



PLANET BALTIC SUP RACE™ 2024

PUCHAR CZESKIEJ FEDERACJI SURF I SUP (ČFSAS)



NOTICE OF RACE and SAILING INSTRUCTIONS (NoR/SI)

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Last amendment: none

List of changes - see NoR/SI point 25

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1. VENUE, ORGANISER, DATE

<i>Venue</i>	<i>Organiser</i>	<i>Date</i>
Kołobrzeg, Central Beach at the lighthouse	Water Sports Academy mksailing.pl Kołobrzeg Re:Generacja	August 2-4, 2024 *Paręta River Trophy August 5, 2024

* The 43km marathon and 23km half-marathon "Paręta River Trophy" - more information in point 26.

- 1.1. Regatta committee: Marcin Koc (director), Ewa Koc, Maciej Koc.
- 1.2. Jury committee: Marek Rowiński, Eugen Gladun and two Czech judges.
- 1.3. Protest committee: Marcin Koc, Marek Rowiński.
- 1.4. Technical committee: Arkadiusz Kozak, Maciej Koc.

2. RULES

- 2.1. The event will be governed according to this NoR/SI which will be published on [Online ONB](#) and [Scoring Website](#).
- 2.2. Supplemental Sailing Instructions (SSI) may be published and may amend or supplement these rules.
- 2.3. Racing rules:
 - 2.3.1. paddlers compete in compliance with recognized principles of sportsmanship and fair play,
 - 2.3.2. a board is to be propelled only by a paddle, wind, wave and muscle power,
 - 2.3.3. a competitor will not use external assistance,
 - 2.3.4. marks (buoys) may be touched by a board, paddle and competitor but may not be used for propulsion,
 - 2.3.5. an overtaking board shall keep out the way of the board being overtaken. A board being overtaken is to keep the proper course, i.e. the course a board is going in order to finish as soon as possible,
 - 2.3.6. a giving mark-room. When boards are overlapped, the outside board shall give a mark-room to the inside board. When boards are not overlapped, an inside board must give the mark room to the outside board. Overlapping - a tip of the overtaking



- board is abeam of the competitor being overtaken or closer in the moment when the overtaken board is one length from the mark,
- 2.3.7. a board shall, as far as possible, avoid contact with another board. However, a right-of-way or a mark-room board need not act to avoid contact,
 - 2.3.8. drafting will be allowed for the same gender. Drafting – paddling a minimum of 10 seconds behind another board at a distance of less than 1 meter,
 - 2.3.9. the competitor must paddle in a standing position for the entire duration of the race, except after falling into the water, when she/he may make a maximum of five strokes of the paddle in a non-standing position,
 - 2.3.10. running in the shallow water with a board in hand will not be allowed if the depth of the water allowing for safe paddling.

3. COMPETITIONS, CLASSES, AGE CATEGORIES

- 3.1. The racing will take place in the following competitions, classes and categories:

<i>Race</i>	<i>Class</i>	<i>Age categories</i>				
Sprint	Any board 14" or less	Open	U15	U18	M40	GM50
Technical	Any board 14" or less	Open	U15	U18	M40	GM50
Long Distance	Any board 14" or less	Open	U15	U18	M40	GM50
Relays	Any board 14" or less	Open	X	X	X	X
Foil DownWind	Any board & hydrofoil	Open	X	X	X	X

- 3.2. Age categories:
 - 3.2.1. open – no age restrictions,
 - 3.2.2. youngsters U15 – born after 1st January 2009,
 - 3.2.3. juniors U18 – born after 1st January 2006,
 - 3.2.4. masters M40 – born before 1st January 1984,
 - 3.2.5. grand masters GM50 - born before 1st January 1974.
- 3.3. The results of age categories other than OPEN will be extracted from the OPEN ranking if separate races for age categories are not held.
- 3.4. To create age categories, a minimum of 5 competitors of the same gender will be required who actually compete.
- 3.5. At least 5 competitors will be required to run the competition in individual races.
- 3.6. In the case of medal races for the U15 and GM50 categories, competitors of these categories will not be classified in U18 and M40, respectively.
- 3.7. U15 will be the part of U18 and GM50 will be the part of M40 in a case if medal races are not carried out.
- 3.8. It will not be possible to combine genders to create an age category.



4. APPLICATIONS, REGISTRATION, TERMS OF PARTICIPATION, ENTRY FEE

- 4.1. Applications will be accepted by submitting the application form provided at <https://planetbaltic.pl/> Competitors will confirm their participation by collecting their starting packages on Thursday, August 1, between 1200 and 1800. Competitors who do not manage to do so must notify the organiser by phone and agree on another date for collecting the starting package during the competition. It is possible to participate in the regatta in only one competition.
- 4.2. Applications will be accepted provided that all required data is sent and the entry fee is paid online.
- 4.3. Terms of Participation. Registration for the regatta is tantamount to acceptance of the rules and conditions of participation in the regatta. By registering for the event, the competitor declares that:
- 4.3.1. she/he will not participate in the event under influence of alcohol and drugs or substances that impair psychomotor skills,
- 4.3.2. she/he has no contraindications to practicing water sports, especially Stand Up Paddling, exercise and participation in sport competition,
- 4.3.3. at the time of the start, her/his health is good and participation in the regatta does not pose a threat to her/his health and life, and that he/she does not have any chronic or other diseases disqualifying him/her from starting (cardiovascular diseases, respiratory diseases, injuries and post-traumatic conditions, osteoarticular diseases and other not listed),
- 4.3.4. she/he was informed about threats in the regatta area,
- 4.3.5. she/he possesses an individual liability and accident insurance for participation in the regatta,
- 4.3.6. she/he will comply with the safety regulations - point 14.
- 4.4. On behalf of an underaged competitor, the provisions of NoR/SI are accepted by an adult who is a parent or a legal guardian and additionally a guardian (a coach) under whose supervision an underaged competitor remains during the regatta.
- 4.5. The organisers reserve a right to accept, reject and cancel competitors' applications to compete in the event. The organiser may remove a competitor from a race if a competitor is judged to be physically unable to continue without risk of injury.
- 4.6. Entry fee amount and payment deadlines according to the table below:

<i>Category</i>	<i>Earlybird fee</i>	<i>Early Bird deadline</i>	<i>Full entry fee</i>	<i>Full fee deadline</i>	<i>Last minute fee</i>
Open, M40, GM50	€85	Until 2 nd July 2024	€125	Until 28 th July 2024	€165
U18, U15	€60		€90		€120
One day start	€40		€55		€70



- 4.7. The entry fee is non-refundable, except in the event of cancellation of the regatta. In a such case the organiser is not responsible for any expenses incurred by the participants.

