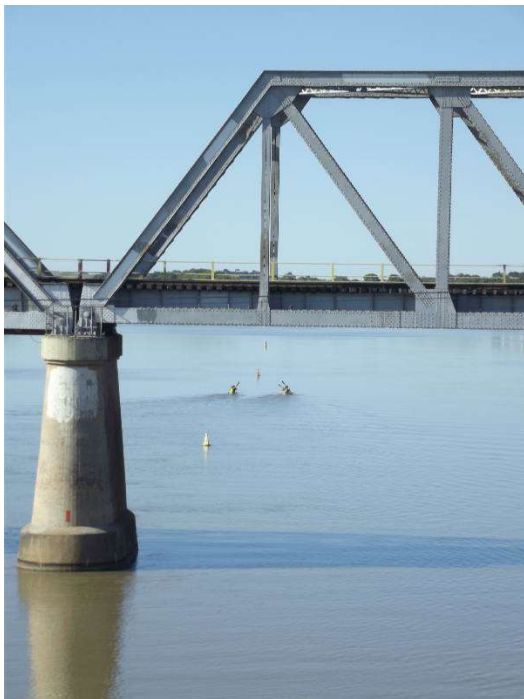


Back2Back Paddlesfest

Sat 2nd & Sun 3rd 2015



Day 1

11am Facility open
1pm Registration open
1.45pm Safety briefing (Officials only)
2.00pm Compulsory competitor briefing
2.30pm First Start
Long course 20.5km
Short course 8km

Day 2

7.30am Coffee
7.50am Safety briefing (Officials only)
8.00am Compulsory competitor briefing
8.30am First Start
12noon Clean up
Long course 20.5km
Short course 11km
Everyone must vacate facility by 1pm

At conclusion of paddling participants are free to leave
Results will be posted online within 24 hours

The Back2Back is a fantastic opportunity to meet with other paddlers, test your endurance and improve technique. The 2 day marathon has traditionally been a paddling event designed as a rehearsal or training opportunity for the Riverland Paddling Marathon. However with the inclusion of a short course the Back2Back has become a paddling marathon festival in it's own right.

The race committee greatly appreciates the support of the Murray Bridge community in assisting us host the Back2Back weekend. As a club we trust you find the two day experience a rewarding social event as well as a challenging paddling experience.

The Marathon of South Australia
GPO Box 2900 ADELAIDE SA 5001
<http://www.mcc.canoe.org.au>

Juniors \$10 per day or \$20 for 2 days
Accommodation available on site

Seniors \$15 per day or \$25 for 2 days
Dorm style accommodation \$60/cabin

AC or CSA membership applicable
Lawned area for camping \$5/hd

Entry information available from -
Andrew STOODLEY
GPO Box 2900
ADELAIDE SA 5001

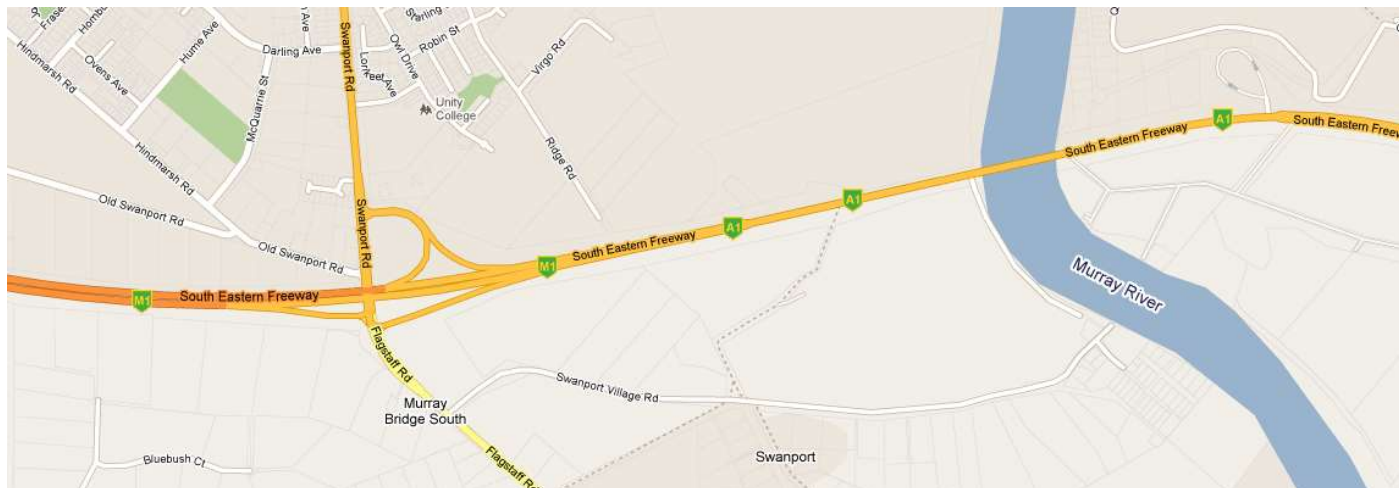
Mobile: 0421 604 184
E-mail: MarathonCanoeClubofSA@live.com.au

Marathon Paddling
A fit way to see a river

Back 2 Back— Weekend Paddling Festival. Held at Murray Bridge Sailing Club

How to find the Murray Bridge Sailing Club?

