

OFFICIAL RACE NOTICE of the NZ SUP National Championships 2021

# NZSUP

## BARFOOT & THOMPSON NZ PADDLE CHAMPIONSHIPS

**Takapuna | 12-14 MARCH 2021**

*"Auckland remains at Alert Level 3. Provided Auckland is at Alert Level 2 prior to 12 March we can proceed with an event of less than 100 participants plus administrators."*

*Reserve dates of 26 -28 March have been secured if we need to postpone due to Covid-19 Alert Levels. All reasonable measures have been made to ensure we hold our event this March.*

The Waterbourne festival series of watersport events and music events at Takapuna. The Americas Cup racing will be happening just offshore, and many of NZ's best musical acts will be playing by the beach. It should be an incredible weekend!

Join hundreds of NZ paddlers at New Zealand's heart of Stand Up Paddling, Takapuna, for a fun weekend of paddle races; technical course, sprint racing and distance paddling at the **NZSUP** National Festival of Paddleboarding, proudly brought to you Waterbourne and NZSUP.

No matter whether you're just getting the hang of it, or you're a seasoned pro, this is your chance to get more involved in the emerging sport of stand up paddling, meet and paddle with NZ's very best, smash your personal SUP goals and see how you measure up in the national rankings. It's also the primary selection event for paddlers wishing to qualify for the high performance squad in anticipation when we can travel to International competitions again.

Featuring five different paddleboard races over two days (from 200m to 16km in length) overlooking the beautiful Takapuna beach, The Championships and Waterbourne Festival is all about family, community, friendship and good sportsmanship.

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## LOCATION

The event is hosted as part of the Waterbourne Event at Takapuna Beach Reserve on the Strand. Friday afternoon the Sprint Nationals kick off the Championship at Sylvan Park on Lake Pupuke approximately 1 kilometre north of the event hub. Saturday morning sees the event return to the Takapuna Beach Reserve with the distance race. The final event is Sunday morning at Takapuna Beach Reserve.



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## OFFICIAL RACE SHIRT

All entrants will receive the Official Race Shirt. It is compulsory for all paddlers to wear the Official Race Shirt whilst competing.

## PRIZES

### Prizes

All individual race division winners will receive medals (Gold/Silver/Bronze) and 1st place winners will be awarded a prize.

Winners of age categories will receive medals (Gold/Silver/Bronze) in the Championship and Challenger categories.

Men's and Women's Champions will be crowned based on combined performance in the three disciplines of the Championship Category. All three disciplines must be raced for eligibility.

Age categories are based on competitors' age at 1 January 2021.

All competitors will be eligible for a spot prize draw. The winners must be present to claim their prize otherwise there will be a re-draw.

**OFFICIAL RACE NOTICE of the NZ SUP National Championships 2021****Events**

- **Sprint Course**
  - 200 metre
  
- **Distance Race Courses**
  - Championship 14-16 km
  - Challengers 6-8 km
  - Allcomers 2 km
  
- **Technical Race Courses**
  - Championship 4 km
  - Allcomers 2 km

**EVENTS****Sprints****FRIDAY 12 MARCH****200 m course**

First event of the 2021 National SUP Championships Series kicks off with the Sprint Championships, to be held at Takapuna, either on the beach if it's calm, or on Lake Pupuke.

This is a flatwater sprint race based on the popular international format of 200m. Depending on weather conditions the race will be held at either the Takapuna Event Hub or at Lake Pupuke. Either location will provide a sheltered and straight course in a length of 200 m.

All paddlers will do the same race distance with heats of 6 to 8 paddlers.

The Championship race category will commence with a seated start while the Challenger category will commence with a standing start.

Check-in 2:00 pm—3:00 pm at Start Location – Location to be advised by Thursday midday.

Briefing 3:00 pm

Race Start 3:15 pm

The course will be confirmed at the race briefing.

**Divisions for Championship:**

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14' and Under Men: Open\*, U16, U19\*, O/40\*, O/50\*, O/60\*

14' and Under Women: Open\*, U16\*, U19\*, O/40\*, O/50\*, O/60\*

\*Combined Trophy Race

**Divisions for Challenger:**

14' and Under Men: Open, U12\*, U14\*, O/40, O/50, O/60

14' and Under Women: Open, U12\*, U14\*, O/40, O/50, O/60

\*Combined Trophy Race

**OFFICIAL RACE NOTICE of the NZ SUP National Championships 2021****Distance Race****SATURDAY 13 MARCH****14 - 16 km Long Distance Race (10mile)**

Second event of the 2021 National SUP Championships Series sees the Distance Racing Championships at Takapuna Beach.