5. SCHEDULE

<i>Date</i>	<i>Activity</i>	<i>Hours</i>	<i>Place</i>
1/08/2024 Thursday	Collection of starting packages.	1200-1800	Marina Solna
	Official warm up training, workshops, tests, coaching.	1100-1700	Central Beach
	Opening and briefing meeting	1900*	Marina Solna
2/08/2024 Friday	First possible start procedure.	1000	Central Beach
	Last possible start procedure	1900	
3/08/2024 Saturday	First possible start procedure.	1000	Central Beach
	Last possible start procedure	1900	
4/08/2024 Sunday	Safety meeting	0930	Central Beach
	First possible starting procedure	1000	
	Last possible starting procedure	1600	
	Official closing ceremony	**	
5/08/2024 Monday	***	***	***

* online safety briefing will be published on the Telegram group July 2024.

** the time of the closing ceremony will be announced before the last race.

*** Parseta River Trophy marathons – will not be included in the PBSR MVP ranking – see P.26.

6. RACE FORMATS

6.1. SPRINT RACING

6.1.1. The priority will be two sprint series, consisting of an individual timed prologue (first series), which will determine the seeding for the final group races (second series). In case of difficult conditions at sea, the competition will be held in traditional elimination series.

6.1.2. Series one – timed individual prologue.

6.1.3. Starting order for the prologue according to starting bibs' numbers from 1 up.

6.1.4. The results of the prologue will be arranged according to the order of times obtained, from the fastest to the slowest, and then divided into groups of 8 to 10 competitors.

6.1.5. Second series - races for groups of 10-12 people, beginning from the groups with the slowest prologue times. The best two players from each heat (except the final one) goes to the next round.

Example for 60 competitors divided into groups of 10 after the prologue:



competitors with times 1-10 compete directly in the final, competitors with times 11-20 run for places 11-20, etc. up to competitors with times 51-60 who run for places 51-60. The top two players from each heat move to the next round. The competitor who took last place in the prologue has a theoretical chance of winning the sprint competition, and the competitor who achieved the fastest time in the prologue, in the worst-case scenario, may finish the sprint competition in 12th place.

6.1.6. Start of the prologue on the beach. Start of the second series on the beach or on the water, depending on the prevailing water conditions. A beach finish in all sprint racing.

6.1.7. Details of the traditional single series of qualifiers in the case of difficult breaking wave conditions will be announced on August 1, 2024.

6.1.8. After the end of the Open competition, sprint medal races will be held for each age group for the best 10 competitors from a given age group. The results of the medal race will determine the final classification of the sprint.

6.2. TECHNICAL RACING

6.2.1 One fleet race for each gender or a series of races if more than 20 competitors participate.

6.2.2. In the case of a series of races, seeding for the first series will be according to the results of the sprint prologue. Examples for:

70 competitors:	50 competitors:	35 competitors:
H1 – 1,5,9,...66	H1 – 1,4,7,... 49	H1 – 1,3,... 35
H2 – 2,6,10,... 67	H2 – 2,5,8,... 50	H2 – 2,4,... 34
H3 – 3,7,11,... 68	H3 – 3,6,9,...48	
H4 – 4,8,12,... 69		

6.2.3. The following series will consist of elimination races with repechages with the assumption that every competitor will race in three technical races. Details will be provided in the last NoR update once we know exact number of participants.

6.2.4. Start and finish on the beach.

6.2.5. After the end of the Open competition, medal races might be held for each age group for the best 10 competitors from a given age group on a course shortened by 50% (short track). The results of the medal race will determine the final classification of technical races for the age group held.

6.3. LONG DISTANCE RACING

6.3.1. A race in one common fleet for both genders. There might be a shorter long distance race (about 60% of normal one) for persons who don't feel strong to compete in full length. It's going to be called MINI LONG DISTANCE. The results of shorten long distance will not be taken into MVP ranking.

6.3.2. Water start inside the port with three separated start lines for MINI, women and men. These three groups start at the same start signal.



- 6.3.3. Finish line on the beach. In the case of the race on Parsęta river, the finish line will be on water under the Marina's Bridge.
- 6.4. RELAY RACES
 - 6.4.1. The number of couples will depend on the number of participating women.
 - 6.4.2. Pairing the couples will be carried out according to the final sprint classification. Women's results will be arranged in descending order. Men with the best results will be added to the women's list in ascending order. Example: W1-M3, W2-M2, W3-M1 or W1-M8, W2-M7, W3-M6, W4-M5, W5-M4, W6-M3, W7-M2, W-M1.
 - 6.4.3. The women will start the relay. Changing relays by "high-fiving" in the change zone.
 - 6.4.4. National relays will be held if at least 3 teams are created. The composition of the national relay team will be announced at the briefing on the day of the competition.
 - 6.4.5. Start and finish on the water or beach depending on the prevailing sea conditions.
 - 6.4.6. Recommended course for all relays is a technical short-track 2x300m.
- 6.5. FOIL DOWNWIND RACING (*will be carried out as a pilot competition*)
 - 6.5.1. Water start and finish.
 - 6.5.2. The downwind course Drag Race „L” shape. Sprint distance 500m. Long distance 2000-4000m depending of conditions and number of participants.
 - 6.5.3. One fleet race for each gender or a series of races if more than 12 competitors participate.
- 6.6. OTHER RACES - details will be provided on the day of the race. It is planned to hold "Dragon Nations League", "Dragon's race", "Tug of war".
- 6.7. An interrupted race can be considered as completed or it can be restarted by a decision of the race director.

7. EQUIPMENT

- 7.1. All types of single-hull SUP boards with a maximum length of 14 feet (427 cm) and single-bladed paddles will be allowed to compete.
- 7.2. It will not be allowed to be propelled by any other means than a paddle.
- 7.3. Competitors will race on their own equipment.
- 7.4. The use of cameras, timers, compasses and portable satellite devices will be allowed.
- 7.5. The use of hydration bladders will be allowed.
- 7.6. It will be mandatory to use life vests or life buoys in accordance with Rule 14.
- 7.7. Hydrofoils will be allowed in foil downwind races only.

8. COURSES

- 8.1. Addendum 1 shows course diagrams for all competitions with approximate distances, indicating the side of the passing marks and the location of the start and finish lines.
- 8.2. A course may be shortened or changed due to severe weather conditions.



9. START AND FINISH, STARTING PROCEDURE

- 9.1. Beach start: paddle and board in hand and the competitor's feet do not cross the starting line before a starting signal. The starting line between the flags or under an inflatable gate.
- 9.2. Water start: no part of the board crosses the starting line before the starting signal. The starting line between the edges of the buoys facing outside the course. The competitor's starting position (sitting or standing) will be announced at the race safety briefing.
- 9.3. Beach finish: the competitor finishes the race by crossing the finish line with a paddle in his/her hand in a walking or running position. The board is left on the shoreline except for the sprint prologue, in which a competitor crosses the finish line with a paddle and a board in hands. The finish line under the inflatable gate.
- 9.4. Water finish: the competitor finishes the race in a stable standing position when the nose of his board crosses the finish line. Stable position - a position in which a competitor can maintain balance for a minimum of 5 seconds. The finish line between the edges of the buoys facing inside the course.
- 9.5. Starting procedure:

<i>Signal</i>	<i>Meaning</i>	<i>Type of sound</i>
Preparation	30 seconds to go	three short . . .
Warning	10 seconds to go	two short . .
Start	at any time within 10 consecutive seconds	one long —
False start	return to start line	five short

10 START AND FINISH TIME LIMITS

- 10.1. Start and finish line closing times:

<i>Type of race</i>	<i>Start line closing time</i>	<i>Finish line closing time</i>
Sprint / FDW	30 seconds	5 minutes after the starting signal
Technical	1 minute	20 minutes after the starting signal
Long Distance/FWD	1 minute	120 minutes after the starting signal
Relay	30 seconds	10 minutes after the starting signal

- 10.2. Competitors who finished a race must leave a finish zone.
- 10.3. Competitors who abandoned a race, failed to meet a finish line closing limit or were disqualified may not cross a finish line.
- 10.4. A competitor who has started may change an equipment but she/he needs to cross a start line again to continue a race.



