



PLANET BALTIC SUP RACE 2023

NOTICE OF RACE & SAILING INSTRUCTIONS (NoR/SI)

may be supplemented by Sailing Instructions Supplements (SIS)

Published: March 15th, 2023

Last amendment: August 3rd, 2023

List of changes - see NoR/SI point 25

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1. VENUE, ORGANISER, DATE

VENUE	ORGANISER	DATE
Kolobrzeg, Central Beach near the lighthouse.	Water Sports Academy mksailing.pl	August 4-6, 2023
GPS coordinates: N 54°11'13 "; E 015°33'14"	Kolobrzeg Re:Generation	

- 1.1. Regatta committee: Marcin Koc (director), Ewa Koc, Maciej Koc.
- 1.2. Judge committee: Marek Rowiński, Dominik Glogier, Eugen Gladun.
- 1.3. Protest committee: Marcin Koc, Marek Rowiński, Dominik Glogier.
- 1.4. Technical committee: scorer - Maciej Koc, timers: Urszula Koc, Eugen Gladun.

2. RULES

- 2.1. The event will be governed according to this NoR/SI which will be published on www.planetbaltic.pl and <https://www.racingrulesofsailing.org/documents/5324/event>
- 2.2. The Sailing Instructions Supplements (SIS) will be published and may change or supplement rules in these NoR/SIs.
- 2.3. Racing rules:
 - 2.3.1. competitors 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. **a competitor may not impede the progress of another competitor while racing.** An overtaking board shall keep out the way of the board being overtaken. A board being overtaken is to keep a proper course, i.e. a course a board is going in order to finish as soon as possible.
 - 2.3.6. **a giving mark-room.** When boards are overlapped, an outside board shall give an inside board a mark-room. When boards are not overlapped, an inside board must give an outside board a mark room. **Overlapping - a bow of the overtaking board is between a bow of the board and a head of the competitor of the overtaken board when a bow of the overtaken board is in a distance of one board length to 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 is allowed for same gender. Drafting - sailing at least 10 seconds behind another board at a distance of less than 1 meter.**
 - 2.3.9. a 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 with a board in hand when a depth of the water is sufficient for paddling in the stand-up position is not allowed.**

3. COMPETITIONS, CLASSES, AGE CATEGORIES

3.1. Racing will take place in the following competitions, classes and categories:

Competition	Class	Age categories		
Sprint Race	Any board up to 14"	Open	Junior	Masters
Technical Race	Any board up to 14"	Open	Junior	Masters
Long Distance Race	Any board up to 14"	Open	Junior	Masters
Mixed Relay	Any board up to 14"	Open	x	x

3.2. Age categories.

3.2.1. open - no age restrictions.

3.2.2. junior U18 - born after August 6th, 2005.

3.2.3. masters M40 - born before August 5th, 1983.

3.3. U18 and M40 rankings will be extracted from the OPEN ranking.

3.4. **A minimum of 5 competitors of the same gender will be required to form the junior or master categories, who will actually take part in the races.**

3.5. **A minimum of 10 competitors will be required to run the competition in individual races.**

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

4.1. Applications will be accepted by submitting the application form provided at <https://planetbaltic.pl/>

4.2. Applications will be accepted if all required data is sent and an entry fee is paid.

4.3. Competitors must provide following documentation prior to completing registration formalities by August 5, 2023 at 0930:

- Proof of ID / nationality,
- Proof of entry fee payment,
- Parent/Legal Guardian Consent - for underaged; (Attachment J).

4.4. 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 a competitor declares that he/she:

4.4.1. will not participate in the event under influence of alcohol and drugs or substances that impair psychomotor skills.

4.4.2. has no contraindications to practicing water sports, especially Stand Up Paddling, exercise and participation in sport competition.

4.4.3. 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) and at the time of the start his/her health is good and participation in the regatta does not pose a threat to his/her health and life, and that he/she.

4.4.4. was informed about threats in the regatta area.

