

Updates include:

- 12km races only go around #20 red buoy on first lap



Long Distance National Courses

2019 V5.2

Last updated 16 April 2019

# The rationale behind these courses

1. Safety – water hazards, adverse weather, shipping etc
2. Simplicity – same start and finish for every race (no confusion) and using existing fixed markers where possible
3. Spectator involvement – Using a loop past the spectators, to increase viewing time
4. Paddler enjoyment – maximising downwind opportunities, straight line into the wind with minimal side on (for rudderless paddlers), and the thrill of hearing announcers call your name and position as you loop past spectators.
5. Competition – Fair and accurate courses to ensure top racing conditions prevail

## Start – All races

Fixed Points for red marker and breakwater pole

Paddlers must be between red buoy and breakwater to start

Lead boat Orange Flag

- Red flag – starters orders
- Green flag – Go

Support boats have Yellow flag

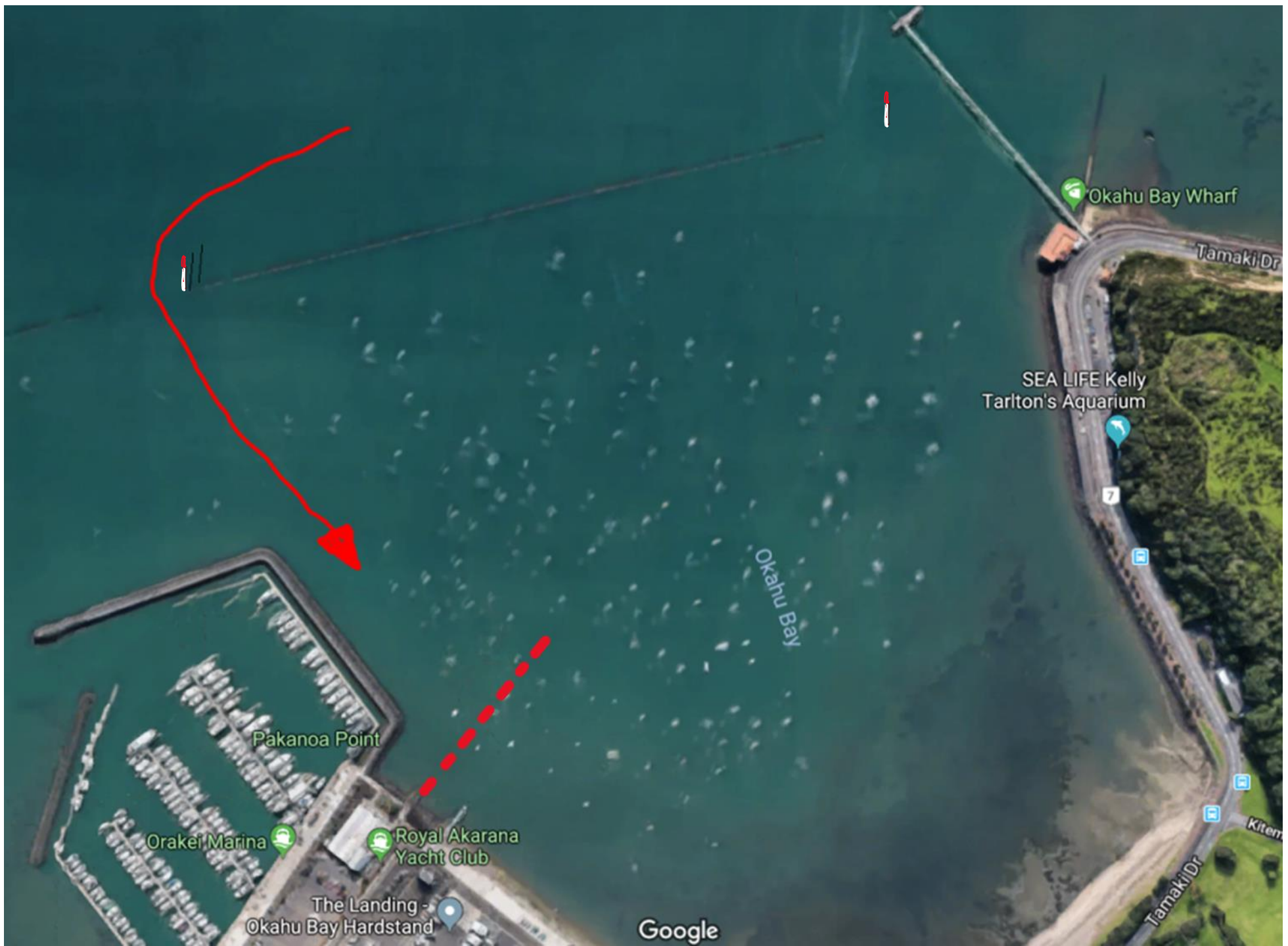


# Finish All Races

Paddlers re-cross the START line

Enter breakwater through the gap

Finish line is between spotters on land (flag/banner) and buoy on water



## First lap All Races

Paddlers re-cross  
the START line

Enter through gap

Cross the finish line

Stay outside of  
moored boats &  
orange buoys

Must exit between  
red and green  
poles.