11 IDENTIFICATION AND ADVERTISING

11.1. Competitors will wear and display the following:

11.1.1. A race bib with an individual starting number worn all over clothing, wetsuits, vests at any time being in a race,

11.1.2. Materials advertising of the event.

11.2. Competitors may use their own advertising, but they are required to wear race bibs with advertising signs of the sponsors of the regatta, when participating in competitions, trainings, official presentations (opening and closing ceremonies, interviews, photo sessions).

11.3. Competitors are obliged to place the organiser's advertisement on the board, if one is provided.

11.4. Competitors and their equipment may not show advertisements from other regattas.

12. COMMUNICATION WITH COMPETITORS

12.1. The Official Notice Board and event management documentation: [online ONB](#).

12.2. General information will be available on the website: www.planetbaltic.pl and supplementary information will be posted on a notice board at the regatta office.

12.3. Informal communication will be exchanged on the [Telegram group](#).

12.4. With an exception of communication with the race committee, a competitor may not transmit or receive information that is not publicly available to all participants. The VHF communication channel with the race committee and support services will be provided to participants during a briefing

13 CHANGES TO THE NOTICE OF RACE AND THE SAILING INSTRUCTIONS

Any change to the NoR/SI will be made public not less than 20 minutes before it goes into effect.

14 SAFETY RULES

14.1. Competitors not intending to take part in their scheduled race must immediately notify the race committee of this fact.

14.2. A leash, safety vest/buoy will be required for all competitors during technical and long-distance races.

14.3. Juniors and youngsters will wear vests or safety buoys during all races.

14.4. Races may be abandoned due to strong wind, rain, fog or other circumstances threatening competitors.

14.5. In above case, the race committee may allow competitors who will be at a safe distance from a finish line to finish the race. The remaining competitors will have to leave the water or enter security boats. Failure to comply with the organiser's instructions will result in disqualification from the event.



15 CODE OF CONDUCT

- 15.1. Competitors and their supporters will follow the instructions given by the organiser, race director, technical director, judges directly or by people responsible for organising the regatta.
- 15.2. Competitors not taking part in a race are to stay outside the water area where a race is taking place. While racing is on a paddling not being in a race is allowed without a race bib only.
- 15.3. Unsportsmanlike conduct:
 - 15.3.1. intentionally physically harming another competitor with any part of the body, paddle or board,
 - 15.3.2. deliberately impeding another competitor's ability to race,
 - 15.3.3. shouting at the start to confuse other competitors, jamming the starting signals, and anything else intended to create a false start,
 - 15.3.4. unjustified shouting at other competitors during a race,
 - 15.3.5. deliberate destruction of equipment.

16 EQUIPMENT INSPECTION

- 16.1. The boards will be available for inspection during the regatta.
- 16.2. The boards of podium finishers in all MVP events will be subject to length control.

17 PROTESTS, DECISIONS

- 17.1. A protest sheet will be available in the judge's tent.
- 17.2. A competitor may protest in any circumstance worsening his/her result by another competitor, the race committee or a third party.
- 17.3. A competitor must inform the race committee of his/her intention to protest immediately after a completion of the race. In a case of sprint and technical races the protests will be heard once the series are finished.
- 17.4. The condition for hearing a protest is to inform a protestee at the first opportunity. If a protest concerns an incident in the racing area, a protestor must hail "*Protest*" loudly and, if possible, indicate a number of the protestee.
- 17.5. Both parties to a protest and witnesses take part in a hearing.
- 17.6. Protests can be supplemented with photo or video evidence.
- 17.7. Hearing of the protest is direct and a decision of the protest committee is final.
- 17.8. Decisions of the protest committee will be immediately made public on the RRS platform.
- 17.9. Disqualifications procedures.
 - 17.9.1. The race director or other designated person should immediately notify a disqualified competitor as soon as possible, stating a reason for the



disqualification.

- 17.9.2. A competitor has 15 minutes to submit DSQ protest from the moment of notification.
- 17.10. A competitor may obtain a redress for an impaired score as a result of the action of the third party.
- 17.11. The protest against a decision of the race committee will be decided by the organiser.

18 PENALTY SYSTEM

- 18.1. A penalty for breaching the rules will be a disqualification from the regatta, a disqualification from a race or a time penalty in a race.
- 18.2. A competitor may be DISQUALIFIED FROM THE REGATTA for breaching the following rules: 2.3.1, 4.4.1, 14.5, 15.1, 15.3.1, 15.3.2, 18.3.6, 22.
- 18.3. A competitor may be DISQUALIFIED IN A RACE for:
 - 18.3.1. breach of all subpoints of rule 2.3, 15.3.3 and 15.3.4,
 - 18.3.2. second false start in the same race,
 - 18.3.3. paddling a course in the wrong order, missing marks or passing a mark on the wrong side, thus gaining a significant advantage,
 - 18.3.4. not using a mandatory safety equipment,
 - 18.3.5. racing on an illegal equipment,
 - 18.3.6. racing in a non-own race bib or without a race bib.
- 18.4. A competitor may receive a TIME PENALTY added to his/her score for:
 - 18.4.1. breaching rules: 2.3.4 - 2.3.9,
 - 18.4.2. failing to return to a point of fall when a wave or wind clearly drifts a competitor's board towards next mark,
 - 18.4.3. "diving" at a finish line,
 - 18.4.4. crossing a finish line without a paddle / in a case of prologue without a paddle and a board.
 - 18.4.5. accidentally passing a mark on the wrong side when an advantage obtained turns out to be marginal.
- 18.5. A time penalty, expressed in seconds, will be added to a competitor's finish time in accordance with the following table:

<i>Type of breach</i>	<i>Sprint</i>	<i>Technical</i>	<i>Long</i>
More than 5 paddle strokes in a non-standing position	10	20	30
Illegal paddling position	10	20	30
No return to a place of fall	10	20	30
Illegal drafting	---	20	30



Crossing the finish line without required gear	10	10	10
“Diving” at the finish line	10	10	10
Using marks for propulsion	10	20	30
Accidentally passing a mark on the wrong side	10	20	30
Illegal overtaking or obstruction	10	20	30
Not following a proper course	10	20	30
Not giving a room at a mark	20	30	60
Causing a minor collision	20	30	60
Running with a board in the “swimmable” water	10	10	10
False start for the water start	10	20	30

18.6. Other rule breaches not listed may also result in a time penalty at the discretion of the judges. Such a time penalty will be three times higher than the approximate time of the advantage gained while breaching the rule.