4.4.5. possess an individual liability and accident insurance for participation in the regatta.

4.4.6. will comply with the safety regulations - point 14.

- 4.5. 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.
- 4.6. 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.
- 4.7. Entry fees and payment deadlines:

<i>Early Bird fee</i>	<i>Early Bird deadline</i>	<i>Regular Entry fee</i>	<i>Regular Entry deadline</i>	<i>Late Entry fee</i>
200 PLN (45 €)	4 th July 2023	300 PLN (65 €)	31 st July 2023	400 PLN (85 €)

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

5. SCHEDULE

- 5.1. The schedule will be as follows (Local Time):

<i>Date</i>	<i>Activity</i>	<i>Hours</i>	<i>Place</i>
4.8.2023 Friday	Registration	1000-1800	Marina Solna's Office
	Warm up training	from 1400	Central Beach
	Coaching and testing	1400-1800	Central Beach
	Safety briefing for the regatta	1900	Marina Solna
5.8.2023 Saturday	Official opening and safety meeting for the race	1000	Central Beach
	First possible starting procedure	1030	
	Safety meeting for the race	*	
6.8.2023 Sunday	Last possible starting procedure	1900	Central Beach
	Safety meeting for the race	0930	
	First possible starting procedure	1000	
	Safety meeting for the race	*	
	Last possible starting procedure	1600	
	Official end	**	

*second safety briefing of the day will take place once the earlier competition is completed.

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

- 5.2. Precise start times will be announced at the safety meetings for the races.

6. RACE FORMATS

- 6.1. Maximum of two sprint races, two technical races and one long race will be planned for each competitor and optionally one mixed relay sprint race.
- 6.2. SPRINT RACES. In a case of 10 or less competitors – a fleet race. In a case of 11 or more competitors - series of heats of maximum 10 competitors.
- 6.2.1. In a case of series of heats, seeding for the first series will be in alphabetical order of names. Seeding for the second series will be according to the achieved times of the first series.
- 6.2.2. The second series will start with the group of competitors with the slowest times of the first series, i.e. bronze heat (e.g. ranked 30-21), then followed by i.e. silver heat

- (e.g. ranked 20-11) and will end with the group of competitors with the fastest times of the first series, i.e. gold heat (e.g. ranked 10-1).
- 6.2.3. Start and finish on the water or on the beach, depending on the conditions in the racing area.
 - 6.3. TECHNICAL RACES - A single fleet race for each gender or series of races for more than 50 competitors. Women start together with men in case of 8 or fewer women entries.
 - 6.3.1. In a case of series of heats, seeding for the first series will be in alphabetical order of names. Seeding for the second series will be according to the achieved times of the first series.
 - 6.3.2. The second series will start with the group of competitors with the slowest times of the first series, i.e. silver heat (e.g. places 60-31), and will end with the group of competitors with the fastest times of the first series, i.e. gold heat (e.g. places 30-1).
 - 6.3.3. Start and finish on the beach.
 - 6.4. LONG DISTANCE RACE.
 - 6.4.1. One common fleet race for both genders or separate races for each gender depending on attendance and weather conditions.
 - 6.4.2. The start of the women will take place 10 minutes after the start of the men in the case of separate gender races.
 - 6.4.3. Start from the water or from the beach, depending on the conditions on the racing area.
 - 6.4.4. Finish at the beach.
 - 6.5. MIXED RELAY RACE.
 - 6.5.1. The number of couples will depend on the number of participating women.
 - 6.5.2. 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.
 - 6.5.3. Women will start the relay. Change of relays by "high five" in the change zone.
 - 6.6. 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) will be allowed to compete.
- 7.2. Only single-bladed paddles will be allowed to compete.
- 7.3. It will not be allowed to use hydrofoils, kites, sails.
- 7.4. Competitors will race on their own equipment.
- 7.5. The use of cameras, timers, compasses and portable satellite devices will be allowed.
- 7.6. The use of water bladders will be allowed.
- 7.7. It will be mandatory to use life vests or life buoys in accordance with Rule 14.