No gap between  
Okahu Wharf and  
red pole (DQ)



# Short 12km: W6 Adaptive, J16 & W6 Short W1/2/3 Adaptive, J16, J19 & M70

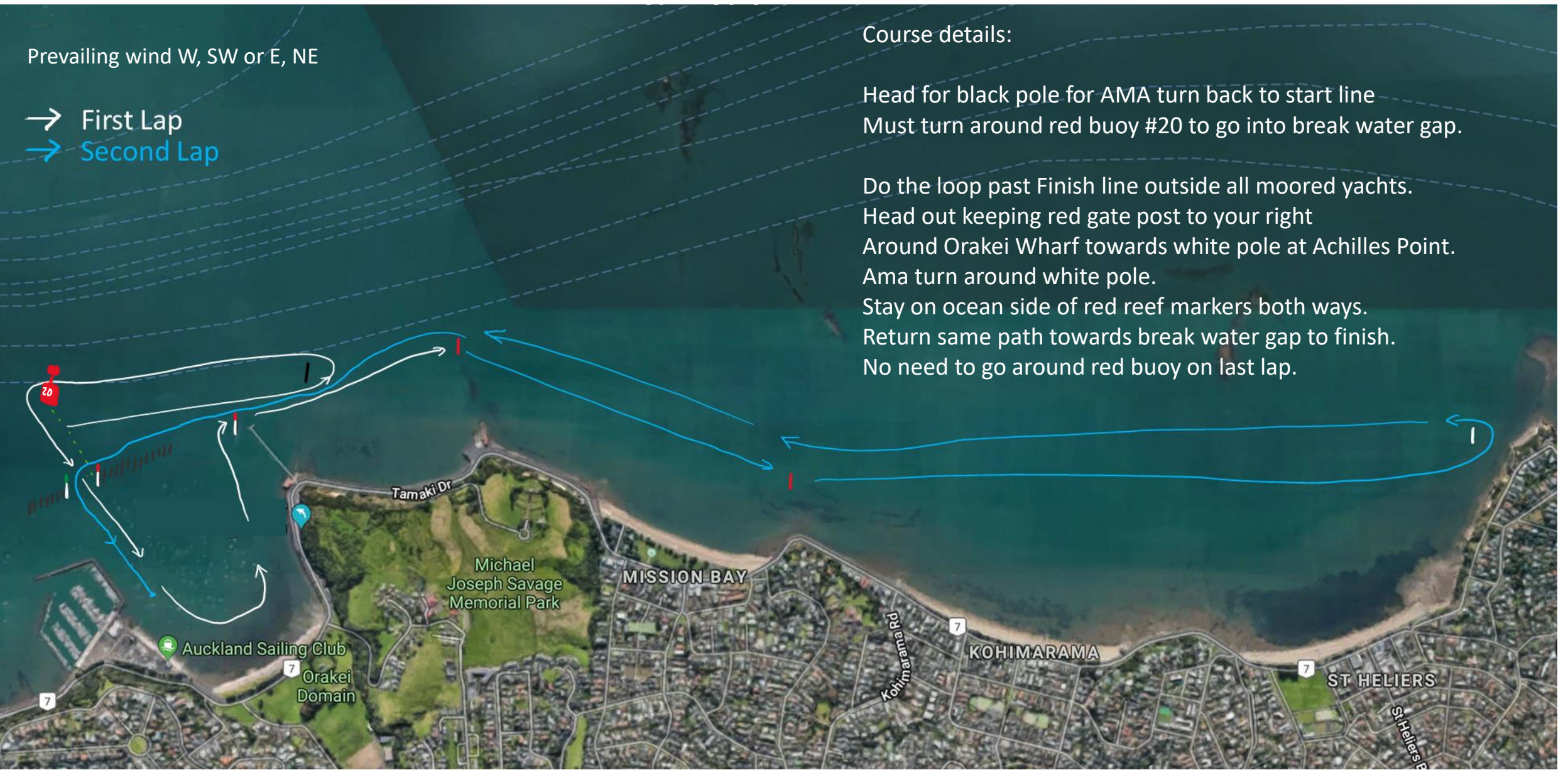
Prevailing wind W, SW or E, NE

→ First Lap  
→ Second Lap

## Course details:

Head for black pole for AMA turn back to start line  
Must turn around red buoy #20 to go into break water gap.

Do the loop past Finish line outside all moored yachts.  
Head out keeping red gate post to your right  
Around Orakei Wharf towards white pole at Achilles Point.  
Ama turn around white pole.  
Stay on ocean side of red reef markers both ways.  
Return same path towards break water gap to finish.  
No need to go around red buoy on last lap.