This is a beach start and finish. The distance race is a 12-16 km ocean race, started from Takapuna Beach, then will follow an offshore heading for approximately 4 kilometres, before turning around a mark (or lay marks) to take advantage of a run back to the beach.

There could be strong wind, current, chop, some boat traffic, ocean swells and waves of up to 1m coming into the beach, if the weather cooperates. This will be an upwind – downwind with minimal sidewind to make it fast and fun.

We will change the direction of the race to optimize the conditions for a fast, fun, challenging race. The exact distance depends on the line you take.

The Championship race is for experienced paddlers with the skill and fitness to complete this endurance challenge.

Depending on your board and experience, it will take between 1.5 and 2.5 hours to complete the course. The cutoff to the 8km mark is 1.5 hours. This is a great opportunity to push your limits and measure yourself against some of the best paddlers in the country.

The Race Director and NZ SUP Nationals Course Committee will set the course based on their knowledge of the area and conditions.

The courses will depend on wind direction. The maps overleaf show likely course options, but these may change depending on wind direction and conditions on the day. The NE to SW course is the preferred course for windy conditions while in light winds a similar course to the 2020 distance championships will be run.

Check-in 8:00 am—9:00 am at Start Location Event Hub

Briefing 9:15 am

Race Start 9:30 am

The course will be confirmed by NZ SUP 24 hours prior to race start.

**Divisions:**

14' and Under Men: Open\*, U19\*, O/40\*, O/50\*, O/60\*

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14' and Under Women: Open\*, U19\*, O/40\*, O/50\*, O/60\*

\*Combined Trophy Race

### **Challenger 6-8 km Distance Race SATURDAY**

The 6-8 km race will depend on wind direction and start or finish at Takapuna Beach. This is a beach start and finish from Takapuna Beach and will commence with the Championship event.

The Challenger course will follow the same course as the Championship event but will be a single lap.

This course is for intermediate to advanced paddlers with the skill and fitness level to be in rough conditions for upwards of an hour. It should take you 1-2 hours to complete the course, enjoying the safe camaraderie of being out on the open water with a large number of people and safety vessels to keep an eye on everyone.

This is the "5 mile" race of the international SUP Scene, an achievable challenge and introduction to navigating ocean swells and currents.

Check-in 8:00 am—9:00 am at Start Location Event Hub

Briefing 9:15 am

Race Start 9:30 am

### **Divisions:**

14' and Under Men: Open, U12\*, U14\*, U16\*, O/40, O/50, O/65

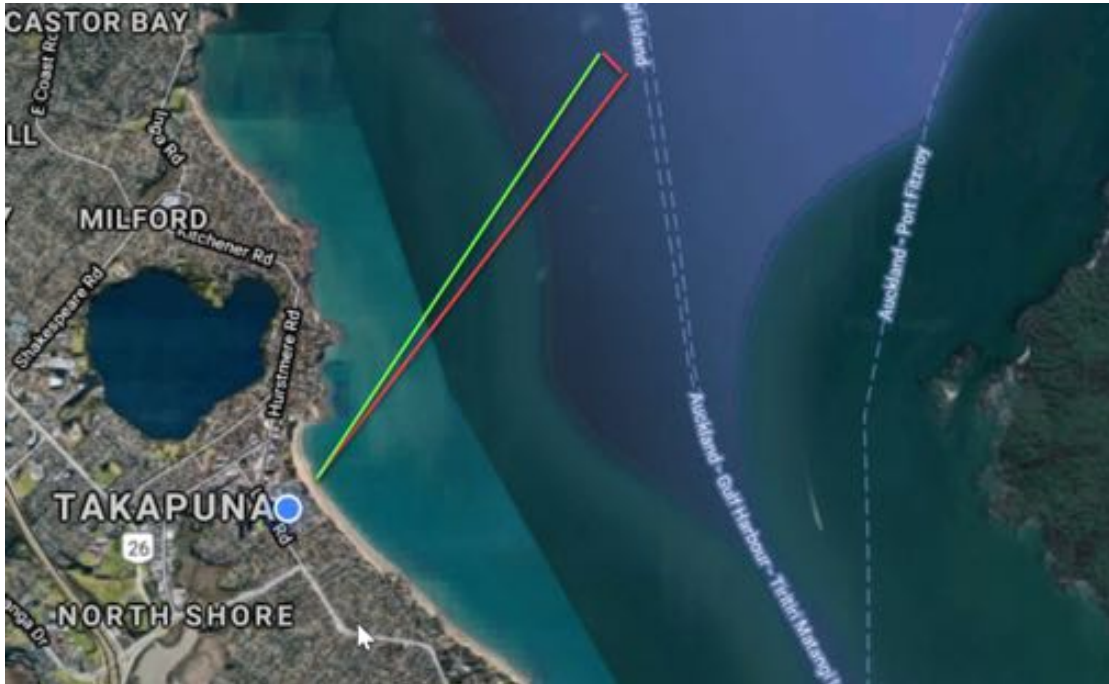
14' and Under Women: Open, U12\*, U14\*, U16\*, O/40, O/50, O/65

