



## ***Notice of Race High Tide 25 K Race, June 19<sup>th</sup> 2011.***

### Description

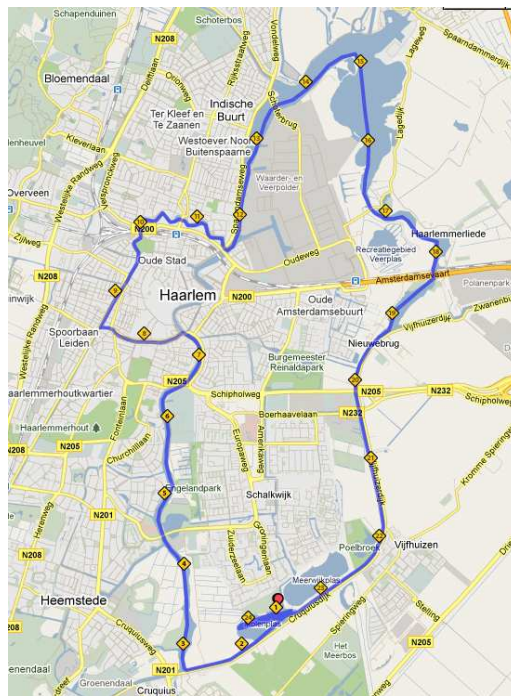
The High Tide 25 K race is a long distance stand up paddle race for maximum 50 contestants.

### Categories

- Men, up till 12'6 ft , 12'7 - 14 ft ,above 14 ft
- Ladies, up till 12'6 ft , 12'7 - 14 ft ,above 14 ft
- Juniors (<18 year)

If there are less then 3 contestants in a group, groups are added together. Contestants receive a t-shirt and a jersey. The jersey must be returned to the organization.

### Route



<http://www.afstandmeten.nl/index.php?id=521707> clockwise.

## The Start

All categories start at the same time. The starting line is on the Molenplas and found The start procedure is:

5 minute call  
1 minute call  
Count down from 10 to start  
At time = 0: 1 long horn blow

False start:

1 short horn blow indicates a false start. The false starter must make a 360 degrees turn. Failure to do so leads to disqualification.

Start direction: from east to west.

## After the start

First round the first bouy on the west side of the lake. Then round the second bouy on the east side of the lake. Then paddle west in the direction of the Cruquius steam natermill.

## Finish

IMPORTANT: After entering the Molenplas for the final stretch, round the bouy on the far west side of the lake. Then finish between the 2 bouys. The tip of the board is leading.

## General rules

### *Directions*

Follow the yellow arrow signs. The yellow arrow signs are posted every kilometre or at turns.

On large waterways stay close to the shore. Even though you have right of way over motorboats, they actually are larger most of the time. Right of way is given, not taken.

Taking a shortcut results in disqualification.

### *Overtaking*

The overtaken paddler has right of way. The overtaking paddler must stay clear. The overtaken paddler must take its ideal course to not hinder the overtaker.

### *Tailing*

Tailing a paddler from a different category is not allowed. Tailing a paddler in the same category is allowed.

### *Protests*

Protests must be filed within 30 minutes of arrival. The verdict of the judging committee is conclusive.

### *Liability*

A contestant must have a liability insurance. Juniors must have their parents approval.