# Long 24km: W6 Open, Master, Snr Master

Prevailing wind W, SW or E, NE



## Course details:

Head East to orange turn buoy past Bean Rocks. NON-AMA turn back through break water gap. Loop past Finish line outside all moored yachts. Head out keeping red gate post to your right, around Orakei Wharf towards LLIOMAMA Rock (off Rangitoto), do AMA turn on the pole. Return to start through break water gap to Finish.

# Long 20km: W6 GM, M70

Prevailing wind W, SW or E, NE

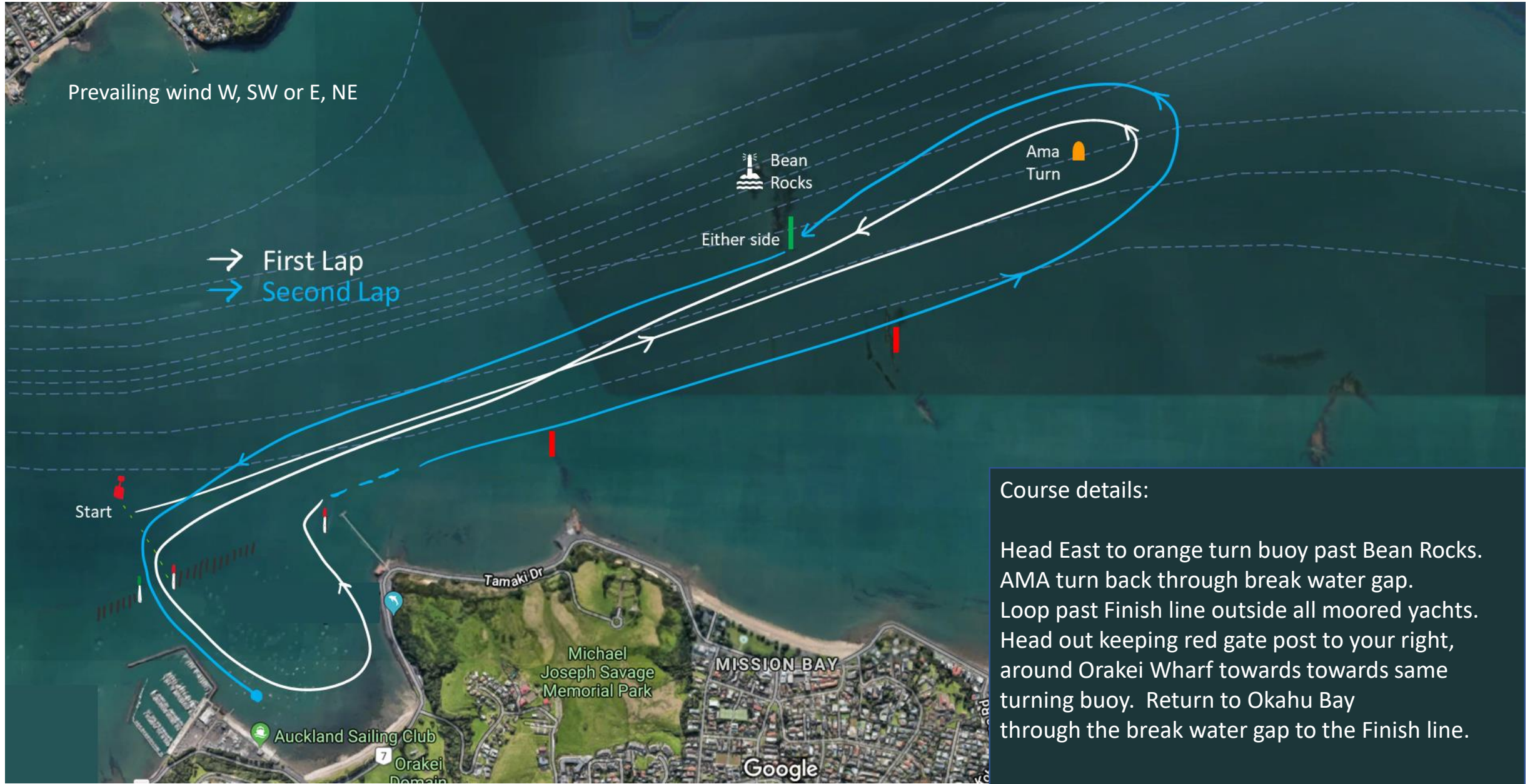


## Course details:

Head East to red channel marker #18.  
NON-AMA turn back through break water gap.  
Loop past Finish line outside all moored yachts.  
Head out keeping red gate post to your right, around Orakei Wharf towards LLIOMAMA Rock (off Rangitoto), do AMA turn on the pole.  
Return to start through break water gap to Finish.



# Medium 16km: W6 J19 and W1 All Senior except M70 & Adaptive



Course details:

Head East to orange turn buoy past Bean Rocks. AMA turn back through break water gap. Loop past Finish line outside all moored yachts. Head out keeping red gate post to your right, around Orakei Wharf towards towards same turning buoy. Return to Okahu Bay through the break water gap to the Finish line.