



COURSE

AUSTRALIAN
SUP
TITLES

SURFING
AUSTRALIA

SHOALHAVEN, NSW

DEC 5 - 10, 2023

MANUAL

EVENT SCHEDULE

5 DECEMBER

OPENING CEREMONY

**TUESDAY 5TH DECEMBER, 2023: OPENING CEREMONY AND MEETINGS
(ALL COMPETITORS, TEAM MANAGERS AND JUDGES TO ATTEND)**

VENUE: [SWORDFISH BREWING](#)

4.30PM – 5:00PM: ARRIVE, MEET AND GREET

4:45PM – WELCOME TO COUNTRY AND SMOKING CEREMONY

5:00PM – 5:15PM: COMPETITOR WELCOME & BRIEFING

5.30PM – 5:45PM: TEAM MANAGERS MEETING

5:45PM – 6:00PM: JUDGES MEETING

[PLEASE JOIN THE EVENT WHATSAPP GROUP FOR DAILY CALLS, PRE-EVENT INFORMATION AND SCHEDULE CHANGES](#)

6 – 8 DECEMBER

SUP SURFING - CONDITIONS DEPENDANT

8 DECEMBER

SUP & PRONE TECHNICAL RACING - CONDITIONS DEPENDANT

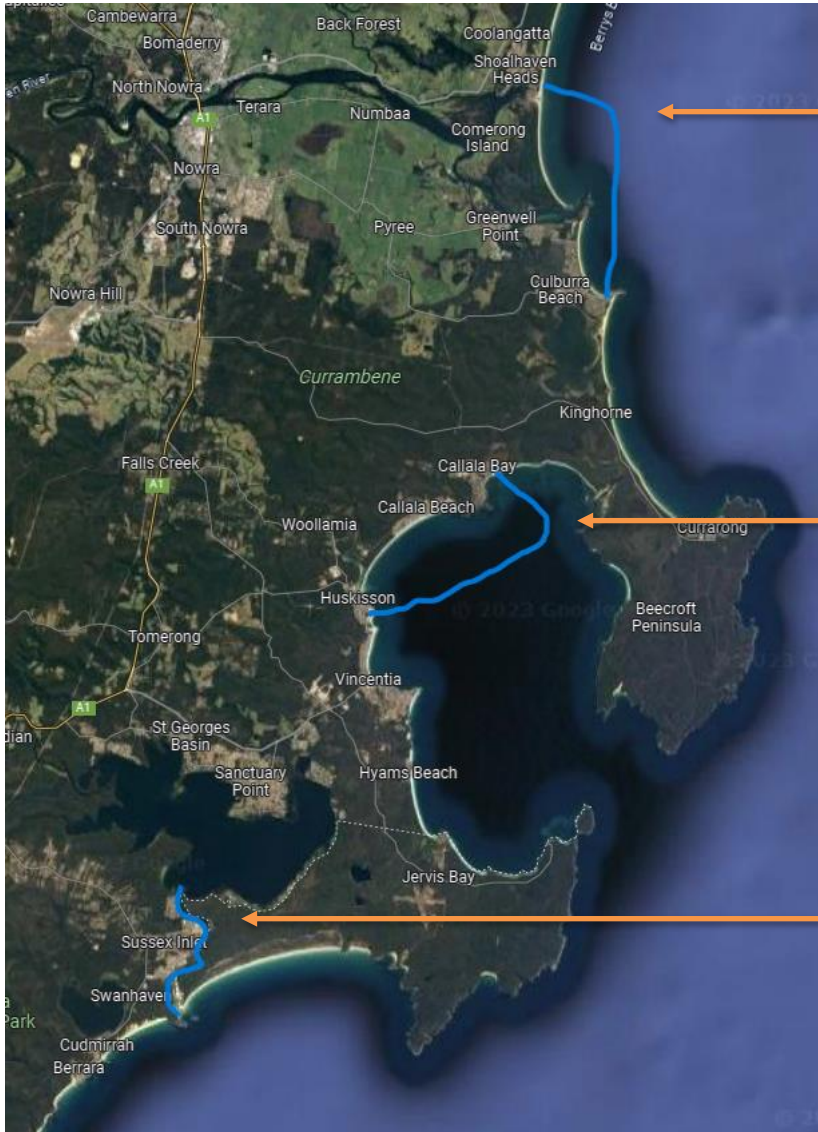
9 DECEMBER

SUP & PRONE MARATHON RACING - CONDITIONS DEPENDANT

(10 DECEMBER BACK UP DATE FOR MARATHON RACE)