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. Course may be shortened or changed due to severe weather conditions.

9. START AND FINISH, STARTING PROCEDURE

- 9.1. Start on the beach: a paddle and board kept in a hand and the competitor's feet do not cross a starting line before a starting signal. The starting line between flags.
- 9.2. Water start position: any part of the board cannot cross a starting line before a starting signal. A starting line between buoys or pins. The starting position of the competitor will be announced at the race safety meeting (sitting or standing).
- 9.3. Finish on the beach: the competitor finishes a race by a chest crossing of the finish line without "diving". He/she leaves a board in the shoreline and runs to a finish line with a paddle in his/her hand. A finish line between flags.
- 9.4. Finish on the water: a competitor will finish a race in a standing position as soon as a bow of his/her board crosses a finish line. A finish line between buoys.
- 9.5. Starting procedure:

<i>Signal</i>	<i>Meaning</i>	<i>Sound type</i>
Preparation	30 seconds to race	three short: . . .
Warning	10 seconds to race	two short: . .
Start	any time within 10 consecutive seconds after the warning signal	one long: ——— or a cannon shot (long distance)
False start	Starting procedure breached	Five short

10. START AND FINISH TIME LIMITS

- 10.1. Start and finish line closing times:

<i>Race type</i>	<i>Start line closing time</i>	<i>Finish line closing time</i>
Sprint	30 seconds	5 minutes after starting signal
Technical	1 minute	25 minutes after starting signal
Long Distance	5 minutes	120 minutes after starting signal
Relays	30 seconds	10 minutes after 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 he/she 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. the event advertising materials.
- 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). Competitors are obliged to place the organiser's advertisement on the board, if one is provided.

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

12. COMMUNICATION WITH COMPETITORS

- 12.1. Official Notice Board and event management documentation will be available online <https://www.racingrulesofsailing.org/documents/5324/event>
- 12.2. General information will be available at: www.planetbaltic.pl and supplementary information will be posted on a notice board at the regatta office.
- 12.3. Informal communication will be published on WhatsApp group: <https://chat.whatsapp.com/Dg1oL6yi4ETELoYgBcACfB>
- 12.4. Competitors will be able to ask official questions by adding and filling out the form on the platform (*click on the blue icon with a "+"*): <https://www.racingrulesofsailing.org/questions/5324/event>
- 12.5. 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 REGULATIONS

- 14.1. Competitors not intending to start in a race scheduled for them are to immediately notify the race committee of this fact.
- 14.2. A leash, safety vest/safety buoy will be required for all competitors in technical and long races distance.
- 14.3. Juniors will compete wearing 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 such a 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.

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 organizing 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. unreasonably shouting at other competitors during a race.
- 15.3.5. deliberate destruction of equipment.

16 EQUIPMENT INSPECTION

- 16.1. Boards will be available for an inspection during the regatta.
- 16.2. The boards of the podium competitors of MVP disciplines will be subject to mandatory length checks.

17 PROTESTS, DECISIONS

- 17.1. The electronic protest sheet will be available for completion on the platform <https://www.racingrulesofsailing.org/documents/5324/event> by clicking on the blue "+" icon and selecting the "File a Protest" option.
- 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 jury of her/his intention to protest as soon as possible. For sprints and technical races, protests will be heard after the end of the series.**
- 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 or name 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. **a judge** 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 20 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. **A protest against a decision of the judge committee will be heard by the protest committee.**

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 points: 4.4.1, 15.1, 15.3.1, 15.3.2, 15.3.5, 18.3.6, 22.

18.3. A competitor may be DISQUALIFIED IN A RACE for:

18.3.1. notorious breaching of 2.3, 15.3.3 or 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. competing with equipment non-compliant with P7,

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, 2.3.5, 2.3.6, 2.3.7, 2.3.8, 2.3.9.

