

2010 Capel Descent

13th June

General Information Entry Requirements Race Rules

General Information

Disclaimer

The following information is intended as a guide only for competitors, support crew and spectators. As the conditions will be dependent on water levels, the Organisers accept no responsibility for the correlation of the descriptions and the actual conditions encountered.

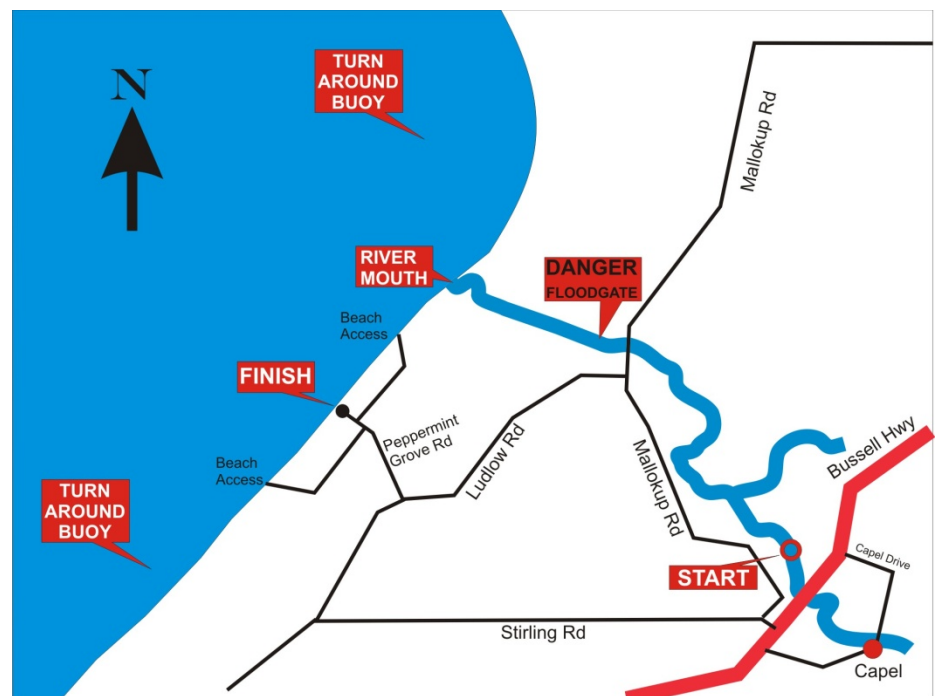
Location

Located 197 km south of Perth, Capel lies between the main centres of Bunbury and Busselton and is situated on the Capel River away from the coast. The route from Capel to the beach is a pleasant winding country road and the 29 km of beachfront is typical of the South West area being a combination of clean white sands, clear water and dramatic dunes.

General Event Background

This event came about as a result of a local paddler running the course pretty much every month of the year as part of his training for the Avon Descent. This is a course too good for a lone paddler! It takes in some incredibly scenic and serene river sections abundant with fish and birdlife, and combines that with the ever changing ocean all in the space of an hour or so.

Capel Apex, a fantastic community service organization was looking at alternative ways to raise funds to enable them to maintain their level of service. Combine this with a huge list of terrific sponsors and the event was born. We hope you enjoy it.



What Craft Can Compete

The Capel Descent is open to all paddle craft. Due to the nature of the event, closed craft (surf skis) are recommended. Kayaks and Canoes should ensure they have adequate flotation (air bags or similar) to provide positive flotation due to the possibility of capsizing, particularly if the ocean picks up.

Details of The Capel Descent

The race will start approximately three kilometres from the centre of Capel along Mallokup Road. The Capel Descent incorporates just over 7.5km of the Capel River followed by a 7km (or 2.5 km for Novices) Ocean paddle.

The first 1.5km of the race is fairly narrow with a few fallen trees to navigate around and possibly over depending on the River level. Overtaking will be difficult here.

For the following 3.5km the river widens out and meanders its way through fields filled with dairy cows, ducks and black swans. In many places the river is wide enough for several craft, and if you'd rather have an enjoyable paddle with your friends instead of creating records this is the stage for you.