\*Combined Trophy Race

**Proposed Course: North East or South West Wind Course**

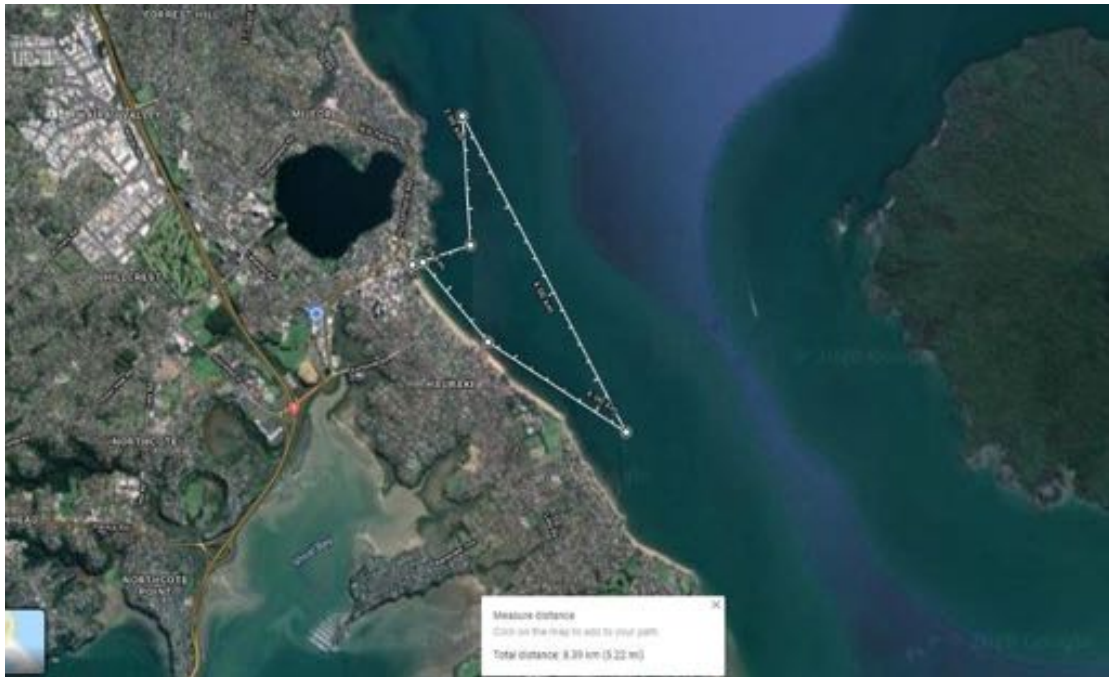


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### Proposed Course: Light Wind Course



**SUNDAY 14 MARCH**

### Technical Race

Every entrant is entitled to three races in the 2021 Technical Race.

Technical Race will comprise two heats (2km) plus a final (4km). A 4 km B final will be run for those that do not qualify for the final after the heats.

Technical Races will be raced over a tight course extending from the Boat Club and will incorporate a single beach run chicane per race lap.

The course will be set by the Race Director in consultation with the Course Committee and shown at the race briefing.

