

KAYAKING FORMAT





NOTE: NO K1 or K2 Canoes allowed

Other Category: any waterborne non-motorised craft that is paddled, such as a sea kayak, or SUP

Sunday, 8 December

Registration to commence at 10:30am, and Race Briefing at 11:30am.

The **5km kayaking** will start on the main beach and will proceed directly out to a bouy in front of the start, then change course to a bouy to the south end of the beach, from there kayakers will turn north towards a bouy at the north end of the beach, and then return to the first bouy in front of main beach. Paddlers to leave their boats at the waters edge and gather at the top of the beach at the defined START line. Paddlers will run down the beach, collect their boats, enter the water and paddle away.

The **10km kayaking** will start at the same time, and follow the same course, but with two loops. Paddlers to leave their boats at the waters edge and gather at the top of the beach at the defined START line. Paddlers will run down the beach, collect their boats, enter the water and paddle away. For the second loop, paddlers will leave their boats on the waters edge, run up the beach and around a marker, back down the beach to their boats and complete a second loop. The Finish will be when paddlers beach their boats and run up and across the Start line.

Single surfski

The Single Surfski is a race between a single craft paddled by one paddler for the total distance of the race. The same paddler must paddle for the total distance. The winner is the paddler that completes the total race distance in the fastest time, provided that the paddler has adhered to all the rules herein and instructions of the race officials.



Double surfski

The Double Surfski is a race between a double craft (including substitutes) paddled by two paddlers for the total distance of the race. The same paddlers must paddle for the total distance. The winner is the two paddlers that completes the total race distance in the fastest time, provided that the paddlers have adhered to all the rules herein and instructions of the race officials.

ROLES AND RESPONSIBILITIES

Water safety officer (WSO): Walter Hart: 072 795 5371

Lifeguards: monitor and assist any distressed swimmers and communicate emergencies to NSRI skipper.

Medical Rescue service: on standby to handle more serious medical issues and provide transport to local hospital if necessary.

To qualify for the **“Weskus man and vrou van Staal competition”** – you will need to enter the 3km open water swimming on 8 December and Fittest on the Beach competition on 7 December. This is an individual competition that will include 3 events or disciplines. Kayaks can be rented, should you not own one.



Prize money – only for the 1st place winner of the event / **medals** for first 3 finishers.

DIVISION	PRIZE MONEY	GOLD	SILVER	BRONZE
Female Surfski 5km (S1)	R300			
Male Surfski 5km (S1)	R300			
Junior (14 – 17) Surfski 5km (S1)	R100			
Female Surfski 10km (S1)	R500			
Male Surfski 10km (S1)	R500			
Junior (14 – 17) Surfski 10km (S1)	R200			
Female, Male or Mixed 5km (S2)	R300			
Female, Male or Mixed 10km (S2)	R400			
Junior (14 – 17) 5km (S2)	R200			
Junior (14 – 17) 10km (S2)	R300			
Other Female, Male or Mixed 5km (O2)	R200			
Other Female, Male or Mixed 10km(O2)	R200			

EARLY BIRD SPECIAL TILL 31 AUGUST 2024