






























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				<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 ▸ Start briefing 12:15hrs. Start 12:30hrs ▸ Helmets not required this leg. Dry bags highly recommended for team equipment. ▸ <u>LOGISTICS</u> - Kayak bags moved Start to CP1/TA ▸ <u>LOGISTICS</u> - At CP1 remove all equipment from kayaks - you will NOT have the same kayaks during the race. 					
Team Estimate:											
END LEG TEAM LOGISTICS & EQUIPMENT											
END LEG CP1/TA											
END LEG TRANSITION AREA FACILITIES											
											
LEG 2		14 km		Gain approx: +190m Loss approx: -190m							
		Fastest estimate = 2:00 hrs To Finish estimate = 3:30 hrs				<ul style="list-style-type: none"> ▸ <u>LOGISTICS</u> - Kayak bags moved CP1/TA to CP4/TA 					
Team Estimate:											
END LEG TEAM LOGISTICS & EQUIPMENT											
END LEG CP4/TA											
END LEG TRANSITION AREA FACILITIES											
											
LEG 3		13 km		Gain approx: +0m Loss approx: -0m							
		Fastest estimate = 2:00 hrs To Finish estimate = 3:30 hrs				<ul style="list-style-type: none"> ▸ Helmets not required this leg. ▸ <u>LOGISTICS</u> - Carry kayak bags with you on this leg ▸ <u>LOGISTICS</u> - At CP5 remove all equipment from kayaks - you will NOT have the same kayaks during the race. 					
Team Estimate:											
END LEG TEAM LOGISTICS & EQUIPMENT											
END LEG CP5/TA											
END LEG TRANSITION AREA FACILITIES											
				Boiling Water							
LEG 4		95 km		Gain approx: + 1610m Loss approx: - 1610m							
		Fastest estimate = 8:00 hrs To Finish estimate = 16:00hrs									
Team Estimate:											
END LEG TEAM LOGISTICS & EQUIPMENT											
END LEG CP11/TA											
END LEG TRANSITION AREA FACILITIES											
				Boiling Water							

AR World Championship 2016 - Course Notes

LEG 5		38 km		Gain approx: + 530m Loss approx: - 530m			
	Fastest estimate = 8:00 hrs			Team Estimate:			
	To Finish estimate = 16:30hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
END LEG CP20/TA							
END LEG TRANSITION AREA FACILITIES							
		Boiling Water					
LEG 6		37 km		Gain approx: +0m Loss approx: -0m			
	Fastest estimate = 5:30 hrs			Team Estimate:			
	To Finish estimate = 12:30hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
END LEG CP22/TA							
END LEG TRANSITION AREA FACILITIES							
				Purify water from TA			
LEG 7		58 km		Gain approx: + 2160m Loss approx: - 2110m			
	Fastest estimate = 4:30 hrs			Team Estimate:			
	To Finish estimate = 9:00hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
END LEG CP27/TA							
END LEG TRANSITION AREA FACILITIES							
				Purify water from TA			
LEG 8		45 km		Gain approx: + 1780m Loss approx: - 1210m			
	Fastest estimate = 11:30 hrs			Team Estimate:			
	To Finish estimate = 28:00hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
END LEG CP31/TA							
END LEG TRANSITION AREA FACILITIES							
			Boiling Water				

AR World Championship 2016 - Course Notes

LEG 9		70 km	Gain approx: + 450m Loss approx: - 490m	
	Fastest estimate = 3:30 hrs To Finish estimate = 6:30 hrs Team Estimate:			<ul style="list-style-type: none"> ▶ <u>LOGISTICS</u> - Teams can access Box D and complete transition to Leg 10. ▶ <u>LOGISTICS</u> - NO access to Bike Boxes/ Rafts/ kayak bags until after Leg 10 Caving.
END LEG TEAM LOGISTICS & EQUIPMENT				
END LEG CP33/TA				
END LEG TRANSITION AREA FACILITIES				
			Boiling Water	
LEG 10		5 km	Gain approx: + 100m Loss approx: - 100m	
	Fast minimum = 5:00 hrs Slow minimum = 5:00 hrs Team Estimate:			<ul style="list-style-type: none"> ▶ Compulsory time out 5hrs ALL teams (Estimated to actually take 3-5hrs) ▶ Complete team transition then 5hrs starts at checkout of CP33/TA ▶ Highlighter/ marker pen and waterproof map case recommended for this leg ▶ Bike shoes prohibited in caves. Make sure you have running shoes for this leg. ▶ CP33/TA and CP34/TA are in the same location. ▶ <u>LOGISTICS</u> - 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/ kayak bags
END LEG TEAM LOGISTICS & EQUIPMENT				
END LEG CP34/TA		Pack Raft Bag		
END LEG TRANSITION AREA FACILITIES				
			Boiling Water	
LEG 11		44 km	Gain approx: + 0m Loss approx: - 500m	
	Fastest estimate = 11:00 hrs To Finish estimate = 29:30hrs Team Estimate:			<ul style="list-style-type: none"> ▶ 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 ▶ Helmets required on this leg
END LEG TEAM LOGISTICS & EQUIPMENT				
END LEG CP38/TA		<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	
	Fastest estimate = 7:30 hrs To Finish estimate = 15:00hrs Team Estimate:			<ul style="list-style-type: none"> ▶ Helmets required on this leg
END LEG TEAM LOGISTICS & EQUIPMENT				
END LEG CP40/TA				
END LEG TRANSITION AREA FACILITIES				
			Boiling Water	

AR World Championship 2016 - Course Notes

LEG 13		99 km		Gain approx: + 1890m Loss approx: - 1890m	
	Fastest estimate = 7:00 hrs				
	To Finish estimate = 18:00hrs				
	Team Estimate:				
END LEG TEAM LOGISTICS & EQUIPMENT					
END LEG CP47/TA					
END LEG TRANSITION AREA FACILITIES					

▶ LOGISTICS - Bike boxes are not moved to the end of this leg.

LEG 14		18 km		Gain approx: + 0m Loss approx: - 40m	
	Fastest estimate = 3:00 hrs				
	To Finish estimate = 6:30hrs				
	Team Estimate:				
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. 			
END LEG TRANSITION AREA FACILITIES					

▶ LOGISTICS - Assembled bikes will be moved from CP47/TA to HQ. You must take your bikes with you when you leave the finish area.

TOTAL DISTANCE AND TIME				CHECKPOINTS AND LEGS	
	115km	<u>Fastest</u> - 24:30hrs	<u>To Finish</u> - 54:30hrs		
	322km	<u>Fastest</u> - 23:00hrs	<u>To Finish</u> - 49:30hrs		
	185km	<u>Fastest</u> - 31:00hrs	<u>To Finish</u> - 69:00hrs		
	5km	<u>Fastest</u> - 5:00hrs	<u>To Finish</u> - 5:00hrs		
TA		<u>Fastest</u> - 6:30hrs	<u>To Finish</u> - 16:00hrs		
SLEEP		<u>Fastest</u> - 6:00hrs	<u>To Finish</u> - Time spread across leg time estimates		
TOTAL		<u>Fastest</u> - 96:00hrs	<u>To Finish</u> - 194:00hrs		

CONTINGENCIES: