

AR World Championship 2016 - Course Notes

LEG 1	35 km	Gain approx: +0m Loss approx: -0m	JERVIS BAY SEA KAYAK			
	Fastest estimate = 5:00 hrs To Finish estimate = 8:30 hrs Team Estimate:	1,2 A, B, C, D, E, F 1/TA	<ul style="list-style-type: none"> ▶ Boxes weighed / loaded NLT 10:00hrs. Buses depart 10:15hrs (bring your lunch) - 1hr trip ▶ Kayak bags transported to start in Huskisson. Carry personal backpacks on bus. ▶ On arrival, unload kayaks and kayak bags, carry to beach. Collect trackers ▶ Leg 1 may be modified due to weather or military activity. Confirmation at Start Brief. ▶ Start briefing 12:15hrs. Start 12:30hrs (run from start, through park and down to kayaks) ▶ Helmets not required. Dry bags highly recommended for team equipment. ▶ Jervis Bay - Low tide 11:30 (0.58m) / High Tide 17:30 (1.48m) ▶ DRINKING WATER - CP F only ▶ FIRST RESPONSE - Wave paddles vertically to attract safety boat. Use YB in emergency. ▶ COMMUNICATIONS - Good mobile reception in most parts of this leg ▶ LOGISTICS - At CP1 remove all equipment from kayaks - you will NOT have the same kayaks during the race. Carry kayaks up stairs and load onto trailer. Load kayak bags. 			
END LEG TEAM LOGISTICS & EQUIPMENT						
CP1/TA Huskisson		▶ Paddle bags may be left at CP1 during Leg 1.				
END LEG TRANSITION AREA FACILITIES						
			▶ Cafe/ Pub in Huskisson			
LEG 2	14 km	Gain approx: +190m Loss approx: -190m	COASTEERING HYAMS BEACH			
	Fastest estimate = 2:00 hrs To Finish estimate = 3:30 hrs Team Estimate:	3 2, 3, 4/TA	<ul style="list-style-type: none"> ▶ Huskisson to Erowal Bay (Coastal Trek) ▶ Must trek on beach until CP3 - Inland paths prohibited (shops in Vincentia ok) ▶ For Jervis Bay (Thursday 10th) - High Tide 17:14 (1.48m) / Low tide 23:44 (0.29m) ▶ DRINKING WATER - as marked on map ▶ CAUTION - Swim / wade across Moona Moona Creek (as marked on map) ▶ CAUTION - Possible short swims / wading around rocks at high tide (as marked on map) ▶ CAUTION - Traffic on road after CP3 - Stay to side ▶ FIRST RESPONSE - Use YB in emergency ▶ COMMUNICATIONS - Good mobile reception in most parts of this leg 			
END LEG TEAM LOGISTICS & EQUIPMENT						
CP4/TA Erowal Bay						
END LEG TRANSITION AREA FACILITIES						
LEG 3	13 km	Gain approx: +0m Loss approx: -0m	SAINT GEORGES BASIN			
	Fastest estimate = 2:00 hrs To Finish estimate = 3:30 hrs Team Estimate:	4 5/TA	<ul style="list-style-type: none"> ▶ Erowal Bay to Sussex Inlet (Night Lake Kayak) ▶ No portage or carrying kayaks out of the lake/ river in this leg. Exit at boat ramp at CP5. ▶ Helmets not required. Dry bags highly recommended for team equipment. ▶ DRINKING WATER - as marked on map ▶ CAUTION - Be visible to other boat traffic on waterways. ▶ FIRST RESPONSE - Use YB in emergency. ▶ COMMUNICATIONS - There is good mobile reception in most parts of this leg ▶ LOGISTICS - Carry paddle bags with you on this leg ▶ LOGISTICS - At CP5 remove all equipment from kayaks - you will NOT have the same kayaks during the race. Load kayaks onto kayak trailers immediately. Load paddle bags and empty bike boxes when leaving the TA. 			
END LEG TEAM LOGISTICS & EQUIPMENT						
CP5/TA Sussex Inlet						
END LEG TRANSITION AREA FACILITIES						
		Boiling Water				
LEG 4	95 km	Gain approx: + 1610m Loss approx: - 1610m	FLORENCE HEAD			
	Fastest estimate = 8:00 hrs To Finish estimate = 16:00hrs Team Estimate:	5,6,7,8, 9 6,7,8,9,10 11/TA	<ul style="list-style-type: none"> ▶ Sussex Inlet to Kioloa (Mountain Biking) ▶ CP 7 hike bike under bridge - Highway Out of Bounds ▶ Follow taped route down cliff at Florence Head after CP8. Difficult hike a bike ▶ Possible short delay between CP9 and CP10 due to road closures while logging. If required follow directions of officials. No time adjustments if you are delayed. ▶ CP 10 hike bike under bridge - Highway Out of Bounds ▶ DRINKING WATER - Water in larger creeks - treatment recommended ▶ CAUTION - Steep descents on this leg - Cycle on the LEFT side of road ▶ DANGER - Risk of Unexploded Ordnance Florence Head Trail (See Map). Stay to trail, no digging or fires. ▶ FIRST RESPONSE - Use YB in emergency. ▶ COMMUNICATIONS - There is good mobile reception in most parts of this leg 			
END LEG TEAM LOGISTICS & EQUIPMENT						
CP11/TA Kioloa						
END LEG TRANSITION AREA FACILITIES						
		Boiling Water				

