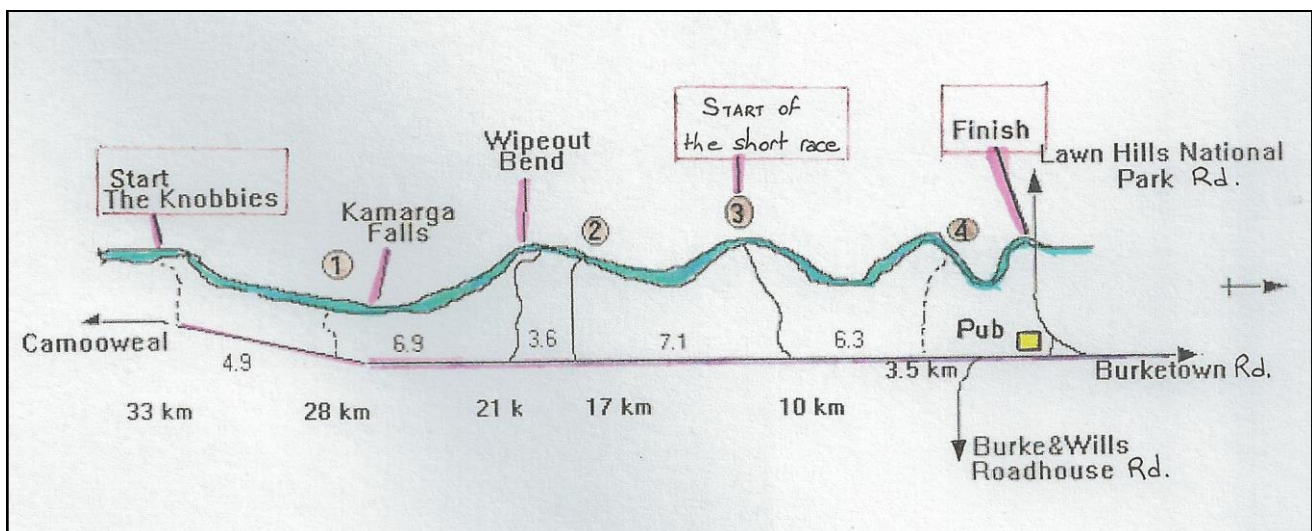




44th Gregory River Canoe Marathon Paddlers and Land Crew Info 2019



All distances to Starting line and Checkpoints are measured from the Gregory Hotel. The Start Line and all Checkpoints will be sign posted with a large white aluminium sign. Emergency Crews will be on standby for the duration of the race.

RACE REQUIREMENTS

Competitors must ensure that their race number is visible on both sides of the craft above the waterline. Your boat must be scrutineered by race officials on Saturday 4th May 2019, however we do require you to recheck the craft flotation at the race start line.

All competitors must be supported by a land crew. Your land crew will be responsible for you throughout the race.

All competitors must wear the following at all times:

- Type 2 or Type 3 PFD; now 'level 50, 100' and above made to STD - As 4758

- lifejackets must comply and display information about which Australian Standard (AS) applies. The lifejacket must comply with this standard. The current standard is AS 4758, which has replaced AS 1512-1996, AS 1499-1996 and AS 2260-1996. Lifejackets that meet these previous standards are still acceptable to use if they are in good condition.
- Paddling helmet that complies with CE EN 1385:1998.

Failure to do so, or removal of these items at any stage throughout the race, will result in immediate disqualification and withdrawal of your boat from the river.

RACE RECOMMENDATIONS

We recommend that you also wear:

- footwear at all times;
- gloves;
- hat and sunscreen;
- a dry bag with a **dry cloth and duct tape** in it to repair any damage that might occur to the craft during the race;
- Sufficient clean drinking water and food.

HEAT STROKE

The use of PFD's and helmets increase the chance of heat illness, so drink regularly, and if you begin to feel overheated, use the river water to cool yourself down. If you continue to feel unwell, speak with your land crew or the next Checkpoint attendant and consider your options.

RACE START

The Race briefing will be held at **7:30am** on Sunday 5 May 2019 at the Race start located 33kms from the Gregory Hotel up the Gregory Downs Road and the Camooweal Development Road. The entrance will be signposted. Racing will commence at **8:00am**

The **Short Course Race** briefing will start at **9:20am**, with racing to commence at **9:45am** downstream from Checkpoint 3, which is located 10 kilometres from the Gregory Hotel up the Camooweal and the Gregory Development Road. The entrance will be sign posted.

RACE SAFETY

Safety is the number one concern. If you see a competitor in distress, render assistance. Failure to do so could result in disqualification. Record the time involved and a time

adjustment will be made to your finishing time. If you see a craft struggling down river, notify the next Checkpoint of the craft and its number.

Challenging areas of the river such as the rapids at Kamarga 1 & 2 can be portaged on the **Left** hand river bank and Pandanus Alley on the **Right** hand river bank. Portage any section of the river that you feel is beyond your capabilities.

WITHDRAWAL

If for any reason a competitor or team withdraws from the race, they must notify the next down river Checkpoint attendant of their decision. Failure to do so could initiate an unwarranted search by Emergency crews, which will result in a monetary charge being applied to the offending individual or team.

Once competitors or team have withdrawn from the race, they cannot re-enter.

CHECKPOINTS

There are 4 Checkpoints along the race course; each will be signed on the water by a bright orange banner.

Checkpoint attendants will be visible by their bright coloured vest; please call out your race number as you paddle past the Checkpoint.

Teams Change overs: Teams change overs can only to happen at designated check points!