The Murray Bridge Sailing Club (also known as the Swanport Aquatic Centre) is easily found from the freeway. If coming from Adelaide on the freeway and heading east toward Tailem Bend you avoid the first & major exit to Murray Bridge, head down the hill and take the Wellington exit which connects via a loop with Swanport Road. Turn left at Swanport Rd, go under the freeway and turn left after apx 600m. Follow the signs to the river down the Swanport Village Rd. At the end of this road you will find our “Kayak Race” signs.



Day 1—Bridge to Bridge 20.5km or 8km short course

1.00pm Registration

2.00pm Briefing

2.30pm First start

There will be 3 starts separated by 5min intervals.

On day 1 it is expected that Paddlers will be directed subject to weather up river past Long Island on its eastern side.

Short course paddlers turn at the first navigation beacon and return to the Sailing Club on the Adelaide side of Long Island completing their 8km course.

Long course paddlers continue past Long Island under the rail bridge to the road bridge. Paddlers turn around a bridge pylon returning to the Swanport Bridge.

This will conclude 1 lap of 10km. Long course paddlers will complete an additional lap from the Swanport Bridge, i.e. a total 20.5km distance.

No paddler will be allowed to remain on the water after 5.30pm.

Showers and change facilities available at the start/finish line.

Evening meal at Sailing Club is BYO everything.

Day 2— Buoy race 20.5km long course or 11km short course

8.00am Briefing

8.30am First start

On day 2 it is expected that Paddlers will be directed subject to weather up river past Long Island on its eastern side under the rail bridge to the road bridge.

Short course paddlers turn around a road bridge pylon and return to the start in front of the Sailing club. This will conclude 1 lap of 11km.

Long course paddlers continue up river under the rail and road bridges past Thiele's Reserve, past the pumping station and past the Avoca Dell landing before turning around a clearly marked buoy and returning downriver to the MBSC.

NB - All paddlers must wear an approved pfd.

A boat will be available for emergency rescue use.

Paddlers must wear warm clothing and an approved pfd. A rescue boat will be present for emergencies only.

Showers and change facilities available at the start/finish line

Please direct any queries to Brad Butler MarathonCanoeClubofSA@live.com.au or 0408 846 422.

Back 2 Back— Weekend Paddling Festival. Held at Murray Bridge Sailing Club

Important information for paddlers regarding safety for this event

- Obvious number. Paddlers must display their boat number in a visible and obvious at all times when on the water.
- All participants, when on the water, must have on their body a correctly fitting and fully fastened type 2 or type 3 pfd that complies with the Australian Standard, AS 4758.
- All participants must wear clothing appropriate to the conditions. Thermals of a woollen or polypropylene material are recommended. Cotton is strongly discouraged.
- Footwear is strongly encouraged



- Sun smart recommendations
Hat, sun screen, Long sleeve top and long pants
Paddlers should also carry adequate hydration and food to maintain activity and body warmth for a period of at least 90 minutes of physical activity.



At the time of writing the following known obstructions may be present on the river on either day of paddling -

Willows - the willows form a difficult and formidable obstruction to the river bank making

River flow

Paddle steamer -

Jet skis and ski boats

Turn around for short course day 1 - the turn around buoy for the day 1 short course is the middle ground buoy, see below. It is a fixed navigation buoy with a green triangle at top. The buoy itself may form an obstruction

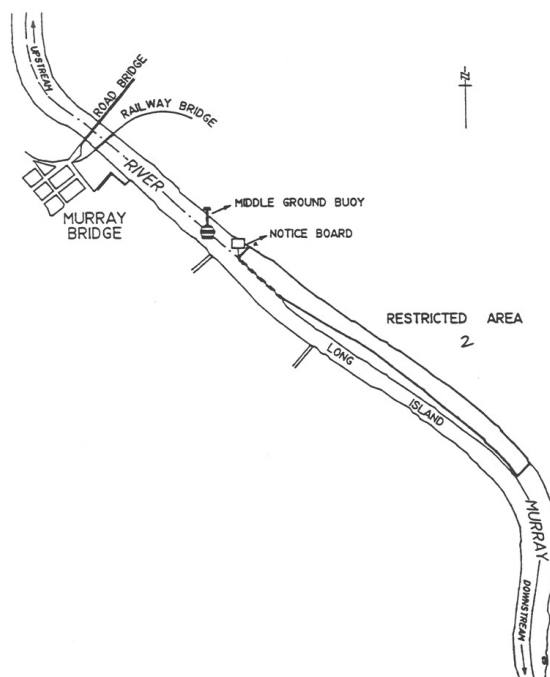
Turn around for long course day 1 - the

Turn around for short course day 2 - the

Turn around buoy long course day 2 - the turn around buoy for the day 2 long course is at the Northern end of Avoca Dell landing on the Right Hand side of the river. Paddlers should note that ski boats sometimes operate from this landing.

Rescue boat

Obligation to assist



Protection inside Long Island

Restricted areas

Time cut offs

No paddler will be allowed to remain on the water after 5.30pm.



The Rural City of
**MURRAY
BRIDGE**

The Rural city of Murray Bridge is approximately 45 minutes drive from the centre of Adelaide. It has a population of approximately 14,000 people. It is in the traditional lands of the Ngarrindjeri people, who referred to Murray Bridge as "Pomberuk". The first known European explorer was Charles Sturt who camped there on 8 February 1830.