The course may change throughout the day as conditions dictate, depending on the weather and swell conditions, at the Race Director's discretion.

Any changes will be posted at the race briefing.

Technical Race course will start and finish on the beach.

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Any decision to change the course will be at the Race Director's sole discretion.

### Technical Race

Checkin 8:00 am—9:00 am at Event Hub

Briefing 9:15 am

Race Start 9:30 am

The course will be based on a 2 to 2.5 km lap with multiple tight turns and a chicane sand run per lap to break up the field. The course will be laid to create an exciting technical race to crown our NZ Champions.

Each paddler will race two heats, and then going from your combined results from both heats, the top 30% of paddlers will go through to finals. Men, women will race together in the heats, each heat will be 2km-2.5km long. The total race distance if you make finals? 8km. If you don't make it through to finals you'll race a plate final.

The course will see paddlers charging out through the beach break and along the beach before taking on a number of turns in and out of the surf zone.

This is an intermediate to advanced level race, and is good for those who are proficient in small surf, have been paddling, and want a challenge. There may be currents, wind and choppy conditions with waves of up to 1m.

Divisions:

14' and Under Men: Open\*, U12\*, U14\*, U16\*, U19\*, O/40\*, O/50\*, O/60\*

14' and Under Women: Open\*, U12\*, U14\*, U16\*, U19\*, O/40\*, O/50\*, O/60\*

\*Combined Trophy Race

### All Commers Race

All Commers Race will be held on the course to provide a single lap race without a chicane beach run for paddlers of all ages that want to compete for bragging rights and have a go. The race is predominantly on surf board style or inflatable SUPs. This race is suitable for all ages and entre level skills.

### Event Schedule

Heat 1	9:30 am
Heat 2	10:30 am
All Commers Race (no Final)	11:00 am
B Final	1: 00 pm
A Final	1:30 pm

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Proposed Race Course



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## **Official Notice Board**

An official notice board will be located at Registration, at the EVENT HUB at Takapuna Beach Reserve, and also at the Official Tent next to the start/finish area at each race location. Event information including course maps, changes to the rules or events or schedule will be posted on the official notice board.

The exact location of the Official Notice Board will be posted on NZSUP Social Media Accounts and at registration.

## SUP Board Classes

### **SUP 14' & Under Class**

Length – 14'0 maximum

Board Weight - No Weight Restriction. Board Design - No minimum dimensions.

Single hull, stationary/non-correctional fins and a fin box is allowed.

### **All Commers Race Class**

#### **SUP Surfboard Class:**

Length - 12'6 maximum

Board Weight - No Weight Restriction.

The board marshal will determine if the paddler's board meets the correct specifications to allow entry into the surfboard class. The board must be a surfboard style in shape with a maximum length of 12'6. Boards in the surfboard class may not have displacement or concave hulls.

#### **SUP Inflatable Class:**

Length - 14' maximum or 12'6 maximum if specified

Board shall be hollow and inflated by air. Fixed Fin. No rudder. No hollow construction hard boards.

The Board Length Official will be checking equipment prior to racing to ensure the correct category.

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## REGISTRATION

Entry in all divisions will be via online registration. **REGISTER NOW**

Participants in the Championship 16-20km and the Challenger 8-10km Distance races (Sun), and the Technical Races (Sat) Must Enter or advise NZSUP **before 8pm on Thursday 11th March 2021**. This is a requirement to ensure appropriate safety planning.

Current pricing will run until midnight Wednesday 10 March. Entries are available online thereafter but entry fees increase by \$20 per event, or a total increase of \$50 for the combined 3 races.

The organizers reserve the right to reject or cancel any entry.

## Event Check-in / Late Registration

ALL PADDLERS MUST CHECK-IN PRIOR TO RACING. If you have pre-registered online you may authorize another person to collect your race pack on your behalf.

**Fri 12 March** 2 pm to 3 pm Pre-Event Check-in and Late Registration at check in for Sprint races.

**Sat 13 March** 8:00 am-9:00am - Check in and compulsory gear check for Distance Race at Event Hub. Bring, leash and PFD to check in.

