollards depicting historic characters. Elegant architecture, colourful gardens and parks, and the backdrop of Corio Bay are all symbolic of what locals refer to as the "city by the bay".

Locations of interest for visitors include the National Wool Museum, the Old Geelong Gaol, the Botanic Gardens at Eastern Park, Geelong Museum of Motoring and Industry, and other museums, galleries and historical buildings.

The Barwon River meanders through Geelong and its surrounding suburbs, fronted by attractive parks and the scenic Buckley Falls in Fyansford. On its journey to the coast, the river flows through the wetlands of Lake Connewarre before entering Bass Strait at the twin towns of [Barwon Heads](#) and [Ocean Grove](#).

We encourage all competitors and spectators to make the most of their visit to the Geelong region and visit its attractions.

Geelong and Bellarine Peninsula: <https://www.visitgeelongbellarine.com.au/>

Great Ocean Road: <https://www.visitgreatoceanroad.org.au/>

WEATHER & WATER

Weather Averages

Geelong (Avalon Airport) for April:

Mean maximum temperature	20.5 °C
Mean minimum temperature	9.8 °C
Mean rainfall	39 mm
Mean number of days of rain ≥ 1 mm	4.5 days
Mean 9am wind speed	16.7 km/h
Mean 3pm wind speed	22.3 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 6 Apr	Fri 7 Apr	Sat 8 Apr	Sun 9 Apr	Mon 10 Apr
Sunrise	6:41am	6:42am	6:43am	6:44am	6:45am
Sunset	6:10pm	6:08pm	6:07pm	6:05pm	6:04pm

Source: Geoscience Australia

VicEmergency

- VicEmergency www.emergency.vic.gov.au is a centralised website to find emergency information and warnings.
- Download the [VicEmergency app](#) or following VicEmergency on [Facebook](#) or [Twitter](#).



Water

- Water Data Online: <http://www.bom.gov.au/waterdata/> search: Barwon River @ Geelong or 233217
- Rainfall & River: <http://www.bom.gov.au/vic/flood/corangamite.shtml>

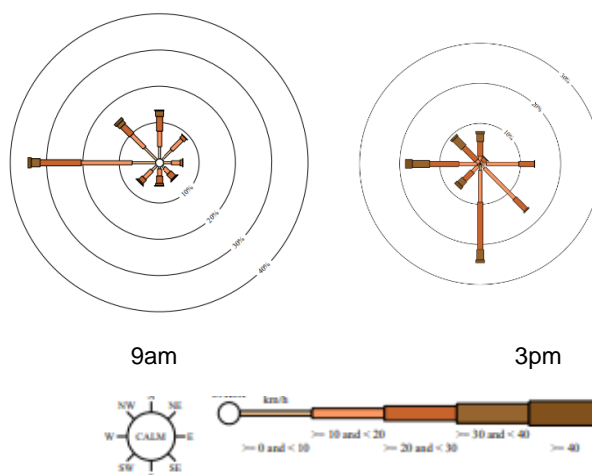
Useful links

- Bureau of Meteorology (BoM) Weather app on [Google Play](#) or [Apple App Store](#)
- Weather Forecast (Geelong): <http://www.bom.gov.au/vic/forecasts/geelong.shtml>
- Weather Observations (Avalon Airport): <http://www.bom.gov.au/products/IDV60801/IDV60801.94854.shtml>
- Weather Radar: <http://www.bom.gov.au/products/IDR023.loop.shtml>
- Interactive Map (MetEye): http://www.bom.gov.au/australia/meteye/?loc=VIC_FA001
- Victorian Weather Warnings: <http://www.bom.gov.au/vic/warnings/>
- BoM Blog: <http://media.bom.gov.au/social/blog/2203/know-your-weather-kayaking-canoeing-and-rafting/>



Wind Roses

(Wind direction vs Wind Speed)



CONTACT INFORMATION

RACE OFFICIALS	NAME/S
Chief Official	Terry Newsome
Deputy Chief Official	tba
Chief Course Umpires	Jerry Dunn / Michael Neilson
Safety Officers	Michael Neilson / Sue O'Rourke
Chief Finish Line Judge	Bob Turner
Chief Portage Official	Martin Finn
ICF Technical Delegate	Jerry Dunn
Competition Managers	John Young / Peter Currie
Volunteer Coordinators	Alex Brunacci / Gary Flanigan

TEAM LEADERS	
VIC	Peter Jones
SA	Michael Arthur
WA	Peter Liddle
QLD	Scott Sharples
NSW / ACT	James Harrington
Oceania	tba

ORGANISING COMMITTEE	NAME	CONTACT
Chair & PA liaison	John Young	marathon@paddlevic.org.au
Vice chair, Training, Visitor Information	Sue O'Rourke	marathon.vice@paddlevic.org.au
Secretary & Catering	Sally Miller	marathon.secretary@paddlevic.org.au
Budget, Registrations & Invoicing	John Young	
Communications	Arabella Eyre	
Legal & Governance	Mike Neilson	
Volunteer management	Gary Flanigan	
Stakeholder liaison & Training	Tony Payne	
Site preparation & Equipment	Alex Brunacci	
Permits & Safety	Peter Currie	
Marketing & Sponsorship	Louise Greenwood	
Stand up paddleboard representative	Darren Pratt	
Merchandise & Junior promotion	Debbie Bennett	

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:

<https://2023marathonsupoceania.paddle.org.au/>

Facebook

Follow us on the Facebook:

<https://www.facebook.com/groups/2023marathonsupoceania>

Version

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