RACE COURSES AND SAFETY BRIEF AREA'S



C) SEVEN MILE BEACH TO CULBURRA BEACH – 10KMS

TECH RACE:

ALL COMPETITORS MUST CHECK THE WHATSAPP GROUP DAILY FOR THE CONFIRMED LOCATION.

MARATHON:

ONCE CONDITIONS ARE CHECKED ON THE MORNING OF THE MARATHON RACE, A COURSE WILL BE SELECTED AND START TIME ANNOUNCED ON THE WHATSAPP GROUP.

A SAFETY BRIEFING WILL BE HELD PRIOR TO THE START OF THE RACE AT THE NOMINATED START LINE.

MARATHON RACING

DAY, DATE & LOCATION

LOCATION:

COMMUNICATION:

CONDITIONS & DISTANCE:

BRIEF RACE GUIDELINES:

SAFETY REQUIREMENTS:

COMPETITOR SAFETY:

SATURDAY 9TH DECEMBER, 2023

RACE COURSE TBC

ALL COMPETITORS TO MEET AT START TIME (CHECK EVENT WHATSAPP GROUP FOR CONFIRMED LOCATION AND TIME

APPROXIMATELY 10- 16KM

RACE COURSE TBC

PFD'S, LEG ROPES, COMPETITOR REGISTRATION AND ATTENDANCE AT SAFETY BRIEF ARE MANDATORY FOR ALL COMPETITORS

4X VESSELS WILL LEAD AND FOLLOW RACE

RACE COURSE DETAILS START & FINISH:

1. WATER START

- COMPETITORS WILL START THE RACE BETWEEN 2X BUOYS BEHIND THE BREAK WHILST IN A SEATED POSITION. COMPETITORS MUST FOLLOW THE RACE STARTERS INSTRUCTIONS.
- A 15MIN, 10MIN, 5MIN, 3MIN, 1MIN, 30SEC AND 10SEC COUNTDOWN CALLS WILL BE COMMUNICATED TO ALL IN THE WATER. COMMUNICATION WILL OCCUR FROM LAND. A HOOTER WILL SIGNIFY THE START OF THE RACE.

2. FINISH

- COMPETITORS WILL BE REQUIRED TO PADDLE ANTI CLOCKWISE AROUND THE FINAL BUOY DIRECTLY OUT FROM THE FINISH LINE BEFORE HEADING TO SHORE.
- COMPETITORS THAT REACH THE SHORE LINE WILL BE REQUIRED TO COMPLETE A SHORT SPRINT TO THE FINISH LINE/ BOXED AREA WHERE THEY WILL BE MARKED.
- COMPETITORS MUST BEACH THEIR BOARDS (BOARD TO BE LEFT COMPLETELY OUT OF THE WATER) AND THEN RUN THROUGH TO THE FINISH LINE CARRYING THEIR PADDLE.
- ALL COMPETITORS MUST FINISH WITH THEIR PADDLE IN HAND. EACH COMPETITOR MUST CROSS THE FINISH LINE TO RECEIVE A FINISH TIME AND PLACING. ANY JOSTLING/HASSLING (INVOLVING CONTACT) FOR POSITION IN TRANSITION AREA AT FINISH LINE WILL RESULT IN DISQUALIFICATION.
- COMPETITORS MUST REMAIN IN THE FINISH AREA UNTIL THEIR PLACE, NAME AND NUMBER, IS RECORDED BY THE RACE TIMER.