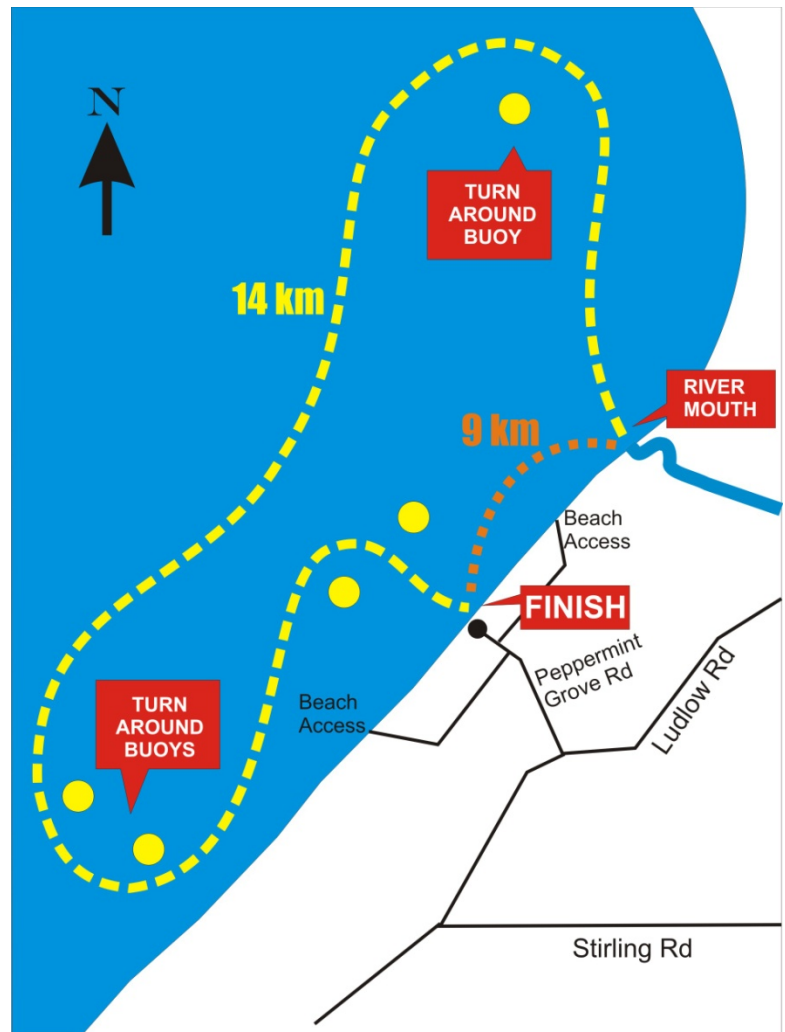
Passing under Mallokup Bridge, you can see the concrete floodgate wall in front of you. Depending on river and ocean levels, this can be anything from a seamless transition to a 80cm sheer drop. The safest place to shoot the wall is on the right hand side lining up with the downstream river bank. There are powerful eddies here and caution should be paramount. A rescue boat will be in attendance should you get into trouble. A compulsory portage for youth and fun craft is on the left hand bank 10m before the floodgate.

The next 2km will probably be the fastest section of the entire course. The river is arrow straight and sheltered from most wind directions. This section finishes with an S bend which gathers speed before it pumps out into the Indian Ocean. The river mouth is usually only a few metres wide and the current can be travelling at over 15km/h.

The Ocean can be very unpredictable, particularly in the face of a Winter North Westerly. For the competitors doing the 9km course, you can head straight for the finish line from here. For the brave souls tackling the 14km race, you are probably less than half way in terms of paddling time.

As soon as you make it through the surf you need to turn right and head northwards to the first turn around buoy 600m away. Make sure you keep this marker on your left hand side as you then turn towards the Southern marker buoys. You will pass Peppermint Grove Beach (the finish line) on the way to the southern turn-around buoys. Make sure you keep both Southern buoys on your left hand side as you turn around and head back to the finish at Peppermint Grove Beach. You must pass between the two marker buoys close to the finish line before tackling the final beach approach. Be very careful that your craft doesn't nose dive into the beach.