18.4.2. paddling in a position other than standing if more than 5 strokes are performed in a such position.

18.4.3. failing to return to a point of fall when a wave or wind clearly drifts a competitor's board towards next mark.

18.4.4. illegal drafting.

18.4.5. "diving" at a finish line.

18.4.6. crossing a finish line without a paddle.

18.4.7. use marks for a propulsion.

18.4.8. accidentally passing a mark on the wrong side when an advantage obtained turns out to be marginal.

18.5. Time penalties [in seconds] will be added according to the table:

Suggested time penalties Planet Baltic SUP Race 2023 [added seconds]						
Type of breach	Sprint		Technical		Long distance	
	Calm sea	Rough sea	Calm sea	Rough sea	Calm sea	Rough sea
More than 5 paddle strokes	10	20	20	30	30	60
Illegal paddling position	10	20	20	30	30	60
No return to the place of fall	10	20	20	30	30	60
Drafting	10	20	20	30	30	60
Crossing the finish line without a paddle	10	10	10	10	10	10
Diving at finish line	10	10	10	10	10	10
Using marks for a propulsion	10	20	20	30	30	60
Accidentally passing a mark on the wrong side	10	20	20	30	30	60
Illegal overtaking or impeding others	10	10	20	20	30	60
Not following the proper course	10	20	20	30	30	60
Not giving way at the mark	20	20	30	30	60	60
Causing a minor collision	20	20	30	30	60	60
Running with a board in deep water	10	20	10	20	10	20
False start at long distance from port	xxx	xxx	xxx	xxx	60	xxx

18.6. Other minor rule violations may also be penalized with a time penalty at the discretion of the judges. Such time penalty will be at least twice long as the approximate time advantage gained by the competitor's violation.

19 RANKING, SCORING

- 19.1. SPRINT and TECHNICAL RACE - the final ranking will be determined by:
- 19.1.1. in the case of one race or one series of races completed – achieved times.
 - 19.1.2. in the case of two races of the same discipline – total time of both races.
 - 19.1.3. In the case two series of races completed of the same discipline – ranking of the second series.
 - 19.1.4. if a competitor fails to finish the second race/series, the result of his/her first race/series will decide about the place, assuming that he will be classified below the competitors who have completed two races/series.
- 19.2. LONG DISTANCE, RELAY – the ranking will be determined by the achieved times.
- 19.3. The MVP ranking for men and women in OPEN category will take into account the final results of sprint, technical and long races. Relay results will not be considered.
- 19.3.1. The scoring of the MVP ranking will be based on the Small Points System (the competitor with the fewest points wins):

Ranked	1	2	3	Every next one	DNS / DNF / DSQ
Points	1	2	3	Add 1 point	Number of registered competitors in the highest attendance 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. The age category ranking will be extracted from the Open ranking with the exclusion of all competitors not belonging 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.

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. Junior and masters categories will not be awarded by financial prizes.
- 20.5. Prizes for the OPEN category will be distributed according to the table for each gender:

Competition	Rank	Cash in PLN	Medal	In-kind prize	Gerlach watch
Sprint	1	1500	YES	YES	x
	2	1000	YES	YES	x
	3	500	YES	YES	x
Technical race	1	1500	YES	YES	x
	2	1000	YES	YES	x
	3	500	YES	YES	x
Long Distance	1	1500	YES	YES	x
	2	1000	YES	YES	x
	3	500	YES	YES	x
Mixed Relays	1	1500	YES	YES	x
	2	1000	YES	YES	x
	3	500	YES	YES	x
MVP	1	x	x	x	YES

20.6. In-kind prizes for juniors will be distributed according to the table for each gender:

Rank	Sprint	Technical	Long distance
1	YES	YES	YES
2	YES	YES	YES
3	YES	YES	YES

20.7. Medals for the masters will be distributed according to the table for each gender:

Rank	Sprint	Technical	Long distance
1	YES	YES	YES
2	YES	YES	YES
3	YES	YES	YES

20.8. 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 for cases agreed with the organiser). The above does not apply to sport awards (diplomas, medals and cups).