19 RANKING, SCORING

19.1. SPRINT and TECHNICAL RACE - the final ranking will be determined by:

19.1.1. for a prologue, one race or one series of races – time at the finish after taking into account time penalties,

19.1.2. for two series of the same competition - results of the second series of races after considering time penalties of the second series,

19.1.3. if a competitor fails to complete the second race/series, the place will be determined by the result of his/her first race/series, with the assumption that she/he will be classified below the competitors who completed two races/series.

19.2. LONG DISTANCE, RELAY - the final ranking will be determined by the place at the finish line after considering time penalties.

19.3. MVP RANKING for men and women will consider the final results of the sprint, technical and long distance ranking.

19.3.1. The MVP scoring will be based on the Small Point System (a competitor with the fewest points wins):

<i>Rank</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>Every next one</i>	<i>DNS/DNF/DSQ</i>
Points	1	2	3	Add 1 point	Number of competitors registered for the particular type of competition +1

19.3.2. A point tie will be broken as follows. The scores of the tied competitors shall be listed from best to worst, and at the first point where there is a difference the tie shall be broken in favour of the competitor with the best score. If the tie is still not broken



then the result of the technical race decides.

- 19.4. If a race is aborted for part of competitors, the competitors who were ordered to leave the water will score one point more than a last competitor who managed to finish.
- 19.5. If a race is aborted for all competitors, the competitors being in the race will be given the same place with the same points. If a competitor has been penalized in the aborted race with a time penalty, this time will be added to time when a race was stopped.
- 19.6. Ranking of age categories:
 - 19.6.1. if medal race for an age category is not held, the ranking will be extracted from the OPEN ranking, excluding all competitors who do not belong to a given age category. Example: 5 juniors start within open group of 35 players then J1st/open 3rd = 1 point, J2nd/open 10th = 2 points, J3rd/open 17th= 4 points, J4th/open 22nd = 5 points, J5th/open DNF/DSQ = 6 points.
 - 19.6.2. in the case of sprint and technical races, it will be possible to hold medal races for age categories other than OPEN. The results of these races will determine the ranking for a given age category.
 - 19.6.3. the ranking of competitors not qualified for the medal races will be extracted from the OPEN classification and ranked below the medal race results.
- 19.7. The results of all competitors will be included in the [Czech Cup Series ČFSAS 2024](#).
- 19.8. Foil downwind sprint and long distance results will be combined into an overall ranking to award the most versatile competitors.

20 PRIZES, VICTORY CEREMONY

- 20.1. Commemorative medals are provided for all competitors. Winners will get medals with an overlay informing about a rank in a given competition.
- 20.2. There will be a draw of surprise prizes for competitors who missed a podium in OPEN category.
- 20.3. There is an equal distribution of financial prizes for men and women.
- 20.4. Categories other than OPEN will not receive financial prizes.
- 20.5. Prizes for the OPEN category will be distributed according to the table for each gender:

<i>Competition</i>	<i>Place</i>	<i>Cash in EURO</i>	<i>Medal</i>	<i>In-kind prize</i>	<i>Gerlach watch</i>
Sprint	1	350€	YES	YES	X
	2	200€	YES	YES	X
	3	100€	YES	YES	X



Technical race	1	350€	YES	YES	X
	2	200€	YES	YES	X
	3	100€	YES	YES	X
Long Distance	1	350€	YES	YES	X
	2	200€	YES	YES	X
	3	100€	YES	YES	X
Mixed Relays	1	300€	YES	YES	X
	2	200€	YES	YES	X
	3	100€	YES	YES	X
MVP	1	X	YES	X	YES
Foil Downwind	1,2,3	X	YES	X	X

20.6. In-kind prizes and medals for each age category other than OPEN:

<i>Place</i>	<i>Sprint</i>	<i>Technical</i>	<i>Long distance</i>
1	YES	YES	YES
2	YES	YES	YES
3	YES	YES	YES

20.7. The absence of the awarded competitor during the victory ceremony will result in a confiscation of cash and material prizes and their transfer to the organiser (except cases agreed with the organiser). The above does not apply to sport awards (diplomas, medals and cups).

20.8. The organiser may reduce or cancel a prize for a competitor in case of the culpable failure to comply with these rules.

20.9. Prizes will be awarded only for fully completed competitions. The cash prize pool will be minimum €4,700. The value of prizes in kind will be at least €2,800. The total value of the prizes will be minimum €7.500.

21 MEDIA RIGHTS

By registering for the regatta, a competitor and his/her accompanying persons, in accordance with the GDPR, agree to a free use of their image by the organiser and sponsors in photo, film and other promotional and media materials recorded during the regatta and related to the regatta in all fields of use.



22 DOPING

The organiser is clearly against, for ethical and medical reasons, doping practices in sport. We fully support the Olympic Movement and the Polish Anti-Doping Agency in the fight against the use of prohibited substances and doping methods. The organiser adheres to the Polish Anti-Doping Agency code as a means of ensuring a clean, healthy and fair atmosphere during sports competitions.

23 LIMITATION OF LIABILITY

All participants take part in the event at their own risk and responsibility. The organiser, partners and sponsors, the race director, the race committee, the city of Kolobrzeg or any party related to the organisation of the event are not responsible for losses, damage of equipment, loss of health or life or difficulties for people or things, both on land and on water, as a consequence of participation in party. None of the activities performed or not performed by the organiser does not release the participants of the event from liability for any damage caused by the participant or his/her equipment. It is the individual decision and responsibility of each competitor to decide regarding the race or its interruption at any time, considering their own safety, other participants of the event and third parties. Each competitor or his/her representative agrees to these conditions by completing the entry form.

24 CONTACT DETAILS

Contacts to the organiser's office:

Marcin Koc mk@mksailing.pl phone +48 504 199 272

Ewa Wower- Koc ek@mksailing.pl phone +48 503 978 857

Water Sports Academy mksailing.pl ul.Warzelnicza 1, 78 - 100 Kołobrzeg

Copying, processing, dissemination of these regulations in whole or in part without the consent of the organiser is prohibited.

25 HISTORY OF CHANGES NoR/SI

25th March 2024 – first publication



26 PRACTICAL INFORMATION

(this is not part of NoR/SI)



Marina Solna is the place we highly recommend to park&stay. The regatta's registration office is located there. Address: Warzelnicza 1, Kołobrzeg [GPS N54°10'47"; E015°33'37"](https://www.google.com/maps/place/Warzelnicza+1,+Kołobrzeg/@54.1047,16.5337,15z) There are two yacht docks, slip, restaurant, pub, outdoor BBQ shed, toilets, showers. It's a quiet district of the city a 15-minute walk to the Central Beach (1100m). You can stay overnight in the marina in your car, camper or tent. There are no rooms to hire in the marina.



