

# Understanding the course

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## UNDERSTANDING THE COURSE

The Race begins and ends at the same location on Long Reef Beach. Each leg of the course begins and ends at the **Butterbox Gateway**. There will be a corresponding coloured set of turning buoys to identify the course each participant must complete.

There will be an online safety and course briefing at **4pm on Friday 6 March**.

## COURSE DISTANCES

**Headland Run:** ~2km | Run from sand up to top of the headland and back. **Sneakers highly recommended.**

**Board paddle:** ~3km | Paddle to the Butterbox surf break and back

**Swim:** ~2km | Swim down to Dee Why Beach and back

**Soft sand run:** ~1km | Down to the pole and back

**Ski:** ~7km | Optional ski leg for Gold course participants.

Silver course participants finish after the soft sand run.  
Alternate craft permitted in ski leg.





## PARTICIPANT PACKS

### Vaikobi Butterbox Gold technical tee

We are ditching the number tattoos! Please use the artline pens available at rego and on beach to clearly mark number on arm.

**2 Craft stickers:** Please place one sticker per craft at the nose of the craft in a visible position.

## PRIZES

Prizes will be awarded for the following categories:

- Individual Butterbox Gold winner, male and female
- Individual Butterbox Silver winners, male and female
- Team winners for Gold course and Silver course
- Youth award
- Longy Spirit

## TEAMS

- Each team can consist of between 2-4 (or 5) members. Compete with family members; patrol; training buddies; friends!
- Teams can enter the Silver course or the Gold course. Set your own goals.

# Course maps

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#### EQUIPMENT REQUIRED

- 22 OFF BOLLARDS (RED)
- 50m TAPE
- 3 TABLES HYDRATION ZONE
- 1 TABLE UNDER SUPPORT TENT
- 2 OFF PINK FLAGS (PINK)

#### BEACH SETUP PLAN





BEACH RUN TURN AROUND POINT (THE POLE). FIRST AID TO BE STATIONED HERE

## BEACH RUN COURSE

TRAVEL IN A CLOCKWISE DIRECTION



### HEADLAND

MARSHALL STATIONED HERE

FIRST AID STATIONED AT THE TOP

SPOTTER STATIONED HERE WITH RADIO

Unnamed



### BRIDGE ENTRY

MARSHALL STATIONED HERE





**WATER COURSE**



# NIPPERS BOARD LEG (600M)



# NIPPERS SWIM LEG (400M)



# Race Requirements and on the day!

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## RACE REQUIREMENTS

- It is compulsory that each participant wears the event provided hi vis technical tee for the race.
- **Please bring a swim cap to wear for the swim leg. Butterbox Gold swim caps will be available for sale at registration window for \$15.**
- In order to be eligible to win the Gold course prizes, participants must be on spec skis. Ocean skis and other non-motorized craft are otherwise permitted to complete the ski leg.
- After the last participants are out of the water, we would love you to join us in the function for some refreshments and prizes!
- Event will be finished at 5pm. If there are any participants still in the water at that time, our water safety team will accompany them out of the water.

### Compulsory event equipment list:

Butterbox Gold hi vis technical tee

Craft stickers. **Please use the artline pens available at rego and on beach to clearly mark number on arms.**

Bring your own craft + hi vis swim cap (+ nutrition/hydration if you wish). Snacks also provided on the sand.

### RUN SHEET:

By 1.30pm	Participants arrived; craft on beach
1.30pm	Matt Sweeting opens the event / scrutineer of craft
1.45pm	Final safety briefing led by Craig Johnson
2pm	First wave starts (nippers and individual participants)
2.15pm	Second wave (team participants)
4.30pm	Event concludes
From 5pm	Refreshments, drinks and prizes at clubhouse