



2022 Paddle NSW Marathon – Race 6

Hosted by Penrith Valley Canoe Club

Sunday 19 June 2022

Race Briefing

Race Location: This year will see a change of venue from previous years due to construction around the old location. The race will commence from adjacent to the Nepean Rowing Club, Bruce Neale Drive Penrith. Sufficient parking is available onsite in parking bays.

Entries: There will be no provision for new race registrations on the day.

Briefing: This written race briefing replaces the usual race briefing at the venue prior to the race.

Presentation: Results will be posted online on the Paddle NSW Webscorer page.

Covid Safety:

- Relevant COVID protocol apply as per Paddle Australia's latest Guidelines. Please also check the latest NSW Government requirements.
- Please DO NOT attend if you are experiencing any cold or flu like symptoms, or if you are supposed to be in isolation for any reason. Even though this is an outdoor event, social distancing and hand hygiene practices should be adhered to.

Other requests - please:

- Respect the health and safety of other competitors and all officials and volunteers.
- Don't gather in groups, particularly around the timekeeping or first aid areas.
- Toilets are available inside the Nepean Rowing Club as well as to the north of the boat drop off area. Porta loos will also be on site.

Food: The café will be open within the Nepean Rowing Club.

Lifejackets: Compulsory for all paddlers. Inflatable lifejackets are not permitted.

Registration starts: 8:00. Closes 9:25am

Course: The course start is adjacent to the Nepean Rowing Club, heading south up the Nepean river to the designated distance turning buoys. 20km Divisions (1-7) paddling 10km up river and returning, Division 8 paddling 7.5kms before returning, Divisions 9-12 paddling 5kms before returning, and

Division 13 paddling 2.5km up river before their turn. The turn points are clearly marked by 3 x yellow turning buoys marked with the course distance (i.e 5, 10, 15 and 20), but it is up to paddlers to know at which point they must turn and return to the finish line. Safety crews will be positioned at each turning buoy if paddlers are unsure of distances.

An example of the yellow turning buoy (20kms):



Juniors will paddle courses as follows:

- U8 & U10 - 2km total (turn @ 1km)
- U12 - 5km total (turn @ 2.5km - with Div 13)
- U14 & U16 - 10km total (turn @ 5km - with Divs 9-12)
- U18 - 15km total (turn @ 7.5km - with Div 8)

River levels, conditions and hazards: Due to prolonged rainfall in the Sydney area, Warragamba Dam has been at capacity for a number of months. Due to these increased levels, regular drawdown operations have occurred at Warragamba Dam. As a result of this the river levels have increased which will cause approximately a 1kmh difference in speed on the return lap. This increased water level may cause a significant flow through The Narrows (approx. 5km upstream from the start).

IF A DRAW DOWN OPERATION IS UNDERWAY ON THE WEEKEND OF THE RACE, THE WATER LEVELS MAY BE TOO HIGH FOR SOME COMPETITORS TO NEGOTIATE THE FASTER FLOW THROUGH THE NARROWS. THIS MAY RESULT IN THE COURSE BEING CHANGED TO 2 X 10KM LAPS FOR THE 20KM DIVISIONS

Warm Up Area: This will be to the north (or right) of the start line.

START/FINISH LINE

WARM UP AREA



BOAT ENTRY/EXIT POINTS

BOAT ASSEMBLY AREA

PARKING

Start/Finish line: There will be an aligner to the right of the start line, who will call you into line in your start order. From there the starter will call you to the start-finish line which is indicated by two black and white buoys in front of the starters tent. The starter will then give you a 1-minute warning and then the command will be “ready, go”. The starts will be approximately 1 min apart.

Turning buoys: The turns are anti-clockwise around 3 yellow buoys marked with course distance.

Separation buoys: Red buoys. Keep these on your left, however as this is an out and back course, all paddlers should keep to the right of oncoming paddlers.

Navigation Buoys. Please be advised that the large Red or Green navigational buoys should be observed, as they are generally there to indicate submerged hazards.