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LEG 5		38 km		Gain approx: + 530m Loss approx: - 530m		COASTEERING MURRAMARANG NATIONAL PARK					
		Fastest estimate = 8:00 hrs To Finish estimate = 16:30hrs				10, 11, 12, 13		<ul style="list-style-type: none"> ▶ Officials will attach wristbands at start of this leg. Punch all bands AND Master card ▶ No wood fires permitted in the National Park ▶ All human waste (i.e. poo) must be carried out of National Park and disposed at a toilet ▶ CAUTION - Some headlands impassable at high tide (approx tides marked on map) ▶ CAUTION - Swim / wade Durras Lake (map 11). No other swimming is expected this leg ▶ DANGER - Possible dangerous currents near mouth Durras Lake at the ocean (map 11) ▶ Must use kayaks at CP19 to cross Cullendulla Creek - no swimming ▶ FIRST RESPONSE - Use YB in emergency. No vehicle access for First Response along coast in some sections (especially between Pretty Beach and Pebbly Beach) ▶ COMMUNICATIONS - There is good mobile reception in most parts of this leg ▶ Officials will remove and check wristbands at end of this leg 			
Team Estimate:				12,13,14, 15,16,17, 18,19,20							
END LEG TEAM LOGISTICS & EQUIPMENT											
CP20/TA Batemans Bay											
END LEG TRANSITION AREA FACILITIES											
				Boiling Water							
LEG 6		37 km		Gain approx: + 0m Loss approx: - 0m		CLYDE RIVER					
		Fastest estimate = 5:30 hrs To Finish estimate = 12:30hrs				14, 15		<ul style="list-style-type: none"> ▶ Batemans Bay to Shallow Crossing (River Kayak) ▶ Helmets not required. Dry bags highly recommended for team equipment. ▶ No portage this leg ▶ Clyde River is tidal. (approx tides marked on map). ▶ DRINKING WATER - Clyde River salt water. Drinking water available at CP21 ▶ CAUTION - Be visible to other boat traffic on waterways. ▶ FIRST RESPONSE - Use YB in emergency. Move to river bank with vehicle access ▶ COMMUNICATIONS - Limited Mobile reception in this leg ▶ LOGISTICS - Carry paddle bags with you on this leg ▶ LOGISTICS - Exit river at causeway, carry kayaks up path. Remove all equipment from kayaks - you will NOT have the same kayaks during the race. Load kayaks onto kayak trailers immediately. Load paddle bags and empty bike boxes when leaving the TA. 			
Team Estimate:				21, 22 / TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
CP22/TA Shallow Crossing											
END LEG TRANSITION AREA FACILITIES											
								▶ Purify water from TA (rain water)			
LEG 7		58 km		Gain approx: + 2160m Loss approx: - 2110m		SOUTHERN FORESTS					
		Fastest estimate = 4:30 hrs To Finish estimate = 9:00hrs				16,17, 18		<ul style="list-style-type: none"> ▶ Shallow Crossing to Yadboro Flat (Mountain Biking) ▶ DRINKING WATER - Water in larger creeks - treatment recommended ▶ CAUTION - Motorbikes/ four wheel drives/ logging trucks may be using forest roads ▶ FIRST RESPONSE - Use YB in emergency. ▶ COMMUNICATIONS - Limited Mobile reception in this leg on some high points 			
Team Estimate:				23,24,25, 26, 27/TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
CP27/TA Yadboro Flat											
END LEG TRANSITION AREA FACILITIES											
								▶ Purify water from TA (river water)			
LEG 8		45 km		Gain approx: + 1780m Loss approx: - 1210m		BUDAWANGS WILDERNESS					
		Fastest estimate = 11:30 hrs To Finish estimate = 28:00hrs				19,20, 21,22,23		<ul style="list-style-type: none"> ▶ Yadboro Flat to Nerriga (Wilderness Trek) ▶ Maximum 3 teams can travel closely together (within 100m) during this leg ▶ No wood fires in any location on this leg. ▶ All human waste (i.e. poo) must be carried out of National Park and disposed at a toilet ▶ No camping between Castle Gap (CP28) and Mt Bibbenluke (see map) ▶ DRINKING WATER - Water in larger creeks - treatment recommended ▶ CAUTION - Difficult and remote leg - do not begin unless you believe your team is capable of completing the whole leg ▶ CAUTION - River levels may rise rapidly. Endrick River (map 22) may be dangerous to cross in flood ▶ FIRST RESPONSE - No vehicle access - helicopter only. Use YB in emergency. ▶ COMMUNICATIONS - Limited Mobile reception in this leg on some high points 			
Team Estimate:				28,29,30 31/TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
CP31/TA Nerriga											
END LEG TRANSITION AREA FACILITIES											
						Boiling Water					