3. BOARD CERTIFICATION

- ALL BOARDS WILL BE MEASURED AND SIGNED OFF AT RACE REGISTRATION. STOCK BOARDS WITH FIXED FINS AND OF A MONO-HULL DESIGN ARE COMPULSORY.
- BOARD MEASUREMENT WILL BE CONDUCTED AT THE REGISTRATION TENT. CERTIFIED BOARDS WILL BE SIGNED OFF BY BEACH MARSHAL.

4. RACE – BOARD CLASSIFICATION (SUP 14' CLASS)

- LENGTH – 14' FT MAXIMUM (426.7CM), BOARD WEIGHT – NO WEIGHT RESTRICTION, FINS MUST BE FIXED IN, BOARD DESIGN IS OPEN, MULTI HULLS ARE NOT ALLOWED, RUDDER(S) ARE NOT ALLOWED, FOIL(S) ARE NOT ALLOWED, FOOT STRAP(S) ARE NOT ALLOWED.

5. COMPETITION RASH SHIRTS

- ALL COMPETITORS MUST WEAR THEIR COMPETITION SINGLET AT THE START, DURATION AND FINISH OF ALL EVENTS. FAILURE TO DO SO AT ANY POINT WILL RESULT IN DISQUALIFICATION. COMPETITION RASH SHIRTS WILL BE DISTRIBUTED BY THE BEACH MARSHAL 30 MINUTES BEFORE THE DESIGNATED RACE TIME (TIME IS SUBJECT TO CHANGE DEPENDING ON NUMBER OF PARTICIPANTS).

MARATHON RACING

RACE COURSE DETAILS START & FINISH (MAP NEXT PAGE):

6. RACE DIRECTOR

- THE RACE DIRECTOR WILL BE RESPONSIBLE FOR OFFICIATING THE RACE START AND FINISH OF THE RACE.
- THE RACE DIRECTOR IS THE HEAD OFFICIAL FOR ALL DISCIPLINES AT THE EVENT AS A WHOLE (INCLUDING RACING EVENTS) AND HAS THE FINAL SAY IN DISQUALIFICATION RULINGS, FINISHES AND RACE PROTEST FILINGS.

7. PROTESTS

- A WRITTEN PROTEST MUST BE FILED WITHIN 15 MINUTES OF THE LAST COMPETITOR FINISHING THE EVENT.
- PROTESTS MUST BE FILED WITH THE BEACH MARSHAL. THE RACE DIRECTOR, RACE MARSHAL AND ASSOCIATED EVENT OFFICIALS WILL DETERMINE THE OUTCOME OF ANY PROTEST FILED.

8. FIVE STROKE RULE

- IF A COMPETITOR FALLS, HE/SHE WILL BE ALLOWED 5 STROKES TO GET BACK ON HIS OR HER FEET AND STAND UP.
- THIS RULE IS IN EFFECT SO A PADDLER DOES NOT ACHIEVE AN ADVANTAGE BY NOT STANDING UP UNLESS COMPETING IN A PRONE DIVISION. EACH COMPETITOR MUST COMPLETE THE COURSE IN A STANDING POSITION ON THEIR BOARD. (THIS RULING IS SUBJECT TO CHANGE AS DETERMINED BY THE RACE DIRECTOR).

9. DIRECTIONAL ASSISTANCE (VESSELS)

- THERE WILL BE A DESIGNATED LEADER BOAT/JET SKI WHICH WILL GUIDE COMPETITORS THROUGH THE GENERAL DIRECTION OF THE RACE COURSE,
- IT WILL STAY AHEAD SO THERE WILL BE NO WAKE DISTURBANCE. THERE WILL ALSO BE A VESSEL FOLLOWING BEHIND THE LAST COMPETITOR TO ENSURE SAFETY AS WELL AS 2X JET SKIS TO THE SIDE OF COMPETITORS AT ALL TIMES.

10. DISQUALIFICATION

- AT NO TIME DURING THE RACE MAY A COMPETITOR IMPEDE ANOTHER COMPETITOR. UNSPORTSMANLIKE CONDUCT/ACTIONS WILL RESULT IN DISQUALIFICATION.
- ANY COMPETITOR FAILING TO ROUND ALL BUOYS AS DIRECTED WILL BE DISQUALIFIED FROM THE RACE. COMPETITORS MUST COMPLETE EACH LEG OF THE COURSE AND THEN CROSS THE FINISH LINE AS REQUIRED BY THE FINISH RULES.