Parking. Free parking will be available for participants in front of the Marina Solna building.



All registered persons will receive permit cards with the logos of organiser by email. You



need to print it and fill it with a registration number of your car, then go to the regatta office at Marina Solna (underneath the restaurant) to have them stamped. Leave the permit card behind the windshield of your car. Cars without this permit or paid fee will be fined or removed by a city guard. Car parking in the touristic area are not cheap. It is illegal to park in the passenger port and near the lighthouse. Expect problems finding a parking space in the vicinity of Central Beach. It's a peak of high season. Add 20-30 minutes to a planned transfer time by car through the port district after 1000. We recommend to drop boards off near the lighthouse and return car to Marina Solna parking.

Camping site – you can rig a tent in a dedicated grassed area in Marina Solna underneath the bridge or park a motorhome / a caravan trailer within marina area. Request Ewa Koc about details (ek@mksailing.pl).

Boards' transfer. Every day until 0830 it will be possible to drive up to the Boatswain's Office of the Port of Kołobrzeg in order to quickly throw the boards directly to the beach. If conditions allow, we are planning a convoy of boards from the beach to Marina Solna through the breakwater heads and the port channel on the eve of the long distance. Meeting on the beach and we will enter the port with RIB assistance as soon as possible.



Storing equipment on the beach. Boards can be deposited on Thursday from 2 p.m. in a guarded tent inside the competition zone. The boards can be stored there until the end of the regatta at the Central Beach.

Meals, drinks. One hot meal will be provided at the event site on Friday, Saturday and Sunday. The organiser will also provide bottled water.

Accommodation. Kolobrzeg is a summer capital of Poland. An accommodation offer is huge but availability might be restricted and renting prices high. We recommend to book accommodation well in advance. Accommodation special offer for our participants: [Jantar Apartamenty Kołobrzeg](#), Discount password: "PBSR2024_Jantar". Reservation: Justyna Graboń +48 795 481 572. justyna@jantarapartamenty.pl

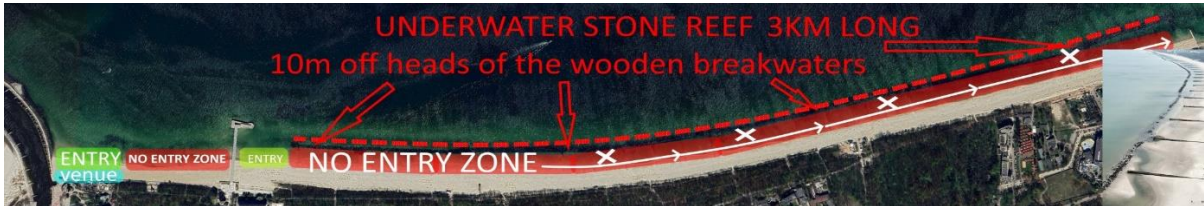
Environmental protection. We care about our nature. The only things we should leave on the beach are our footprints when we leave. There will be bins on the venue beach. Use them. If you see someone else leaving litter on the beach, remind them to pick it up.

Toilet at the venue. A large public toilet is located in the park side next to the lighthouse, 150 m from the venue. The toilet is free for competitors with a wristband or ticket. There are no toilets on the beach.



First medical aid will be provided by a paramedic at the venue.

Stone reef. Long Distance Race Note. Along the beach, east of the main sea pier, there is an underwater reef that prevents the beach from being washed out during storms. The stone wall is usually 10-50cm below the water surface. Do not attempt to paddle across the reef while standing on your board for an emergency descent to the beach. In such situations, we recommend jumping off the board and swimming or carrying the board over the stones.



The reef is marked by special **yellow** cone buoys which are located between the reef and the open sea. The buoys are about 80m off the reef. Do not confuse these buoys with regatta's buoys.



Travel.

Airports:

- Berlin - 3 hours by car / 5 hrs by train and bus
- Szczecin-Goleniow – 1 hour drive by car / 1,5 hours by train. No bus.
- Poznan – 4 hour drive by car / 4-5 hours by train or bus
- Bydgoszcz – 4 hour drive by car / 4-5 hours by train
- Gdansk - 3,5 hour drive by car / 2-4 hours by train / 4 hours by bus
- Warszawa – 6 hour drive by car / 6-10 hours by train

Roads. New motorway S6 from Berlin, Szczecin, Koszalin.

Trains - good network connections from all major cities in Poland.

Kolobrzeg taxi. Estimate 5-8€ per trip within city limits during working days and daytime.

Double fee for weekends and night hours. No Uber.

Useful links:

[Czech Federation Surf and SUP ČFSAS](#) [Kolobrzeg website](#) [Marina Solna website](#)

- city application - type in [Google Play](#) lub [App Store](#) "Kolobrzeg RE:GENERACJA" (ENGLISH)

Live cameras: [Sea pier "Molo"](#) [Marina Solna](#) [Lighthouse](#) [Eastern beach](#)



PARSĘTA RIVER TROPHY “Where Eagles Dare”

Parsęta River Trophy is a pilot project to create a cyclical mass marathon for a wide range of kayakers, rowers and SUP paddlers. We see the growing popularity of river marathons around the world, and we have never had such a race in Poland. We envied our Czech friends the Krumlov River Marathon, where 1,506 runners took part last year. Estonia has its iconic Võhandu Marathon (1,073 runners in 2023). Our southern neighbors started in 2003 with 86 players. Let's try to do something like them together in Poland! We have all the instruments to organize such a large event: you, the charming river and the cooperation of experienced organisers.

Parsęta is a popular river for kayakers in Poland. On the Karlino - Kołobrzeg section it is an undemanding lowland river, but the degree of difficulty increases at low water levels and with the number of possibly fallen trees. In summer, the river level is low. Fallen trees may lie across or diagonally across the river, but they usually do not completely block the riverbed. The Karlino-Bardy section is slightly meandering and easy. There is a chance of meeting white-tailed eagle that have nests in this area. Now you know where “Where eagles dare” comes from. On the Bardy-Kołobrzeg section, Parsęta is even easier.