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LEG 9		70 km	Gain approx: + 450m Loss approx: - 490m	OALLEN FORD ROAD	
	Fastest estimate = 3:30 hrs		24,25, 26,27	24,25, 26,27	<ul style="list-style-type: none"> Nerriga to Bungonia National Park (Road cycle) SHORT COURSE - Any team not starting Leg 9 by 07:00 Tue 15 Nov 2016 will move to Short Course. Ride directly to CP43 on Leg13 (30km). Complete remainder of Leg 13 (40km) and Leg 14 to finish. Map and instructions issued at CP31/ TA Nerriga DRINKING WATER - Water in larger creeks - treatment recommended CAUTION - Public roads, cars/ trucks travelling at high speed, ride single file FIRST RESPONSE - Use YB in emergency. COMMUNICATIONS - Limited Mobile reception in this leg. Good near Bungonia. On arrival at CP33/TA officials will attach wrist bands immediately LOGISTICS - Teams can access Box D and complete transition to Leg 10. LOGISTICS - NO access to Bike Boxes/ Rafts/ Paddle bags until after Leg 10 Caving.
	To Finish estimate = 6:30 hrs				
END LEG TEAM LOGISTICS & EQUIPMENT					
CP33/TA Bungonia					
END LEG TRANSITION AREA FACILITIES					
			Boiling Water		Showers
LEG 10		5 km	Gain approx: + 100m Loss approx: - 100m	BUNGONIA CAVING	
	Fast minimum = 5:00 hrs		Special	Special	<ul style="list-style-type: none"> Compulsory time out 5hrs ALL teams (Estimated to actually take 3-5hrs) Officials will attach wristbands on arrival at TA and remove at the end of this leg. Complete team transition then 5hrs starts at checkout of CP33/TA First 10 minutes is compulsory safety and leg briefing and issue of cave maps and notes. Navigate around Bungonia and to various CPs inside caves. Collect ____ of ____ CPs Carry All Times mandatory equipment on this leg. Leave backpacks at cave entrances. Mandatory equipment IN CAVES = 2 x light sources and cycle helmet per person. Bike shoes prohibited in caves. Map case recommended for cave maps. FIRST RESPONSE - Use YB in emergency. COMMUNICATIONS - Some Mobile reception in this leg LOGISTICS - Once caving complete teams may return and use TA facilities/ Box D. After 5hrs check in with officials. You then have access to Bike Boxes/ Rafts/ Paddle bags
	Slow minimum = 5:00 hrs				
END LEG TEAM LOGISTICS & EQUIPMENT					
CP34/TA Bungonia			Pack Raft Bag		
END LEG TRANSITION AREA FACILITIES					
			Boiling Water		Showers
LEG 11		44 km	Gain approx: + 0m Loss approx: - 500m	UPPER SHOALHAVEN RIVER	
	Fastest estimate = 11:00 hrs		28, 29	28, 29	<ul style="list-style-type: none"> Bungonia to Tallowa Dam (Pack raft Upper Shoalhaven River and Shoalhaven Gorge) Take all paddle equipment you need for Leg 11 & 12 (including bags to pack up your pack rafts at CP38/TA). No paddle gear moved to CP38/TA NO Rafting at night from _____ to _____. Hiking is permitted. Direct crossing of river is permitted where it is safe to do so (PFDs must be worn). Wear helmets while pack rafting to CP37. Helmets not required to be worn CP37 to 38 All human waste (i.e. poo) must be carried out of National Park and disposed at a toilet DRINKING WATER - Water in river - treatment recommended DANGER - Water levels may rise or fall at any time. NO paddle near dam wall CP38/TA FIRST RESPONSE - No vehicle access - helicopter only. Use YB in emergency. CP37 may be manned by officials intermittently. Only begin this leg if confident you will get to the end COMMUNICATIONS - No Mobile reception in this leg
	To Finish estimate = 29:30hrs				
END LEG TEAM LOGISTICS & EQUIPMENT					
CP38/TA Tallowa Dam		<ul style="list-style-type: none"> Any paddle equipment not required on leg 11 AND 12 can be moved from CP34/TA to CP40/TA in paddle bag or Box D. Leave pack rafts together in a bag or Box B at CP38/TA 			
END LEG TRANSITION AREA FACILITIES					
LEG 12		56 km	Gain approx: + 0m Loss approx: - 40m	LOWER SHOALHAVEN RIVER	
	Fastest estimate = 7:30 hrs		30, 31	30, 31	<ul style="list-style-type: none"> Tallowa Dam to Nowra (Kayak Lower Shoalhaven River) Portage kayaks 600m to Lower Shoalhaven River under dam. Helmets must be worn on this leg until past Rapid 50. Some rapids may require compulsory portage at night from _____ to _____. Details given at CP38. No other portage after rapid 50 is permitted on this leg. DRINKING WATER - Water in river - treatment recommended. River salty after Rapid 50. CAUTION - Water levels may rise or fall at short notice CAUTION - Be visible to other boat traffic on waterways after Rapid 50 FIRST RESPONSE - No vehicle access until Rapid 49 - helicopter only. Use YB in emergency. Only begin this leg if confident you will get to the end COMMUNICATIONS - Limited Mobile reception in this leg until close to Nowra LOGISTICS - Exit river at TA and load kayaks onto trailers
	To Finish estimate = 15:00hrs				
END LEG TEAM LOGISTICS & EQUIPMENT					
CP40/TA Nowra					
END LEG TRANSITION AREA FACILITIES					
			Boiling Water		