Hazards: Approximately 5kms after the start you will paddle through the “Narrows” where Glenbrook Gorge joins the Nepean River. This is the only narrow section of the course and paddlers need to ensure they stay towards the middle of the river at this section to avoid shallow areas and submerged rocks. Please ensure paddlers safety is paramount and enough room is left for other paddlers. There may be numerous submerged trees close to the banks as a result of recent flooding. Please ensure you do not paddle too close to either bank to avoid hazards or submerged rocks. We would recommend at least 5m from either bank. As mentioned earlier there may be a significant flow through this section

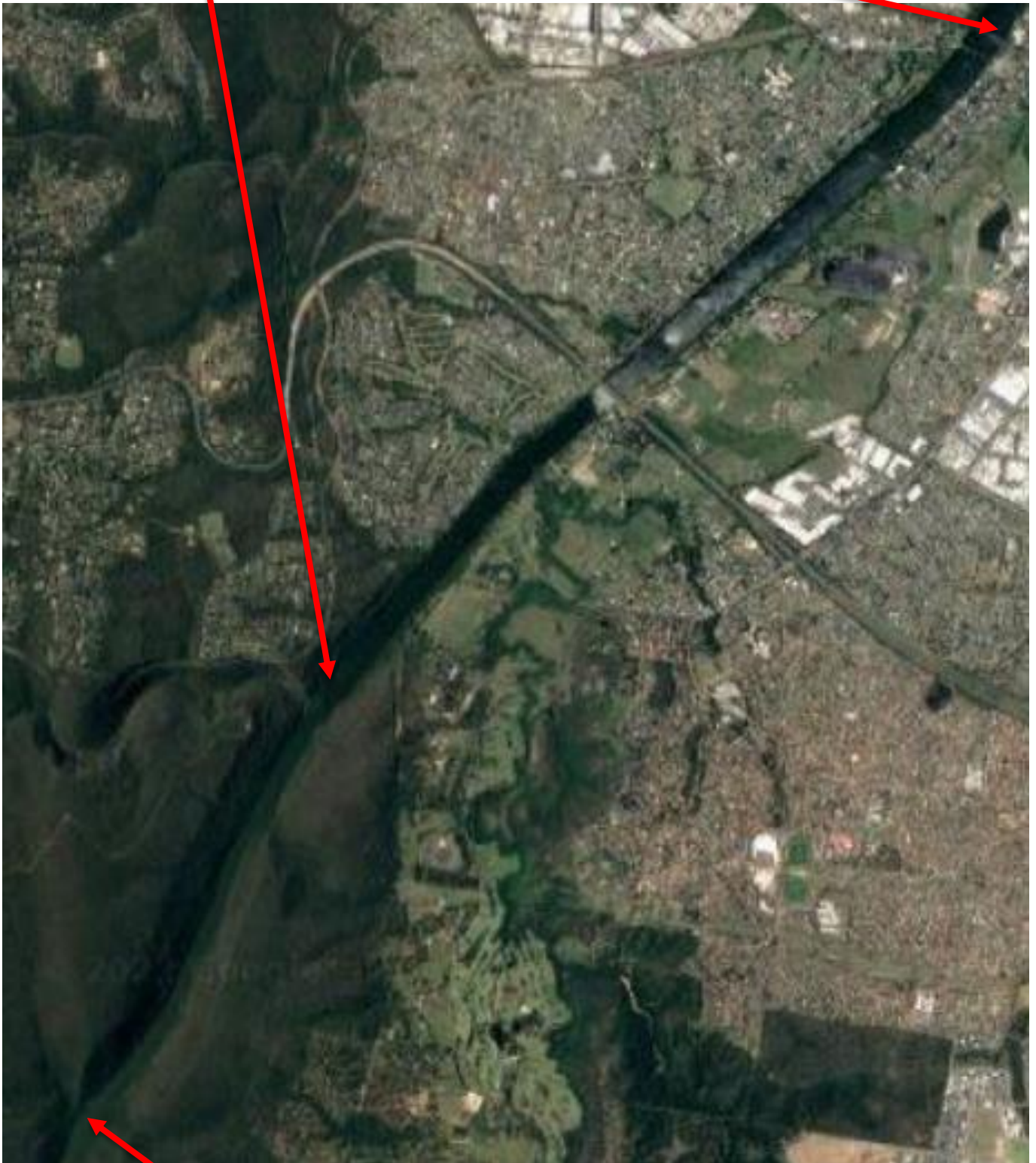
Portage: There will be no portage at this event.

Finish line: Between the black and white finish buoy and the starter. Once through the finish buoys please exit the river via the pontoon past the finish line. Do not go back across the finish line as other paddlers may still be racing.

Safety boats: There will be 4 safety boats on the course, however if you see someone that needs assistance please offer help. The time of any paddler who stops to assist another paddler will be adjusted to allow for the time spent assisting.

TURNING BUOYS FOR 10KM LAP

START/FINISH LINE



TURNING BUOYS FOR 20KM LAP

We hope that everyone has an enjoyable and successful day. Race results on www.webscorer.com.