Assumptions:

- date: Monday, August 5, 2024,
- races will not be included in the PBSR™ 2024 MVP ranking,
- [Start Karlino](#) (43 km): SUP @1030, rowers @1100. Dedicated for experienced paddlers able to keep minimum pace of 6kmh by 6 hours,
- [Start Bardy](#) (23km): SUP and rowers @ 1100,
- [Finish line](#) for all under Harbour Bridge off Marina Solna Kołobrzeg,
- classes: SUP and kayaks K1 and K2,
- SUP boards - **only inflatable ones** of any length,
- age categories: U18, OPEN, Master M40 (SUP), Grand Master GM60 (kayaks),
- the competitor declares participation in only one of two distances,
- entry fee. For participants of PBSR™ 2024, the entry fee is PLN 60, and for other participants until July 21st = PLN 100 and from July 22nd = PLN 150,
- it is possible to rent kayaks and book transport,
- awards: diplomas for the podium of each created class and age category. Commemorative medals for each participant.
- Parsęta River Trophy [Notice of Race \(NoR\)](#)



ADDENDUM 1

COURSE DIAGRAMS

Example explanation of the route description:

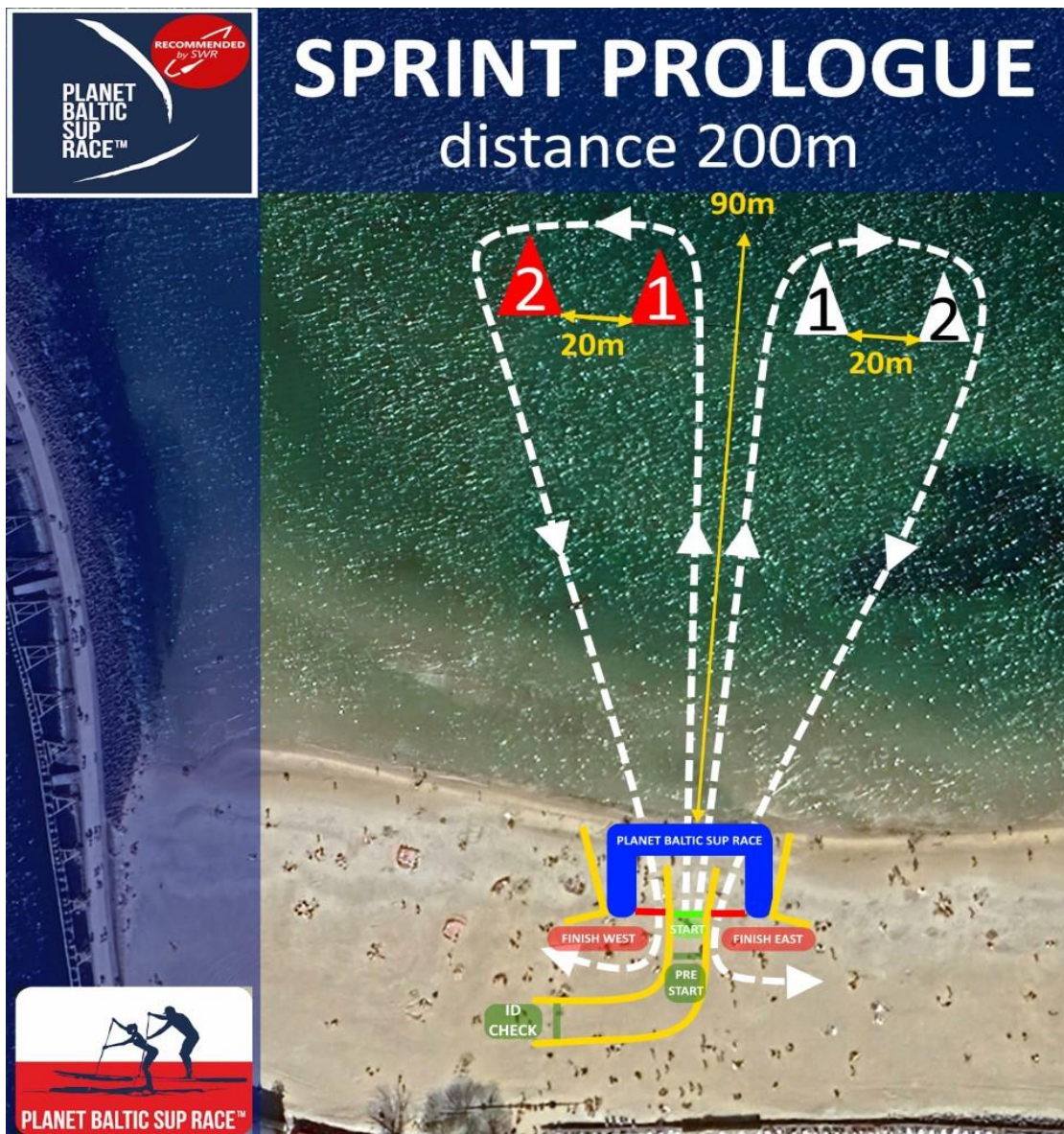
1P – buoy Nr.1 to be passed by the port side,

4S – buoy Nr.4 to be passed by the starboard side.

White buoys – pass them clockwise. Red buoys – pass them anticlockwise.

A1. SPRINT RACING

A1.1. Prologue - individual time trial. First sprint series. Start and finish on the beach. Left and right-hand course. Distance 200m.

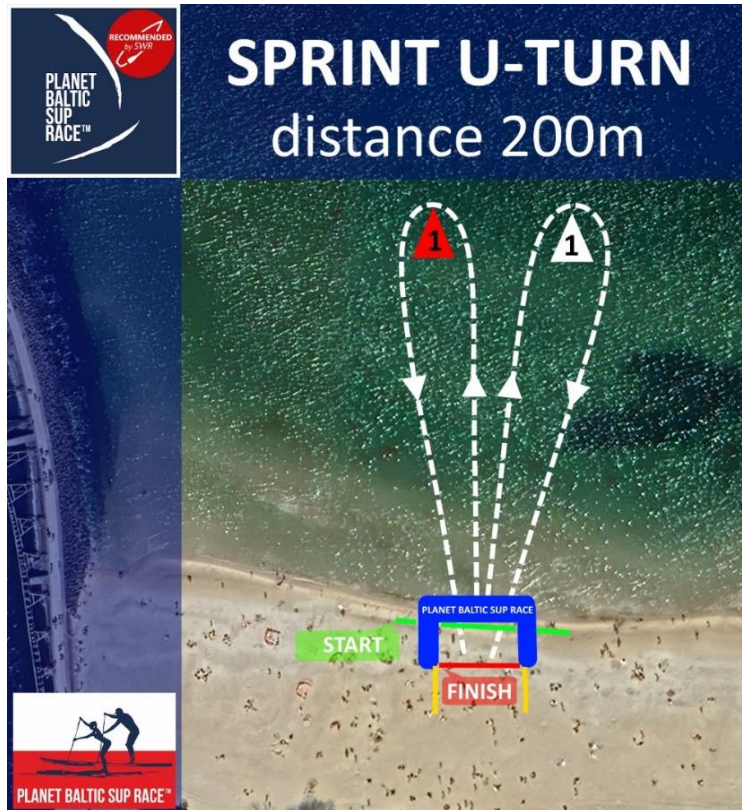




A1.2. Sprint U-turn.

Beach start and finish. Left and right-hand course.

Distance 200m.



A1.3. Sprint Drag Race.

Water start. Beach finish.