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

20.10. Prizes will be awarded only for fully completed competitions.

Total prize cup (cash) = 21,000PLN (4500€).

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 participate 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 organization of the event are not responsible for losses, damage, loss of health 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. The organiser is not responsible for any damage or loss of equipment during the event. The organiser is not responsible for injuries, loss of health or life that may result from participation in the event.

Each competitor or his/her representative agrees to these conditions by completing the entry form.

24 CONTACTS

Contact to the organiser's office:

Marcin Koc - Water Sports Academy mksailing.pl mail: mk@mksailing.pl

tel. +48 504 199 272

Ewa Wower-Koc - Water Sports Academy mksailing.pl mail: ek@mksailing.pl

tel. +48 503 978 857

Water Sports Academy mksailing.pl

ul. Warzelnicza 1, 78 - 100 Kolobrzeg, Poland.

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

25 HISTORY OF CHANGES NoR/SI

15th July 2023 changes:

1. The composition of the regatta committee added - P1.
2. A new racing rule added - P2.3.9.
3. A new date for the safety briefing of the regatta - P5.1 and the entry regarding the safety meetings has been clarified - P5.2.
4. Added water starting position rule - P9.2.
5. Added a cannon shot as a starting signal for long distance - P9.5.
6. The penalty system has been updated - P18.
7. Added Long Distance Calm Sea route (start from the harbour) and equalized Long Distance lengths for both genders.

3rd August 2023 changes:

1. Added a rule about impeding others - P.2.3.5.
2. The conditions for the occurrence of drafting and overlapping have been specified - P2.3.8 and P2.3.6.
3. The depth of the water allowing running on the bottom with a board was determined - P2.3.10.
4. The points from P3.4 to P3.7 have been simplified and compressed.
5. The method of submitting and hearing protests has been specified - P17.3.
6. Changed a decision-maker for hearing of protest - P17.1.
7. Updated the penalty system - P18.
8. Added suggested periods of time penalties - P18.5 and P18.6.
9. The course Long Distance Flat Water for Parsęta River has been added – A3.

PRACTICAL INFORMATION (this is not part of NoR/SI)

Marina Solna is the place we highly recommend to stay & park. The regatta's registration office is located there. Address: Warzelnicza 1, Kolobrzeg (GPS coordinates N54°10'47"; E015°33'37"). There are two yacht docks, slip, restaurant, pub, outdoor BBQ shed, toilets, showers. It's a quiet district of the city a 15 minutes' 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 harbour district after 1000. We recommend to drop boards off near the lighthouse and return car to Marina Solna parking.

Campsite. There will be an option to set up a tent in a dedicated grassed area in Marina Solna underneath the bridge. Request Ewa Koc about details (ek@mksailing.pl).

Boards' transfer. It will be possible to drive to the Harbour Master Office next to the venue beach to drop boards off on Saturday till 0900. This is the easiest way of boards' transfer.

Gear storage on the beach. Boards can be deposited on Friday from 1400 in a 24-hour guarded storage area on the beach. Boards may be stored there until the end of the regatta.

Meals, drinks. There will be one hot meal provided on Saturday and Sunday at the venue site. Bottled water will be provided during the event.

Accommodation. Kolobrzeg is a summer capital of Poland. There is rich accommodation offer but availability might be restricted and renting prices high. We recommend to book accommodation well in advance. Check out booking.com.

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 event's beach. There is one large public toilet in dungeons near the lighthouse. 150m walk from the venue. Free for competitors based on wristbands. No toilets on the beach.

Medical services. There will be a first aid paramedic on the venue site.

Travel.