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LEG 13		99 km	Gain approx: + 1890m Loss approx: - 1890m	MORTON NATIONAL PARK	
	Fastest estimate = 7:00 hrs		32,33,34, 35,36	<ul style="list-style-type: none"> Nowra to Bendalong (Mountain bike via Morton and Conjola National Parks) CAUTION - Public roads, vehicles travelling at high speed, ride single file CAUTION - Motorbikes/ four wheel drives/ logging trucks may be using forest roads DRINKING WATER - Water in larger creeks - treatment recommended DANGER - Risk of Unexploded Ordnance Rosewood Trail and Twelve Mile Road (See Map). Stay to trail, no digging or fires. MUST walk bikes on walking trail for 250m between CP46 and Monument. FIRST RESPONSE - Limited access to vehicles between CP42 and 44 COMMUNICATIONS - Mobile reception near Nowra, becomes less until near CP44 LOGISTICS - No bike boxes at end of this leg. Bikes moved to finish. PENALTIES - Any time penalty received by a team who may finish in the top 5 places will be served at CP46/TA. Time penalty will start once team checks out. No access box A. 	
	To Finish estimate = 18:00hrs				
Team Estimate:		41,42,43, 44,45,46, 47/TA			
END LEG TEAM LOGISTICS & EQUIPMENT					
CP47/TA Bendalong					
END LEG TRANSITION AREA FACILITIES					