**Sun 14 March** 8:00 am-9:00am - Check in for Technical and All Commers Race at Event Hub.

ALL PADDLERS MUST CHECK-IN PRIOR TO RACING

## Race Briefing

The verbal safety briefing will cover course layout/description, event rules, safety issues and paddler questions. Safety of the participants is the number one priority of the Race Director and the event staff. All paddlers must attend their Race Briefing. See [Event Schedule](#) for Briefing Times.

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### Disclaimer of liability

Paddlers participate in the event entirely at their own risk. The organisers accept no liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event. It is the sole responsibility of the paddler to decide whether or not to race. All paddlers must sign a liability waiver on entry.

Each entrant must sign the indemnity declaration on the Entry Form before the event. If under 18, the parent or guardian must sign.

### Prizegiving

Prizegiving for each Discipline will occur following the day's racing. All combined race trophies will be awarded following the conclusion of the Technical Race on Sunday.

## RULES

These rules for the 2021 NZ SUP National Championships are based on the International Surfing Association (ISA) Rulebook published February 2017.

### Paddler Safety

- All paddlers are required to wear a SUP leash, Personal Flotation Device (PFD), official race shirt for the Distance Races.
- All paddlers are required to wear the official race shirt in the Technical Races.
- All U13 paddlers are required to wear a PFD for all races, in addition to required adult safety equipment.
- Race numbers will be marked on your arm and must remain visible to the race officials.
- **The 12-16 km Long Distance Race is for paddlers who are competent in long distance and downwind paddling.** The time to make the end of the first lap 6-8km mark will be decided by the three officials who set the course, and advised at the safety briefing on the morning of the race. The time will be competitive. This is being done to ensure the support vessels are not committed to slower paddlers at the rear of the field to the detriment of other paddlers' safety. There will be no exceptions to this rule, and there will be no handicapped or early starting positions for any paddler. Paddlers who are not confident that they will make the 8km mark in the required time should consider competing in the 6-8km Distance Race instead. A paddler can be pulled from the race at any time at the discretion of the Race Director, safety officer, or other race officials, whose decision is final. There



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will be no refunds for paddlers who are withdrawn or disqualified from the 12-16km Long Distance Race by race officials, under any circumstances.

- All Distance race paddlers are advised to carry hydration and nutrition to combat fatigue and dehydration.
- Distance Race "sweep rule" – race management will "sweep" the course of remaining racers 2 hours after the time of the first finisher. Racers must oblige and board the trailing vessel(s). The Race Director may vary this time limit. Any 16-20km and 8-10km Distance Paddlers not finished when the field is "swept" to receive equal points and place.
- **The Technical Races are for paddlers who are competent in surf and choppy conditions.** A paddler can be pulled from the races at any time at the discretion of the Race Director, safety officer, saver or other race officials, whose decision is final. There will be no refunds for paddlers who are withdrawn or disqualified from the Technical Races by race officials, under any circumstances.
- Race officials shall have the ultimate and final authority to remove a paddler from the race if the paddler is judged to be physically incapable of continuing the race without the risk of injury.
- If you are not comfortable with the conditions on the day it is your responsibility to make the decision whether to race or not.
- All paddlers are expected to participate in the spirit of the event. You will be disqualified if, in the Race Director's opinion, you engage in any unnecessary physical contact or unsportsmanlike conduct.
- The Race Director will warn the paddlers of dangers that could occur and where all safety personnel will be located on the course during the pre-race briefing. Paddlers shall be mindful of the hand signals to be used if someone is injured, danger (paddle in the air, waving or erect) or in need of help but not injured (hand in the air).
- Paddlers that witness any persons who may be in danger or difficulties during any race should assist or help get safety staff attention. Any paddler who knowingly ignores another person who is in trouble and by doing so clearly endangers their wellbeing will be disqualified from the event

ALL PADDLERS WILL BE CHECKED FOR SAFETY EQUIPMENT AT THE START. ANY NON-COMPLIANCE MAY RESULT IN THE PADDLER BEING DISQUALIFIED.

### General Racing Rules

- i. Warm ups are not allowed on the race course during heats/ racing.
- ii. Racers must promptly clear the water when directed by race management.
- iii. Single blade paddle to be used.
- iv. The paddler should be standing at all times whilst paddling. Each paddler must complete the course in a standing position on his or her board.