Airports:

- a) Berlin - 3 hours by car / 5 hrs by train and bus
- b) Szczecin-Goleniow – 1 hour drive by car / 1,5 hours by train. No bus.
- c) Poznan – 4 hour drive by car / 4-5 hours by train or bus
- d) Bydgoszcz – 4 hour drive by car / 4-5 hours by train



e) Gdansk - 3,5 hour drive by car / 2-4 hours by train / 4 hours by bus

f) Warszawa – 6 hour drive by car / 6-10 hours by train

Roads – S6 motorway from Berlin and Szczecin. Average speed 110km/h.

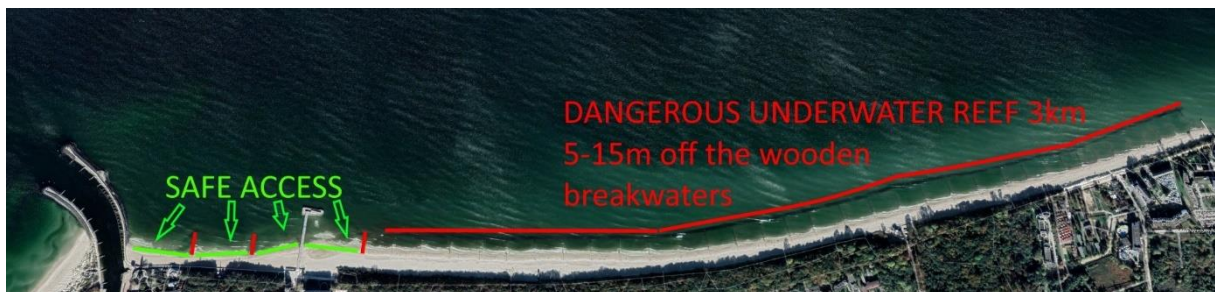
Busy traffic on single carriage roads from Warszawa, Poznan and Gdansk. Calculate 65-70km/h average speed for driving.

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

Kolobrzeg taxi. Estimate 4-6€ per trip within city limits during working days and daytime.

Double fee for weekends and night hours. No Uber.

Stone reef. Long Distance Race Note. Along the beach, east of the main sea pier, there is a underwater reef that prevents the beach from being washed out during storms. Below is a picture of the reef at low water level. 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 with 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 mark buoys.



Useful links.

- Kolobrzeg website <https://www.kolobrzeg.eu> (ENGLISH)
- city application - type in Google Play or App Store: "Kolobrzeg RE:GENERACJA" (ENGLISH)
- Marina Solna website <https://zpmkolobrzeg.pl/port-jachtowy/> (ENGLISH)

Live cameras:

Sea pier "Molo": <https://kolobrzeg.webcamera.pl/>

Lighthouse: <https://www.gawex.pl/kamery/pokaz/Port-oraz-latarnia-morska-31>

Eastern beach: <https://kolobrzeg-marinehotel.webcamera.pl/>

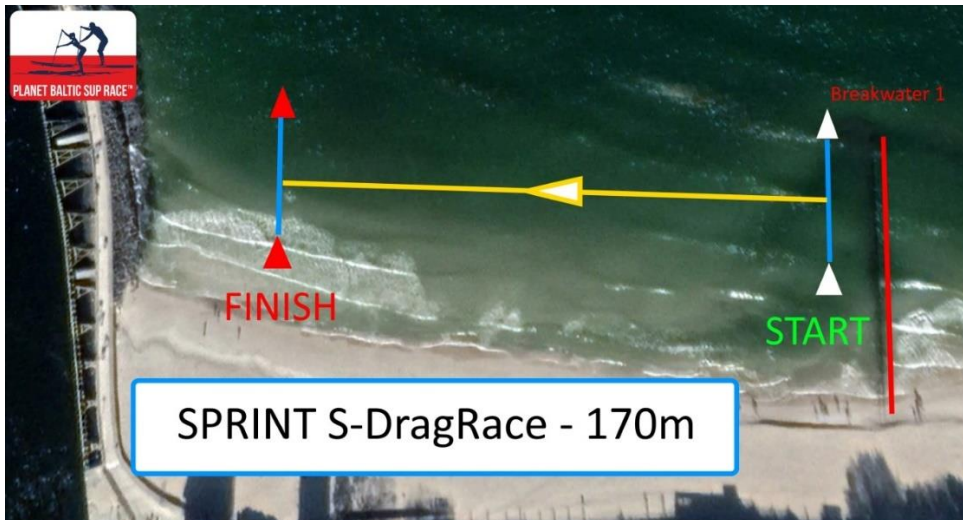
Marina Solna: <https://zpmkolobrzeg.pl/kamera-marina/>

