

NQ OCEAN PADDLE SERIES 2017

Race 3: Cowley to ETTY Bay

Race Information Booklet

Saturday 17th June



[/North Queensland Ocean Paddle Series](#)

[/N OPS](#)

This booklet consists of important information competitors will need prior to the event. Please take your time to read through this booklet to ensure you are prepared for the event.

Cowley to ETTY Bay Race Day:

Registrations & Sign Up

Signing in

Don't forget to sign in at the Registration Desk. This is to ensure officials are aware of who is out in the water. **EVERYONE must sign in before every race!**

Indemnity Forms

Ensure you have signed an indemnity form. Only one form needs to be filled for the entire series.

Long Course

Race 3 showcases some of the Norths beautiful beaches. Located just an hour and 40 minutes from Cairns, and 3 hours from Townsville. Competitors will paddle up the coast line from Cowley beach through the stunning waters of ETTY bay. Competitors should ensure car and racks are at the Finish Line area (ETTY bay) for the end of the race.

Important Information

Competitors **MUST** give way to other vessels in the waters.

All competitors must wear a leg rope and PFD at all times during the race and all Long Course Competitors must have a smoke flare on craft during the race.

Event Description

Date	June 17 th
Briefing	1:00pm
Race Start	1:30pm
Distance	22km (dependent on buoy placement / wind)

Start Location: Cowley Beach (100 meters north of the walkway in look for paddlers)

Finish Location: ETTY Bay Beach

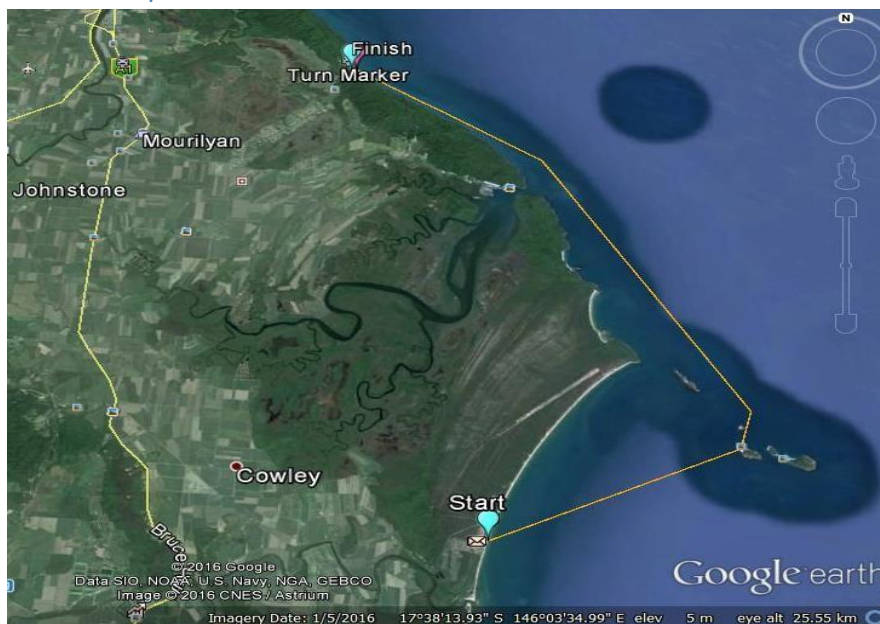
Briefing

Location: Cowley Beach, 4871 (See photo below- Briefing location).

It is Mandatory all competitors attend the briefing before the event race. The official will cover important information including exact start & finish points, markers and safety.



Course Map



Directions:

1. Start in water- knee deep.
2. The first boat will take you to the island approx 3km offshore for the first turn. Subject to change.
3. Keep land on left hand side until you see the buoys from the Short course (Etty Bay).
4. Aim to finish between the Finish Markers on the beach (mentioned at briefing).

Sprint Points and waves:

There will be a Jetski or boat in place approx 100 metres from start to get sprint points

The girls wave will go approx 1 minute before, everyone else will leave in the 2nd wave.

Timing

We will be using visual timing at this race so please ensure that your race plate is on the **RIGHT hand side** of your boat. Make eye contact with the people in the timing tent to ensure they have seen your race number.

Short Course

Important Information

Competitors will start from Etty Bay, in knee deep water and complete 3 laps for all craft except SUP's and Juniors who will complete 2 laps – finishing back on the shore at Etty Bay. Ensure you keep the buoys on the LEFT side of your craft when turning.