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- Paddlers starting or remounting after a fall may take a maximum 5 strokes on their knees to gain momentum before standing up. This 5-stroke rule is to prevent paddlers attempting to achieve an advantage by paddling from a kneeling position in difficult conditions. Racers who contravene this rule will be given a 3-placing penalty per infraction at the conclusion of the race.
- v. When riding waves in the Technical and Distance races, the paddler must endeavour to stand up at all times except for situations involving safety to the racer or other paddlers. If a paddler is not standing when riding a wave, then he/she must be endeavouring to do so, to avoid official sanction [as per five-stroke rule]. It is allowable for a paddler to kneel on the board for control in or out of the surf zone if there are clearly justifiable safety reasons for doing so.
  - vii. Paddlers must follow the designated set course, which will be supervised by water marshals and rescue staff.
    - 1. Race Course markers will consist of two kinds of buoys: TURN BUOYS and GUIDE BUOYS. TURN BUOYS indicate to racers the need to make turns on right or left shoulder to complete the race in the correct way. All the buoys in Technical race will be TURN BUOYS. GUIDE BUOYS are used when the race is a point to point race, from point A to point B and the visual distance between A and B is too far or restricted by obstacles and buoys in the middle way are needed to guide the racers in the correct direction. GUIDE BUOYS will be used just in Distance Races and must be clearly explained to competitors in the managers meeting. GUIDE BUOYS have no mandatory side to pass on.
    - 2. A competitor will not be disqualified for touching a TURN or GUIDE buoy, unless, in the opinion of the Course Official, an advantage has been gained. This may include picking up and moving the mark with hands or a paddle.
    - 3. A competitor will be unconditionally disqualified when they round a TURN BUOY, flag or gate on the wrong side or in the wrong direction or incorrect sequence, irrespective of the racer having an advantage or not. However, a competitor may diverge from and then return to the course and correct any course mistake between turn buoys and BEFORE THEY CROSS THE FINISH LINE. After crossing the finish line the competition is over for that individual and no racer can return to the course to correct any mistake.
    - 4. Course Officials are to be impartial and not provide any information to competitors that would give an unfair advantage.
  - viii. STARTS
    - 1. A flag will be set up at either end of the start line, for line of sight. Racers called to take their chosen place on the line with feet grounded behind the line [no other requirement so parts of the body or board may overhang the line, but cannot be grounded].
    - 2. The Starter shall call paddlers to the start line with the command, 'racers to the line' or one short horn blast, no greater than 30 seconds and no less than 5 seconds before the official start time.

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3. Competitors must work in a best effort to not be within 1 meter (3.3 ft.) of the start line before the Starter calls them to the line.
  4. Competitors with their body completely in front of the buoys/flags before the start horn sounds will be given a false start.
  5. In the event of high winds or choppy seas or as required by the Beachmaster to control the start procedure, racers may be asked to sit on their boards behind the start buoys.
- ix. **FALSE STARTS**
1. Competitors over the line once the Starter calls, 'racers to the line', will be given a false start.
  2. On the second false start infraction a competitor will be disqualified.
  3. Competitors must only react to the starting signal and must not try to anticipate the sound.
  4. Competitors must not make any forward racing strokes once called to the line and before the start.
  5. In the event of a False Start on the start horn for any Distance Event, competitors will be given 2-minute time penalty. If the False Start is more than two seconds before the horn then the competitor will be disqualified.
  6. A False Start on the final start horn for a Technical / Sprint Race will result in a long horn blast by the Starter to bring all competitors back to the line. The Competitor will be issued a false start and subsequently disqualified on the second False Start infraction.
  7. If there is outside inference or any other unforeseen circumstances, the Starter may recall all competitors with two long horn blasts. The Starter will begin a new starting sequence once all competitors are behind the start line.
- x. No extraneous aids are allowed. This includes, but is not limited to, swim fins, engines, foils, wind catching devices [i.e.: sails, baggy clothing, etc.] and personal support teams. No twin or multi- hulled boards allowed (i.e.: catamarans, outriggers etc). Except in Unlimited Class - where foils and rudders are allowed.
- xi. Wetsuits and hats (sun protection) are permissible.
- xii. Paddlers are required to have an official race bib / race vest and/or race number on their arm, which must remain on the individual throughout the event. No paddler shall be recorded as a finisher unless carrying the official bib / wearing the official vest and / or number on their arm.
- xiii. **DRAFTING** is not allowed out of gender.
1. A paddler will be deemed drafting when within 1 meter of the tail, or sides of another competitor or any water craft on the racecourse for more than 10 seconds.
  2. If there is a combined male and female start, either sex will be given 200 meters from the start to clear each others draft.
  3. 4 If the boundaries of a race course do not allow competitors to get outside of the drafting zone then no drafting rules will apply at that time.
  4. A competitor must make an effort to exit the drafting zone immediately

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when boundaries allow. Examples of natural boundaries include rocks, canals, submerged objects, bridges and vessels.