ADDENDUM 1

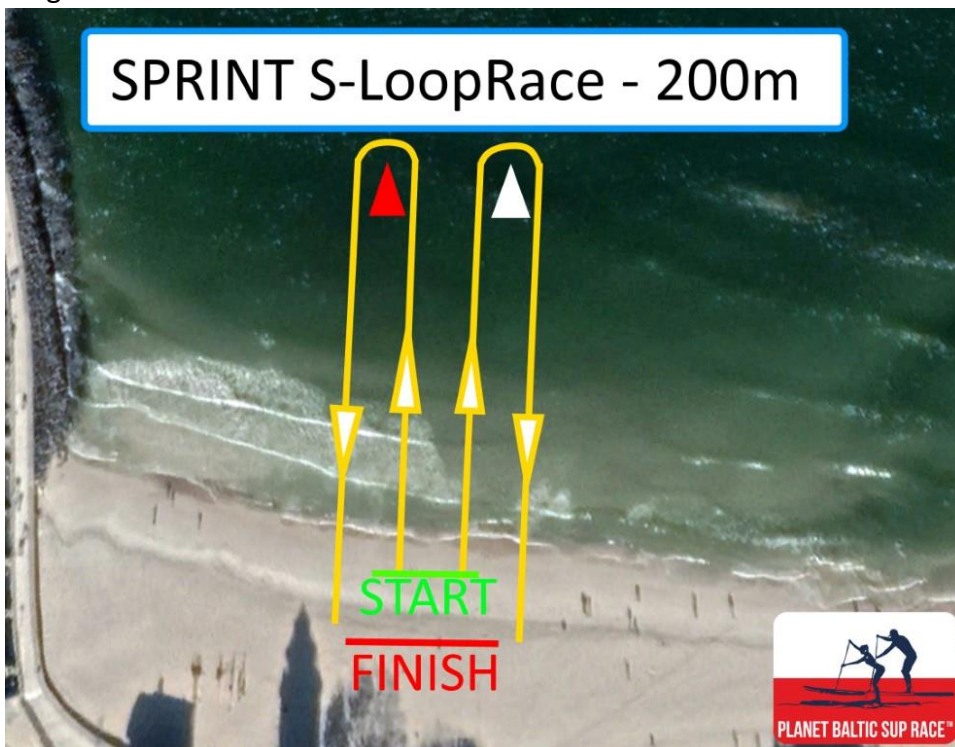
COURSE DIAGRAMS

A1. SPRINT COURSES

S-DragRace. Distance 170m. Water start from seated position. Finish on the water. Start and finish line between buoys. The course recommended for flat sea



S-LoopRace. Distance 200m. Start and finish on the beach. Turning buoys in the middle of the distance. Right and left turn course. The course recommended for rough sea.