Please ensure this is done out of the main flow of water to allow other paddlers to continue through unhindered.

Land Crew: Familiarise yourself with the race course and the location of the start line and different Checkpoints along the river prior to the race. The start point and each Checkpoint entrance will be sign posted with a large white aluminium sign.

Prior to the race discuss with your competitor the different locations along the river/checkpoints where you will meet them to give them the supplies needed during the race. You are fully responsible for the needs of your competitor along the river. Please ensure that they are properly fed and hydrated during the whole event.

Heat illness risk can be increased by the use of helmets and life jackets, so ensure your competitor maintains a proper hydration level and if they become overheated ask them to get into the river to cool down.

Sunburn is another serious issue. Make sure your competitor has sunscreen. Long sleeved shirt and hat are strongly recommended.

STARTING TIMES

Check for your start sequence and class on the computer printout attached to the official's vehicle at the race start. Ensure you are in the correct class. If you feel there is an error, contact a race official immediately.

Check your craft for flotation and race stickers (above water line, either side of craft, left on the nose and right on the tail).

7:30am Race briefing

8:00am Racing commences

THE START

The start lagoon is small, so remain well behind the start line until your race start is called.

Before the start of each class, the boat race number will be called out, please respond by raising your paddle/hand, or calling out "here".

Due to the narrowness of Carnage Leap and the number of craft involved in each start, the start line will be 100m upstream from Carnage Leap in the lagoon. A 10 second count down will be given prior to the start of each race class.

Each Class Start will be 2 minutes apart, unless the first bottle neck of the race becomes congested.

Carnage Leap: ~ 100 metres after the race start, the river converges into a narrow section which then funnels into a small chute called Carnage Leap.

Two race volunteers will be present to help with anyone who falls out, and will radio back to the start line with the all clear, so the next class start can begin.

Checkpoint 1: ~ 4.3 kilometre paddle down river from the race start. It will be marked on the river by an orange banner.

Please call out your boat number to the Checkpoint attendant.

Teams are to swap competitors out of the main river flow, so as not to impede the other paddlers.

If for any reason a competitor or team withdraws from the race, they must notify the nearest Checkpoint of their decision.

Kamarga Rapids 1 & 2: ~ 8 kilometres into the race you will encounter the first two of the three rapids of the race. The Kamarga rapids are the largest of the race, with a 100 metre waterhole between them.

These rapids will be signed on the river by a large orange banner.

A safety boat with rescue tubes will be stationed here for safety purposes. They will only intervene if a paddler becomes distressed.

If you feel these rapids are beyond your abilities, there is a portage for both the rapids on the **left** hand side of the river.

Mellish Park: ~ 13 kilometres into the race, you will reach Mellish Park, home of Wipeout Bend. Changes to the river course over the years have rendered Wipeout Bend relatively harmless.

Checkpoint 2: ~ 16 kilometres into the race. It will be marked on the river by a large orange banner.

The cut off time for Checkpoint 2 is 11:00am. If you have not arrived by this time you will be withdrawn from the race, and your race stickers will be removed from your craft.

Please call out your boat number to the Checkpoint attendant.

Teams are to swap competitors out of the main river flow, so as not to impede the other paddlers.

If for any reason your competitor or team withdraws from the race, they must notify the next down river Checkpoint of their decision.

Checkpoint 3: ~ 24 kilometres into the race. It will be marked on the river by a large orange banner.

The cut off time for Checkpoint 3 is 12:00pm. If you have not arrived by this time you will be withdrawn from the race, and your race stickers will be removed from your craft.

Please call out your boat number to the Checkpoint attendants.

Teams are to swap competitors out of the main river flow, so as not to impede the other paddlers.

If for any reason your competitor or team withdraws from the race, they must notify the next down river Checkpoint of their decision.

Checkpoint 4: ~ 34 kilometres into the race. It will be marked on the river by a large orange banner.

The last rapid, Galloping Jacks, is in this section of the river. It is a straight rapid 30 metres in length. This rapid finishes into the last long water hole of the race, which is 3 kilometres in length and just before the finish line.

The cut off time for Checkpoint 4 is 1:00pm. If you have not arrived by this time you will be withdrawn from the race, and your race stickers will be removed from your craft.

Please call out your boat number to the Checkpoint attendants.

Teams are to swap competitors out of the main river flow, so as not to impede the other paddlers.

If for any reason your competitor or team withdraws from the race, they must notify the next down river check point of their decision.

Finish Line: The finish line is the large banner across the river just before the little bridge.

The cut off time for the finish line is 2:00pm.

Congratulations on completing the 44th Gregory River Canoe Marathon

SPECTATORS/PADDLERS/SUPPORT CREW

If you have arrived at the Gregory ready for a little fun, prepared to get wet and are happy to provide some entertainment, come on down to the Finish Line and enter our novelty race. The novelty races will be held between the end of the race and presentations. No excuse to miss out on the action. No cost involved, just a few challenges, a stopwatch and plenty of laughs.

We will even have a prize for the winner.

PRESENTATIONS 2.30PM

Race presentations will be held at the finish line at 2.30pm.

There will be sufficient shade, so bring a chair down and watch your fellow competitors cross the finish line.

The Gregory Race Committee will have food and drinks available for sale at the finish line. Make sure you replenish yourself after your long day on the river and support the people of this great community.

The North West Canoe Club thanks you for taking part in this years event and hopes to see you next year for the 44th Gregory River Canoe Marathon.

The *Gregory River Race* would not be celebrating its 44th year without our wonderful sponsors.

A big thank you to all the sponsors who have supported us over numerous years and to those new who have come on board in 2019.