LEG 14		18 km	Gain approx: + 40m Loss approx: - 40m	CONJOLA BEACH	
	Fastest estimate = 3:00 hrs		37, 38	<ul style="list-style-type: none"> Bendalong to Ulladulla (Coastal Trek along Conjola Beach to finish line in Ulladulla) CAUTION - Swim across Conjola Lake (as marked on map 37) DANGER - Possible dangerous currents near mouth Conjola Lake at the ocean (map 37) CAUTION - Swim across Narrawallee Inlet (to CP 48) DANGER - Possible dangerous currents near mouth Narrawallee at the ocean (map 38) DRINKING WATER - as marked on map FIRST RESPONSE - Limited access to vehicles on Conjola Beach & Buckleys Beach COMMUNICATIONS - Good mobile reception in most parts of this leg LOGISTICS - Bikes will be moved to HQ. You must take these with you when you leave the finish area. 	
	To Finish estimate = 6:30hrs				
Team Estimate:		48,49,50 / FINISH			
END LEG TEAM LOGISTICS & EQUIPMENT					
FINISH Ulladulla		<ul style="list-style-type: none"> Personal bags available at finish line. Mountain bikes moved to finish line. All other boxes and trunks returned when possible. 			
FINISH AREA FACILITIES					

TOTAL DISTANCE AND TIME				CHECKPOINTS AND LEGS	
	115km	Fastest - 24:30hrs	To Finish - 54:30hrs	<ul style="list-style-type: none"> LEG 1 - Miss a lettered CP penalty = 8 hour per CP. Miss ALL lettered CPs on Leg 1 Ocean Kayak = Unranked. LEG 10 - Miss a lettered Cave CP penalty = 4 hour per CP. Missing ALL lettered cave CPs = Unranked. ALL OTHER LEGS - Missing ANY valid CP (i.e. not missing or stolen) = Unranked. PROXIMITY RULE - CPs with wrist bands all members must go to the CP. Other CPs, all members must be within visual and verbal distance of each other and not more than 100m separating the first and last person. FINISH LINE - Pizza and your own finishers champagne glass await! SHORT COURSE - Short course teams ranked below all full course teams. COURSE CLOSE - All teams must finish by 13:00 Fri 18 Nov 16. Any team not likely to reach the finish line will be collected in vehicles from 06:00 Fri 18 Nov 16. 	
	322km	Fastest - 23:00hrs	To Finish - 49:30hrs		
	185km	Fastest - 31:00hrs	To Finish - 69:00hrs		
	5km	Fastest - 5:00hrs	To Finish - 5:00hrs		
TA		Fastest - 6:30hrs	To Finish - 16:00hrs		
SLEEP		Fastest - 6:00hrs	To Finish - Time spread across leg time estimates		
TOTAL		Fastest - 96:00hrs	To Finish - 194:00hrs		

CONTINGENCIES:

- LEG 1** - Leg 1 may be shortened due to weather or Navy bombardments. If no paddling possible the race will start Leg 2.
- LEG 2** - In severe weather with dangerous seas, Leg 2 may be changed to use an inland route.
- LEG 5** - In severe weather with dangerous seas, Leg 5 may be changed to use an inland route.
- LEG 8** - A significant rain event can cause the Endrick River to flood and become too dangerous to cross. An alternate exit route to Nerriga through private property may be necessary.
- LEG 10** - Bungonia caves are subject to "foul air" and flooding and may require this leg to be adjusted or cancelled.
- LEG 11** - River flood or bush fire may cause the cancellation of this leg (and possibly Leg 12). Teams will complete leg 10, then ride back to CP31/TA Nerriga and continue on the short course route - which joins Leg 13.
- LEG 12** - High river levels may necessitate the implementation of a dark zone requiring all teams to stop paddling at night.
- FIRES** - Bush fires/ Wild fires are extremely dangerous and no team should enter an area near a fire. Any leg of the race is subject to change due to fire danger.