The finish line is a quick 20m sprint up the beach underneath the finishing arch. Your time does not stop until you cross this line.



Entry Requirements

Entries

All entries must be made on the official online entry form which is available online through the Capel Descent website. www.capeldescent.com

The entry fee for the 2010 Capel Descent is \$40 per competitor which includes one complimentary commemorative T-shirt if completed by Sunday 31st May 2010.

All dollar amounts stated in these Rules include GST.

The entry fee must accompany all entries and is not refundable.

Entries close at 11:59 pm on Sunday 31st May 2010.

Late entries are available online through the Capel Descent website from 1st June 2010, but may incur an additional fee and this option may become unavailable at any time dependent on the organisers discretion

Late entries will not be eligible to receive or purchase a race shirt or receive the complimentary competitors bag.

Amendments to entries can be made online up until the closing of entries (31st May 2010). After this time a \$10.00 Administration Fee will be charged and the alteration may be accepted at the discretion of the Capel Descent Committee.

The Capel Descent Committee and or Clerk Of Course reserves the right, if deemed necessary due to the condition of the river or ocean and in the interest of safety, to limit the number of competitors in any class and, if that right is implemented, to accept entries in the Descent in order of application acceptance.

The Clerk Of Course reserves the right, if deemed necessary to alter or shorten the course.

By submission of the Official Entry Form it is considered that competitors are aware of the potentially dangerous nature of the course, acquainted with these Rules and are medically fit to participate.

Competitors (General)

The minimum age of competitors is twelve years at the 13th June 2010

A competitor under the age of eighteen years at the date of the Descent must complete the 'Parent or Legal Guardian' section of the entry form.

Competitors must meet the Specification requirements of the category in which they are entered with respect to craft, clothing and protective equipment, competency and fitness.

Categories

There are 13 race categories

(7 categories in the 15km distance, 5 categories in 9km distance, plus the Novelty category along the river only):

- 1M Fastest Open Craft 15km Male
- 1F Fastest Open Craft 15km Female
- 2D Fastest Double 15km Overall
- 3M Fastest Long Plastic 15km Male
- 3F Fastest Long Plastic 15km Female
- 4M Fastest Short Plastic 15km Male
- 4F Fastest Short Plastic 15km Female
- 5M Fastest Fun Craft 9km Male
- 5F Fastest Fun Craft 9km Female
- 6M Fastest Novice 9km Male
- 6F Fastest Novice 9km Female
- 7D Fastest Double Novice 9km Overall
- 8D Novelty River Overall

Prizes/Trophies General

Trophies and Prize packs will be awarded to those who successfully complete the Descent and pass post race scrutineering, if required.

Trophies and Prize packs will be awarded to the competitors with the lowest elapsed race time in each category as measured by the Official Timekeepers.

Trophies and Prizes may only be won within the Category entered.

A Junior Open Trophy and Prize Pack will be awarded to the fastest Male and Female aged 12-17 years at 13 June 2010 in any of the above categories.

Merchandise and trophies may not be converted to cash.

A competitor(s) found to have breached a Rule for which the penalty is not a time penalty is required to return the prize and award, subject to appeal.

All finishing competitors will receive an entry (by race number) into a draw to win a range of prizes supplied by sponsors, contributing companies and individuals. This raffle will be drawn randomly and is not dependent on finishing position or elapsed time.

Presentation Ceremony

Prizes and trophies will be presented at the Peppermint Grove Beach Community Hall at 12.30 pm on Sunday 13th June 2010.

If the winner of a category is not present, the trophy and prize pack will be held for them until a suitable collection time can be arranged.

To win prizes in the competitor prize draw the competitor must be present and provide the matching entry number in order to claim their prize.