11. COURSE OPTIONS

- THERE IS 3X OPTIONS FOR THE COURSE DEPENDING ON THE WIND AND SWELL CONDITIONS.

12. LEG ROPES

- SUP & PRONE COMPETITORS MUST WEAR A SUITABLE LEG ROPE DURING THE MARATHON RACE. ONLY UPON COMPLETION OF RACE MAY A COMPETITOR REMOVE LEG ROPE TO RUN TO FINISH LINE.

13. PFDS

- PFDS (NEED TO BE WORN OR CARRIED ON PERSON, NOT ATTACHED TO BOARD), PFDS ARE TO BE PROVIDED BY THE COMPETITOR FOR SUP/PRONE MARATHON RACE, PFDS ARE TO BE STRICTLY A TYPE 1, 2 OR 3 INCLUDING INFLATABLE TYPE 1

10 - 12KM MARATHON COURSE A

10-12KM ELITE MARATHON RACE COURSE MAP (COURSE A)

START: [JIM CARTER PARK](#)
BUOY 2: ANTI-CLOCKWISE TURN
BUOY 3: ANTI-CLOCKWISE TURN
FINISH: [JIM CARTER PARK](#)

DRIVING TIME: N/A
BEST WIND: ANY
TIDES: TOP OR BOTTOM



12-14KM MARATHON COURSE B

12-14KM ELITE MARATHON RACE COURSE MAP (COURSE B)



START: [CALLALA BAY BOAT RAMP](#)

FIRST BUOY: CLOCKWISE TURN

SECONDE BUOY: CLOCKWISE TURN

FINISH: [HUSKISSON BECAH – MOONA MOONA PARK](#)

DRIVING TIME: 30MINS

BEST WIND: NORTH EAST / NORTHERLY

10KM MARATHON COURSE C

10KM ELITE MARATHON RACE COURSE MAP (COURSE C)



START: [SEVEN MILE BEACH – SHOALHAVEN HEADS](#)

FINISH: [CULBURRA BEACH](#)

DRIVING TIME: 41MINS

BEST WIND: NORTH EAST

NOTE: OPTION TO REVERSE COURSE IF SOUTH WINDS

TECHNICAL RACING

DAY, DATE & LOCATION	8 TH DECEMBER, 2023
LOCATION:	RACE COURSE TBC – WILL BE HELD AT THE LOCATION OF THE SURFING THAT DAY
COMMUNICATION:	ALL COMPETITORS TO MEET AT START TIME (CHECK WHATSAPP GROUP FOR CONFIRMED LOCATION AND START TIME
CONDITIONS & DISTANCE:	APPROXIMATELY 4 – 8KM
BRIEF RACE GUIDELINES:	COURSES AS SPECIFIED BELOW AND OR INSTRUCTED ON THE DAY
SAFETY REQUIREMENTS:	PFD'S, LEG ROPES, COMPETITOR REGISTRATION AND ATTENDANCE AT SAFETY BRIEF ARE MANDATORY FOR ALL COMPETITORS

RACE COURSE DETAILS START & FINISH:

1. BEACH START

- COMPETITORS HOLDING THEIR BOARDS AND PADDLES. COMPETITORS MUST FOLLOW THE RACE STARTERS INSTRUCTIONS.

2. FINISH

- AFTER ROUNDING THE LAST BUOY, COMPETITORS RETURN TO SHORE EITHER BY PADDLING OR BY CATCHING A WAVE/SWELL. ONCE ASHORE, COMPETITORS MUST BEACH THEIR BOARDS
- (BOARD TO BE LEFT COMPLETELY OUT OF THE WATER) AND THEN RUN THROUGH THE MARKED TRANSITION AREA TO THE FINISH LINE CARRYING THEIR PADDLE. EACH COMPETITOR MUST CROSS FINISH LINE
- TO RECEIVE A FINISH TIME AND PLACING. ANY JOSTLING/HASSLING (INVOLVING CONTACT) FOR POSITION IN TRANSITION AREA AT FINISH LINE WILL RESULT IN DISQUALIFICATION. COMPETITORS MUST REMAIN
- IN THE FINISH AREA UNTIL THEIR PLACE, NAME AND NUMBER IS RECORDED BY THE RACE TIMER.