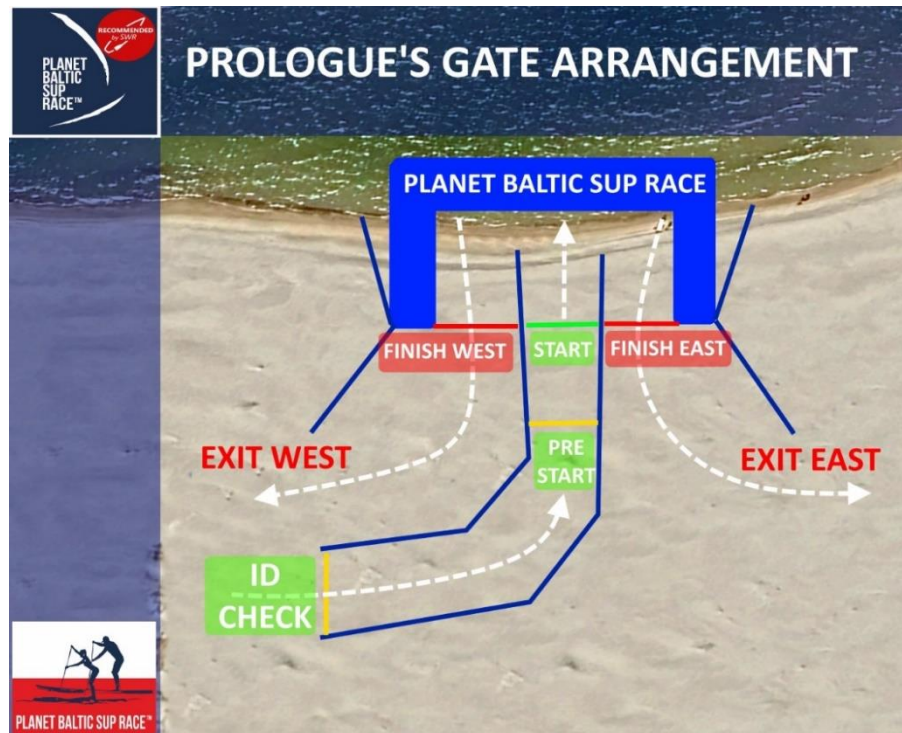
Distance 200m.

Entrance to the water only on the eastern side after ID verification and entry signal. Entering the water on the west side is prohibited.





A1.4. Layout of start/finish gate for the prologue:



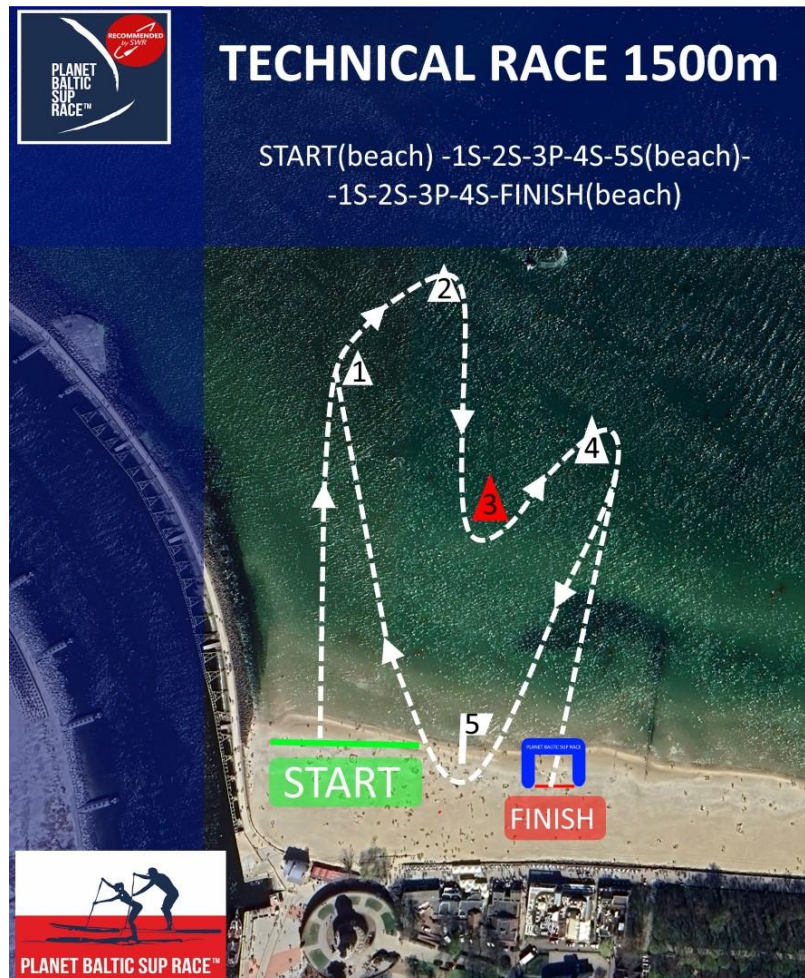
A2. TECHNICAL RACING

A2.1. Technical 1500m.

Beach start and finish.
Two laps with one beaching.

Course order:

START-1S-2S-3P-4S-
5S(beach)-1S-2S-3P-4S-
FINISH.





A2.1. Technical Medal Race.

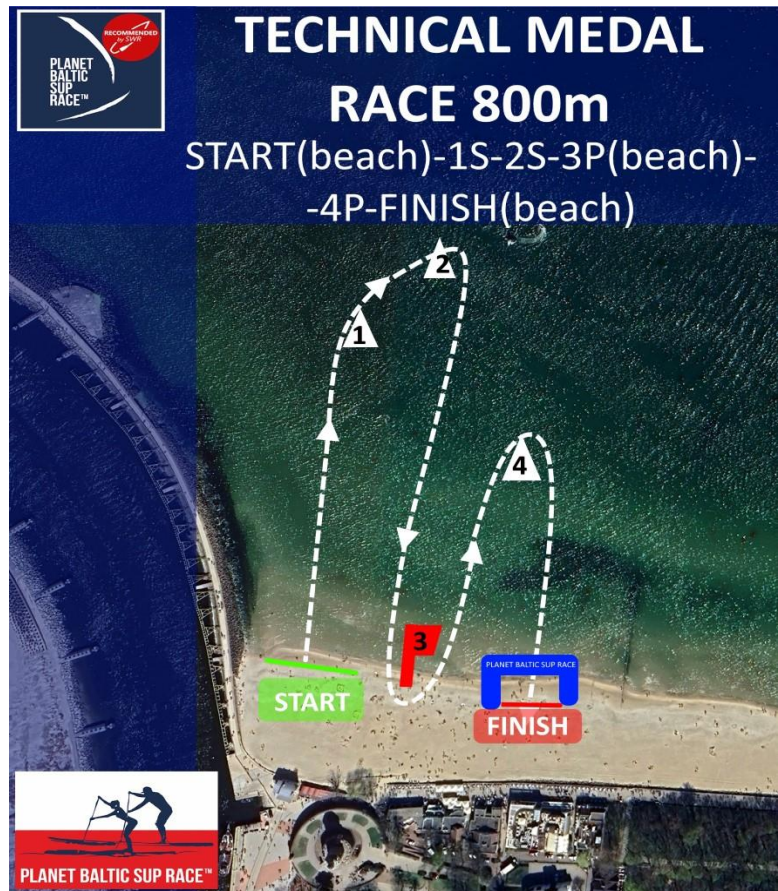
Beach start and finish.

One lap with one beaching.

This race is dedicated to top 10 paddlers in each age category.

Course order:

START-1S-2S-3P-4S-FINISH.