Competitor Equipment

PFD - Compulsory

All competitors must wear a personal flotation device or PFD. PFD's can be Type 1, Type 2 or Type 3 so long as the PFD has sufficient buoyancy to float a 6 kg legalised lead weight and be in good condition and conform to Australian Standards AS1512 (PFD 1 Lifejacket), AS1499 (PFD 2 Buoyancy Vest), or AS2260 (PFD 3 Buoyancy Vest)

Footwear - Compulsory

All competitors must wear sneakers, shoes, wetsuit boots, reef walkers or some other form of footwear capable of protecting the feet during the river entry at the start of the race and during any portaging. Footwear must be worn for the entire race as there may be semi exposed reef close to the finish line.

Helmet – Optional (Recommended)

It is recommended that all competitors wear a helmet, particularly those competitors who will not be portaging the concrete floodgate at Mallokup Bridge. The helmet shall provide solid protection to the forehead and temple region. The helmet must be an approved water sports / paddling helmet and be of fitted skull cap design or if not fitted allow the passage of water when held at any angle.

Race Identification Numbers

All craft must display their supplied race identification number on the left hand side of the craft as close to the front of the craft as possible so that it is visible to race controllers on the left river bank. Competitors will also need to display their number on their left hand facing away from the competitor.

Handholds

Craft must be securely fitted (not taped) with hand holds of non elastic material.

The minimum diameter of the hand hold material shall be not less than 6mm or a cross sectional area of not less than 10 mm x 2mm.

Handholds must be securely attached within 400mm of each end of the craft.

Handholds must be in the form of loops to allow a 100 mm x 20 mm end radius measuring gauge to pass through them.

Thermoplastic craft may have toggles or moulded hand holds.

Scrutineering of Craft and Equipment

Pre Race Scrutineering for all craft, Personal Floatation Devices (PFD's) footwear and helmets will be held prior to the craft being allowed to start the race. Craft and equipment will be checked for safety and compliance with Australian Standards. The Scrutineer is a 'judge of fact' and a protest may not be made against their decision.

Safety Briefing

A safety briefing will be held prior to the start of the race. Competitors who have not attended the pre-race briefing will not be eligible to start the event.

Support Crews

A support crew of at least one adult person with a drivers licence is highly recommended for the Capel Descent. The Start Line and Finish line are several kilometres apart and no transport or transfers will be provided on the day.

Support Crews will be given a separate pre race briefing outlining parking procedures and preferred routes.

Support Crews are required to follow directions from the race coordinator, marshals and safety personnel and competitors may be subject to disqualification or time penalties for breaches.

Registration

Registration will take place on Sunday 13th June from 7am until 8.30am at the starting line on Mallokup Rd. Competitors must sign a copy of the waiver at registration, be allocated a time on the starting grid and receive their race pack and numbers.

RACING RULES

Competitors

Competitors may not be substituted during the Descent.

No competitor shall act in a manner detrimental to the performance of another competitor (eg. ramming of craft) or the environment (eg. deliberate removal of branches).

No competitor shall damage, remove or modify any material or equipment provided by Capel Descent Organisers for the duration of the Descent. (eg. removing signs and/or star pickets).

Competitors must wear a PFD and footwear at all times when on the water during the Descent.

The Clerk of Course reserves the right to test any competitor for competency (including blood alcohol testing by breathalyser). At the request of an authorised race official competitors shall submit to such a test. A competitor who refuses to submit to such a test may face disqualification.

Competitors' blood alcohol level must be 0.0% during the period from 30 minutes prior to start till completion or face withdrawal from the race.

Start Procedure

A diagram showing start procedure will be displayed at Registration.

Competitors will be starting in pairs at 30 second intervals. If competitors have friends whom they wish to start with, they can arrange this via email to peter@capeldescent.com before 11th June 2010

Competitors will be marshalled prior to the start.

A 10 second countdown will precede the start signal for each pair of competitors. The start signal will be both visual and audible.

Any craft observed by the Race Starter to cross the start line prior to the start signal will be penalised 5 minutes plus the infringement period by the Race Starter.

Competitors who, for whatever reason fail to start in their nominated Start Grid position may start at a later grid, only with the permission of the Race Starter.

Craft in this situation must not start between grids and will be recorded as having started in their officially advised Start Grid.

The Starter will close the Start five minutes after the last grid. No craft may start after this time.