3. BOARD CERTIFICATION

- ALL BOARDS WILL BE MEASURED AND ASSIGNED A RACE NUMBER. A NUMBER WILL BE ALLOCATED TO EACH COMPETITOR.
- BOARDS MUST BE A MAXIMUM OF 14' STOCK BOARD WITH FIXED FINS AND OF A MONO-HULL DESIGN. BOARD MEASUREMENT WILL BE CONDUCTED AT THE BEACH MARSHAL TENT
- NO LATER THAN 1 HOUR PRIOR TO START OF THE RACE. BOARDS WILL NOT BE MEASURED POST THE 1 HOUR BOARD MEASUREMENT TIME SPECIFIED.

4. RACE – BOARD CLASSIFICATION

- SUP – LENGTH 14' FT MAXIMUM, BOARD WEIGHT – NO WEIGHT RESTRICTION, FINS ARE TO BE FIXED IN, BOARD DESIGN IS OPEN, MULTI HULLS ARE NOT ALLOWED, RUDDER(S) ARE NOT ALLOWED, FOIL(S) ARE NOT ALLOWED, FOOT STRAP(S) ARE NOT ALLOWED.

5. COMPETITION RASH SHIRTS

- ALL COMPETITORS MUST WEAR THEIR COMPETITION RASH SHIRTS AT THE START, DURATION AND FINISH OF ALL EVENTS. FAILURE TO DO SO AT ANY POINT WILL RESULT IN DISQUALIFICATION. COMPETITION RASH SHIRTS WILL BE DISTRIBUTED BY THE BEACH MARSHAL 30 MINUTES BEFORE THE DESIGNATED RACE TIME (TIME IS SUBJECT TO CHANGE DEPENDING ON NUMBER OF PARTICIPANTS).

TECHNICAL RACING

6. RACE DIRECTOR

- THE RACE DIRECTOR WILL BE RESPONSIBLE FOR OFFICIATING THE RACE START AND FINISH OF THE RACE. THE RACE DIRECTOR IS THE HEAD OFFICIAL FOR ALL DISCIPLINES AT THE EVENT AS A WHOLE (INCLUDING RACING EVENTS) AND HAS THE FINAL SAY IN DISQUALIFICATION RULINGS, FINISHES AND RACE PROTEST FILINGS.

7. PROTESTS

- A WRITTEN PROTEST MUST BE FILED WITHIN 15 MINUTES OF THE LAST COMPETITOR FINISHING THE EVENT. PROTESTS MUST BE FILED WITH THE BEACH MARSHAL. THE RACE DIRECTOR, RACE MARSHAL AND ASSOCIATED EVENT OFFICIALS WILL DETERMINE THE OUTCOME OF ANY PROTEST FILED.

8. COURSE

- THE COURSE (SEE COURSE DIAGRAM FOR GRAPHIC REPRESENTATION) INVOLVES 3 SEPARATE LEGS WITH EACH SEPARATED BY A BEACH RUN. THE RACE IS AROUND ALL BUOYS AS DIRECTED BY THE RACE DIRECTOR. AT NO TIME DURING THE RACE MAY A COMPETITOR IMPEDE ANOTHER COMPETITOR. UNSPORTSMANLIKE CONDUCT/ACTIONS WILL RESULT IN DISQUALIFICATION. ANY COMPETITOR FAILING TO ROUND ALL BUOYS WILL BE DISQUALIFIED FROM THE RACE. COMPETITORS MUST COMPLETE EACH LEG OF THE COURSE ONCE AND THEN RETURN TO THE START/FINISH LINE. EVENT RACE DISTANCE WILL BE APPROXIMATELY 4KM. ONCE ASHORE, COMPETITORS MUST BEACH THEIR BOARDS (BOARD TO BE LEFT COMPLETELY OUT OF THE WATER) AND THEN RUN THROUGH THE MARKED TRANSITION AREA TO THE FINISH LINE CARRYING THEIR PADDLE.