5. Competitors will be disqualified for drafting any water craft on the racecourse that is not in the same class or gender.

- xiv. **FINISHING.** Paddlers will race from the last turning technical mark to the beach where they will be required to run up the beach and finish, carrying their paddles only. Boards may be left in the water . The finish line will be between flags at the end of a chute. The nose of the craft is the designated point for crossing the finish line when determining relative placing in a water finish. Races that are finished on the beach may require competitors to run through a finish chute or across a designated finish line. We designate the "front of chest" [as priority] to designate the body finish. Diving [throwing the body head first] draws a 30 second penalty. The paddlers' finishing position will be recorded.
- xv. Interference or any form of unsportsmanlike conduct is not allowable and will lead to disqualification. Paddlers must compete in a sportsmanlike fashion and avoid collision at all times. Specific violations include (but are not limited to):
  - Blocking (Whereby a leading paddler changes his line intentionally to block the path of an overtaking paddler)
  - Paddling Interference and/or deliberate physical contact
  - Purposely obstructing or interfering with another paddler
  - Causing damage or bodily harm to another paddler or their equipment
  - Use of profane language toward any persons or paddler during the event
  - Not rounding a mark or completing the specified course
  - Deliberate failure to avoid a collision
- xvi. Penalties for violations of the rules and/or unsportsmanlike conduct by a paddler that is listed in this document or that is posted by the race director on the Official notice board include:
  - Relegation (paddler is penalised places in their race)
  - Disqualification from the race
  - Disqualification from the event.

**Decisions of the Race Director will be final and binding.**

- xvii. Protests must be filed by paddlers with the Race Director within 15 minutes of completion of race. Distance race protests must be filed within 15 minutes of the protesting racer's finishing time. Protests will be handled by the Race Director based on actual interference and impeding progress, fairness and sportsmanship criteria. It is recommended that a protestor brings with him or her, support in relation to the protest being lodged,

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- including but not limited to corroboration / support from another paddler or independent witness.
- xvii. All paddlers in the Tehnical race race the A and B finals, their placings will determine their National ranking.
  - ixx. Racing Draw & Schedule  
A full draw and schedule foreach Race Day will be posted on the official notice board and Facebook at 8.00am. Any changes to the schedule will be posted on the official notice board.
  - xx. Course area. The courses are as described herein, either at Takapuna Beach or Sylvan Park Lake Pupuke.
  - xxi. Staging area. Paddlers will be able to place their boards in the staging area before their race. The staging area will be situated on the grassed area in front of Takapuna Beach Café on The Promenade.
  - xxii. Race length. The Technical course lap will be no longer than 2.5 km. The course length is subject to change at the Race Director's discretion to allow the race schedule to be completed within the stated event time.
  - xxiii. Moving Mark or Buoy. The race director must notify paddlers of a moved mark or moving mark and either anchor the mark before the first paddler has reached the stated mark, or replace the moved or moving mark so all paddlers are racing a similar distance and shape of course.

## Weather contingencies

NZ SUP reserves the right to change any aspect of the above race notice including changing the race program if weather conditions are unfavourable and/or pose a safety risk.

NZ SUP may swap the Distance Race and Technical Race days if the weather conditions will impact on safety and the quality of the racing. The program outlined above is the favoured option and a decision to change will only be made as a last resort if conditions dictate.

A final decision on the race schedule / order of races will be announced on Thursday 11 March at midday, and posted on social media to advise all paddlers of the race program.

A final decision on the location of the Distance race course will be made and posted on the morning of the race by 8am.

Please check NZSUP Nationals on Facebook for regular news and updates.  
[www.facebook.com/nzsup](http://www.facebook.com/nzsup)