All craft: 8km

SUPS and Juniors: 4km

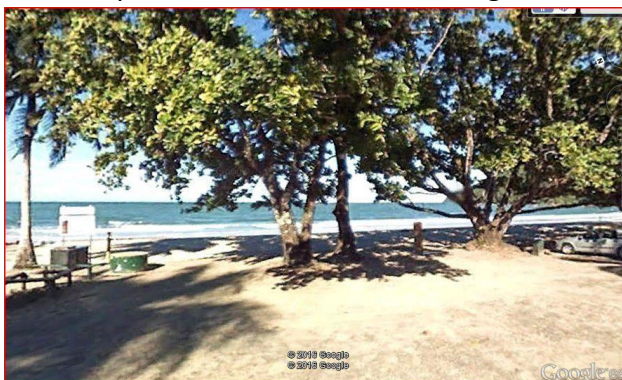
Event Description

Date	June 17 th
Briefing	1:30pm
Race Start	1:45pm
Start Location	Etty Bay
Finish Location	Same as start location.

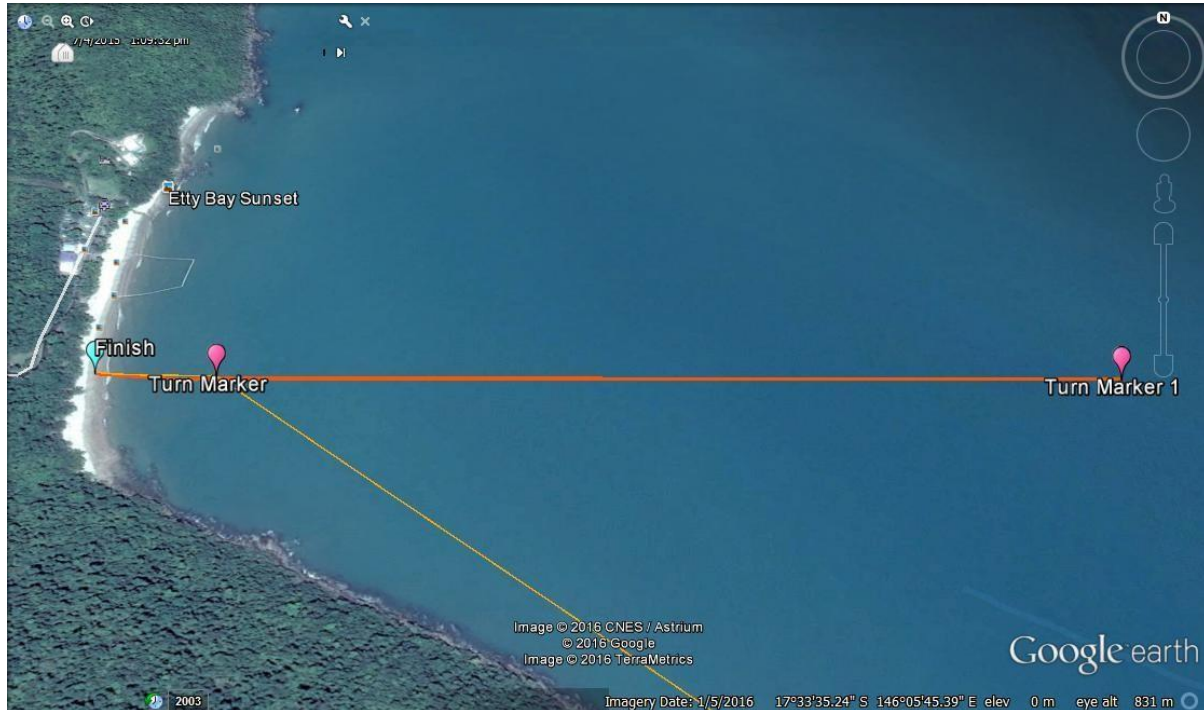
Briefing

Location: Etty Bay (see picture below).

It is recommended all competitors attend the briefing before the event race. The official will cover important information including exact start & finish points, markers and safety.



Course Map



Directions

1. Paddle 1.2km to the buoy
2. Turn Left – keeping Buoy on the left hand side.
3. Complete 3 Laps kayaks and skis/ 2 Laps SUPS and Junior (Buoys will be 1.5km distance apart- 3km per lap).

Parking

Long Course competitors are advised to carpool to start location. Parking is available at both locations.

Sausage sizzle

Sausage sizzle will be available. Free for competitors and \$2 for spectators.

Massage

Harry from Spark Movement Studio will be available for pre event Warm up and advice and Post event massage and advice.