9. FIVE STROKE RULE

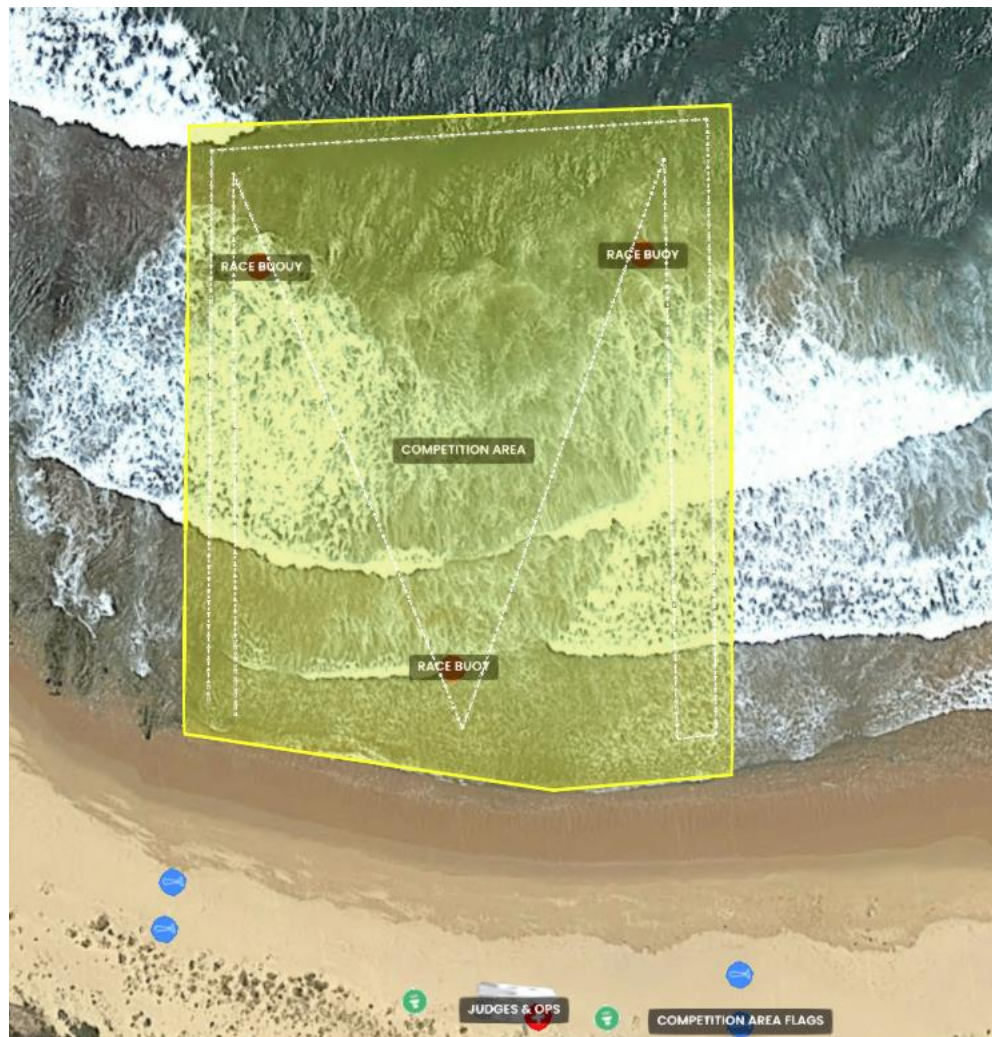
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10. LEG ROPES

- SUP COMPETITORS MUST WEAR A SUITABLE LEG ROPE DURING THE TECHNICAL RACE. ONLY UPON COMPLETION OF RACE MAY A SUP COMPETITOR REMOVE LEG ROPE TO RUN TO FINISH LINE.

4-8KM TECHNICAL COURSE

4 – 8KM TECHNICAL RACE COURSE MAPS (SUBJECT TO CHANGE DEPENDANT ON CONDITIONS AND LOCATION)



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