

# **Port Macquarie Rowing Club**

## **Three Rivers Mini Marathon – Wilson, Maria & Hastings**

<b>Distance:</b>	<b>26 km</b>	<b>Telegraph Point to Port Macquarie</b>
<b>Date:</b>	<b>Sunday</b>	<b>2 August 2009</b>
<b>Late Entries</b>	<b>7am</b>	
<b>Briefing</b>	<b>8am</b>	
<b>Start Time:</b>	<b>8:30am</b>	

### **Aim**

To arrange and conduct a non competitive event which will include all forms of paddling, rowing and sculling craft. All craft must be river worthy and all participants must be competent in their relevant craft.

Entries will be encouraged from Rowing clubs, Surf Life Saving clubs, Canoe Clubs, and individuals in all configurations of craft.

### **Awards and Prizes**

Each crew will receive recognition of completing the course and awards will recognize category winners.

### **Entry Deadline**

Late entries will be accepted on race day.

### **Start/Finish**

- All competitors and crews must register with start control at least 30min. prior to advertised start time. A bow number and course map will be issued at this time.
- An event briefing will be held 30min before the start, a representative from each crew must attend.
- At the completion of the course each craft will be checked off against the start list and be acknowledged as finishing by event officials.

### **Start Order**

- In general slower craft/categories will start first.
- Due to the nature of the course it is impossible to monitor every craft for the entire distance, therefore, it is expected that each competitor/crew will compete at the highest level of maturity, courtesy and safety.
- The start line will be on the Wilson River under the traffic bridge at Telegraph Point and the finish line will be the Hastings River adjacent to the Rowing Club Hibbard Dr. Port Macquarie.
- Each crew will be given an elapsed time for the journey.

### **Hazards & Markers**

- All navigational buoys and markers must be observed and passed on the required hand.
- Participants are required to watch for all hazards and not crowd the shoreline on bends and turns.
- One vehicular Ferry will be operating across the Hastings River approximately 750m upstream from the finish line.
- A weather forecast will be issued at the pre race briefing

### **River Traffic**

- The rivers **will not** be closed for this event, Waterways will be asked to patrol the entire course for the duration of the event.
- All directions by event officials and Waterway personal must be obeyed in the interest of waterway safety.

### **Safety Volunteers**

- At the start, finish, and three other positions strategically located along the course. Volunteers will be available to assist in any emergency which may arise.
- First Aid facilities will be available at these locations.
- Four power boats will be on water to lead and alert other river users of following craft and also follow up last crews to ensure all finish safely.
- All land based check points / safety stations will have vehicle access for personal and or craft retrievals.

### **Course Communications**

- All safety craft will have marine radios and carry mobile phones.
- Land based check points / safety stations will have radio and mobile phone coverage

### **Equipment Breakage**

- Each craft is required to carry any equipment specific to repairs on that craft. A very limited amount of tools will be available at the start, finish and halfway stations

### **Alcohol**

- Alcohol is not permitted at the start, or to be consumed during the on water section of the event.

### **Litter**

- All litter (food wrappers, drink bottles, tape, etc) must be retained and disposed of in a proper manner at the conclusion of the event.

### **Water and Personal Requirements**

- Water will be available at the start and also from the official power boats on the course.
- Each competitor/crew will be responsible for ensuring they carry enough water and food to satisfy there needs.
- It is suggested consideration should be given to carrying the following,
- Two litres water per participant
- Power bars / fruit
- Sun screen
- Hat
- Mobile Phone
- Tools for minor repairs
- A map of the course ( issued at start registration)

### **Disclaimer**

Participants may be required to sign disclaimer to dissolve Port Macquarie Rowing Club of any liability which may occur from entering this event.

Every effort will be made to conduct a safe marathon event, any concerns should be addressed in writing and forwarded to club officials.

**LUNCH AVAILABLE AT THE FINISH**