A3. LONG DISTANCE RACING

A3.1. Long Distance SEA. Distance 9km. MINI 4km. Water start in the port. Beach finish. Buoys' positions: Nr.2 [\[CLICK\]](#), Nr.3 i 4 [\[CLICK\]](#)

Course order: START-1P-2S-3S-4S-2S-UnderPier-5P-FINISH.

Course order for KIDS: START-1P-2S-UnderPier-5P-FINISH.





A3.2. Long Distance RIVER (in a case of the dangerous sea conditions)

Distance 12km.

MINI distance 5km.

Water start & finish.

Left-hand traffic under bridges.

Course order:

START-1S-2S-3S-2S-FINISH

For MINI:

START-1S-2S-FINISH

NOTE:

A passage under Młyńska bridge has two options:

- a. paddling against current 5-7km/h strong,
- b. bypass walk 120m long.
(see drawing A3.4)

Buoys' positions:

Nr.1: [\[CLICK\]](#)

Nr.2: [\[CLICK\]](#)

Nr.3: [\[CLICK\]](#)



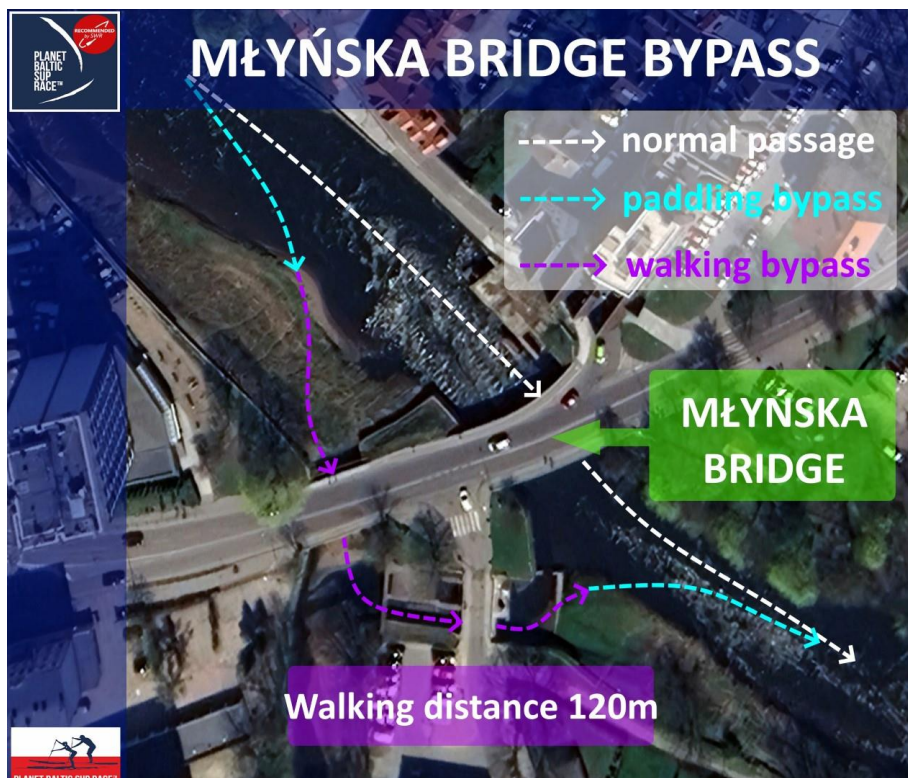


A3.3. Long Distance - layout of separate starting lines for MINI, women and men:



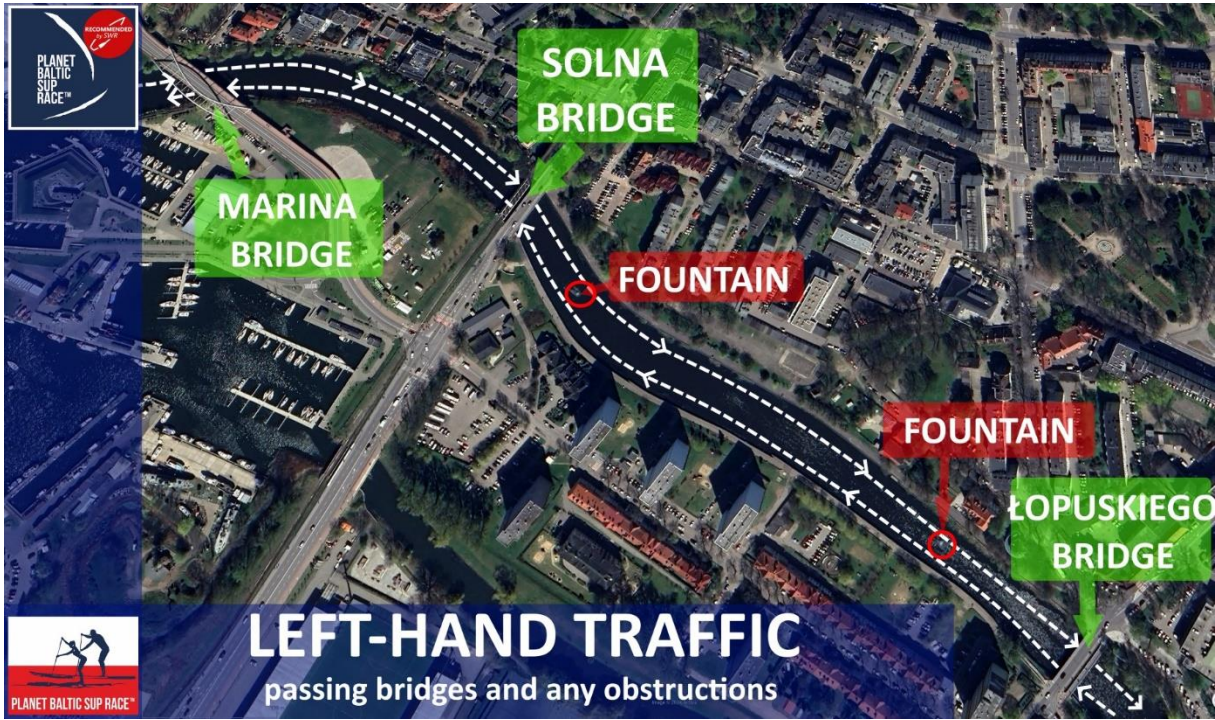
A3.4. Long Distance – two ways to pass the Młyńska bridge while paddling up the river.

[Video showing paddling under the bridge](#)





Long Distance – left-hand traffic under bridges



A4. RELAY RACING

Distance 2x350m.
 Left & right turn course.
 Beach start, change and finish.

Course order:
 START-W1P/S-W2S/P-W3P/S-
 CHANGE-M1P/S-M2S/P-
 M3P/S-FINISH





A5. FOIL DOWNWIND RACING

A5.1. Foil Sprint 500m

Course direction – downwind till buoy Nr.1 then 50m parallel to the beach course.



A5.2. Foil Long Distance 2000-4000m

Course direction – downwind till buoy Nr.1 then 50m parallel to the beach course.