The Clerk of Course reserves the right to delay the start for whatever reason, without notice.

Times will be adjusted automatically.

Timing

A competitor's elapsed time commences at their nominated start time (regardless of when they crossed the Start Line) and ceases when the bow of their craft crosses the Finish Line.

Time Claims

Claims for time lost in assisting other competitors will only be considered if the other competitors were in danger (this does not include mechanical breakdown, stopping to rest, lost support crew, etc.). Claims of this nature must be verified by the competitors assisted. A decision on whether or not to accept a time claim will be made the Clerk of Course and their decision is final and not subject to Protest.

Claims will only be accepted within 30 minutes of the claimants finishing.

Environmental Procedures

Participants in the Descent must not deliberately or carelessly commit any act that will adversely affect the environment.

Any competitor or support crew found littering will be subject to a 15 minute time penalty.

The prescribed penalty for any competitor or support crew found deliberately damaging flora or fauna will be disqualification from the event.

All participants and support crews shall respect the rights of property owners prior to, during and after the Descent.

Any anti social behaviour by competitors or support crew (such as burnouts or excessive consumption of alcohol) on public or private property may result in a competitor being disqualified and being disallowed to enter future events.

Competitors shall follow the directions of officials with respect to courses to be taken to avoid disturbing native fauna.

Portaging and Illegal Assistance

Portage of craft by competitors only is permitted.

Craft must not deviate more than 30 metres from the river proper.

No device to assist in portage is to be used unless it is carried in the craft throughout the Descent.

A competitor may not be accompanied along the course or assisted in any way by other paddle craft not entered in the Descent or by any vessel (e.g. runabout), except for safety reasons, as long as it does not impede other competitors. All assistance must be given from the bank.

A competitor may receive assistance from support crews on the river bank. Such assistance is limited to first aid services, provision of food, drink and clothes, replacement of faulty equipment, and help with repairs and may not cause their craft to be taken nearer the finish.

Assistance provided by members of the Surf Life Saving Club or Capel SES in improving the safety of a competitor or the Descent shall not be deemed to be progressing the competitor.

In the event of capsizing, a competitor may receive assistance with emptying the craft but may not be progressed in any way.

Competitors are encouraged to assist other competitors in an emergency situation.

Competitors may assist other competitors at any time but may only claim for time lost in providing assistance in an emergency situation (see also Time Claims).

Collisions

A competitor whose craft collides with another or damages the craft or equipment of another may be penalised. Competitors involved in a collision must stop and determine if assistance is required.

Overtaking

It is the duty of the overtaking craft to keep clear of the craft being overtaken and not deliberately create a hazardous situation at any time during the manoeuvre.

The craft being overtaken shall not deliberately obstruct the overtaking craft

The craft being overtaken shall maintain its line.

Cut Off Times

Craft which have not passed nominated Checkpoints by a nominated time must leave the water at that Checkpoint and will be withdrawn from the Descent. That time is known as a cut-off time.

The cut off time for competitors reaching the River Mouth will be 11:15pm

Competitors who are unlikely to reach the River Mouth by this time may be withdrawn from the race at the floodgate at the discretion of the Clerk Of Course.

The Clerk Of Course may alter cut-off times depending on conditions and modified race start times.

Withdrawals

Any competitor unable to continue in the Descent for any reason (fatigue, injury, disqualification, damage etc) must notify the Clerk of Course as soon as possible.

Contact with the Clerk of Course can be made through safety personnel or officials located along the river

If you are unable to report to an official, SMS "Withdrawn" and your "Race ID" to 0416 082 759

Competitors withdrawn by an Official due to inability to make cut-off times are still to notify the Clerk of Course.

Competitors who remain on the water after such a direction shall be deemed to be disqualified from the event. No responsibility will be accepted by the Capel Descent Organisers for competitors remaining on the water after disqualification.

Results

Competitors must complete the entire distance on the course to be a legitimate finisher.

Results are provisional until after the completion of any Post Race Scrutineering that may be required and after all Protests, Appeals and Time Claims have been heard.