

Rugia Hoe Info Sheet

1. Organizational
2. Course of the race
3. Team strength / composition
4. Preliminary timetable
5. Boat material / technology
6. Safety / Equipment
7. Other
8. Routeplans

1. Organizational

Outrigger canoe races on the island of Rügen at the Baltic Sea resort of Sellin, an event for athletes, friends and the whole family:

Period: 10.-12. August 2023
Location: Baltic Sea resort of Sellin, south beach
Costs: 115,- Euro per participant

The transfer has to be made per team!

To: Polizeisportverein 90 Neubrandenburg e.V.

Reference: RUGIA Hoe 2023 / Team Name

IBAN: DE 96 1203 0000 1020358477 / BIC: BYLADEM 101/ DKB

*The event does NOT pursue any economic interests. The entry fees flow into the event and its surroundings and are mainly used for:

- Dues
- GRC,
- Escort boats, safety
- Catering and supervision of the participants (incl. daily catering water/fruit, 2 x dinner)
- Organization and supporting program



2. Course of the race:

The race will run southeast along the island of Rügen.

In 3 stages, a total of approx. 93km paddled.

- 1. Race day

On the first day of the race, the marathon stage with a length of about 46km is planned. The teams can change paddlers here after the first 14km on the south beach of Thiessow. After a circuit of 18km on the Greifswalder Bodden, we change back to Thiessow and paddle back the last 14km to the destination Sellin Südstrand.

- 2. Race day

On the second day of the race, stages 2 and 3 will take place. A change of crew can take place directly on the south beach Sellin.

Stage 2 is a double course towards Binz. After 16 km you change at the south beach and the second round of 7km is paddled towards Göhren.

Stage 3 runs as a triangular circuit and is paddled a total of 4 times (4x6km). A change of paddlers can take place in each round. At least once, however, it must be changed! The overall winner of the event will be determined by the total time of all 3 stages. Depending on weather conditions, the route and schedule may vary.

(The Org. team reserves the right to make changes and will inform you on the day of the race.)

3. Team strength / composition

Klasseca. Participant remarks

Open Grade	9-12 Participants	Open
Women Grades	9-12 Participants	only women (3 teams minimum)
Mixed class	9-12Participants	constantly 2 women in the boat

4. Preliminary timetable

Thursday | 10. August

12:00 am-6:00 pm Arrival, **registration (from 4:00pm)** and setting up boats
From 3:00pm barrier opening boat transport to the southbeach Sellin after call
7:00-8:00pm Welcome and Team Captain meeting

Friday | 11. August - Race Day 1 - 46km (1 stage 14-18-14)

10:00 am Boat inspection, safety
10:30 am Start 1st stage
approx. 11:45 am-12:00 pm 1st change south beach Thiessow (14km, change on the beach)
approx. 12:45-1:15 pm 2nd change south beach Thiessow (18km, change on the beach)
approx. 2:00-3:00pm Finish Sellin (14km bell on the beach!!)
6:30-10:00pm Dinner and race info Day 2

Saturday | 12. August - Race Day 2 - 47 km (2 stages 16/7km-4x6km)

09:30 am Boat inspection, safety
10:00 am Start 2nd stage, Binz-Sellin-Göhren 16 km change on the south beach, 7km
11:30-12:30am Finish (bell on the beach!!)
12:30pm Start lunch break
1:30pm Start 3. Stage 4 x 6km laps incl. change southbeach
3:15-4:00pm Finish (bell on the beach !!)
from 6:30 pm **dinner, award ceremony, beach party**

Sunday | 13. August

Check-out accommodation
Clean up the beach
Charging boats
Departure

5. Boat material:

Each boat must be equipped as follows:

- 1 main boat, 1 outrigger (Ama)
- 2 spars (Iako's) for attaching the boom to the fuselage
- Fixed control devices are prohibited

Boat rental

- There is the possibility of boat rental on site!
- 4 Va'a V6 are available
- Teams with a long journey or from abroad can take advantage of this option
- If necessary, please contact us, coordination will take place between the team and the rental company

6. Safety/ Equipment:

The following equipment must be proven and carried by each team.

1. The outriggers must be equipped with spray decks
2. Every athlete is obliged **to wear or carry a life jacket during the race.**
3. A safety line must be stretched between the iakos. In dangerous situations, positions 3 & 4 can prevent the boat from capsizing.
4. A **tow rope with a length of at least 15m** is to be attached to the front Iako on the six-seater and carried during the race.
5. At least 2 ladles must be carried in the six-seater
6. It is recommended that you carry a mobile phone with a stored phone number.
7. Spare paddle attached to the boat

Each team should also know and master the re-boarding as well as the procedures after a boat capsizes. In general, each team is obliged to act in the interests of safety, mutual consideration and assistance are also mandatory.

Refusal to provide assistance can lead to exclusion from the event!

7. Other:

Pleas

We wish for a friendly, fair and eventful competition. However, if there are discrepancies, objections are possible and must be submitted in writing. The objection fee is 50 euros, must be paid immediately and is non-refundable. Appeals must be submitted no later than 20 minutes after the arrival of the last canoe of each stage.

Punish

The Org. team is responsible for pronouncing the following penalties:

- Warning
- Time penalty
- Lowering the placement
- Disqualification or exclusion from the race