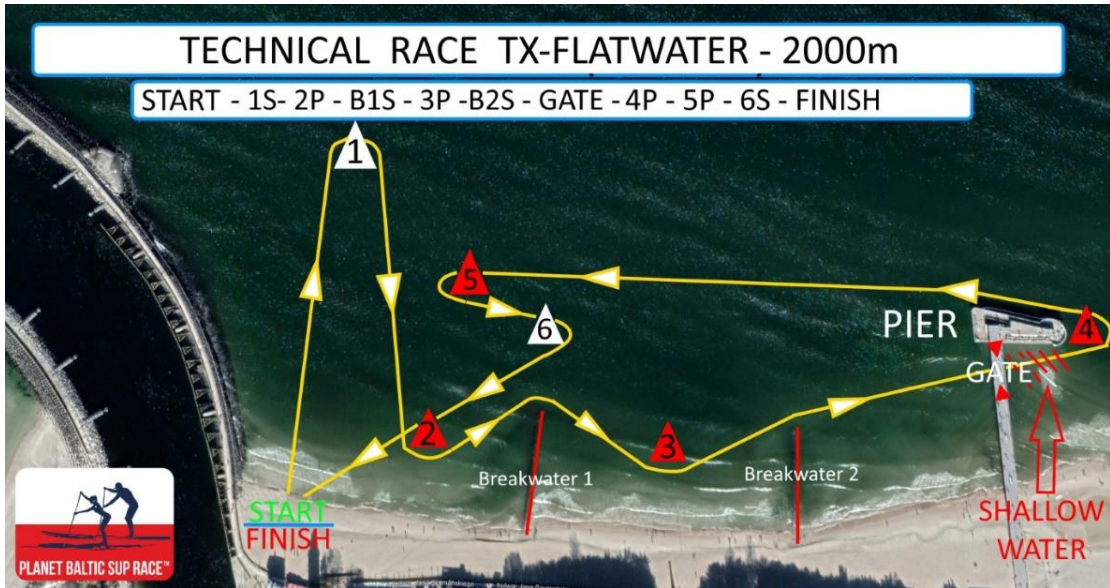
A2. TECHNICAL COURSES.

Start and finish on the beach. White buoys – starboard turn, red buoys – portside turn.

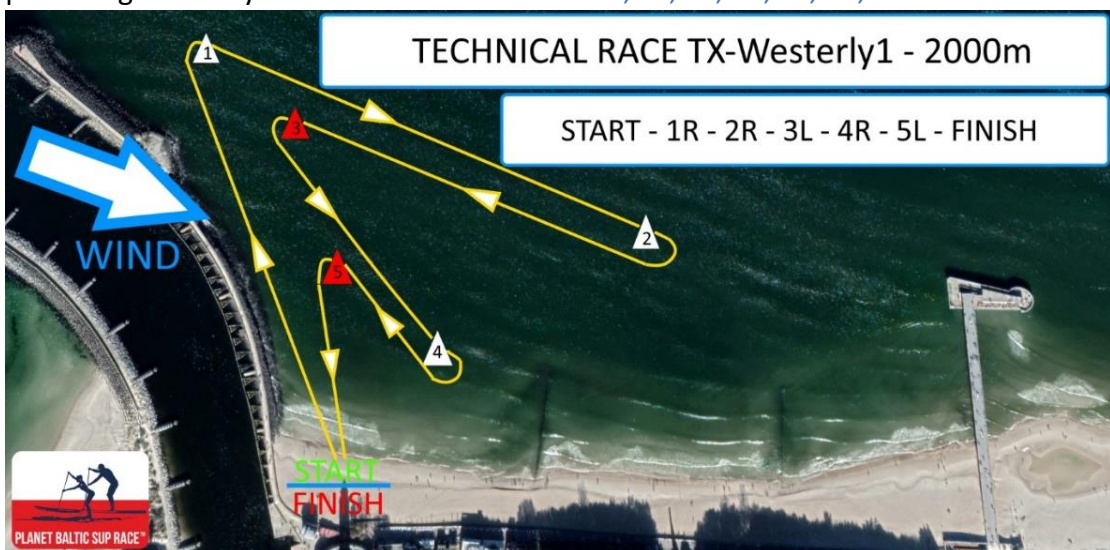
TX-FlatWater. Distance 2000m. The course recommended for flat water.

Course order: **START, 1S, 2P, B1S, 3P, B2S, GATE, 4P, 5P, 6S, FINISH**

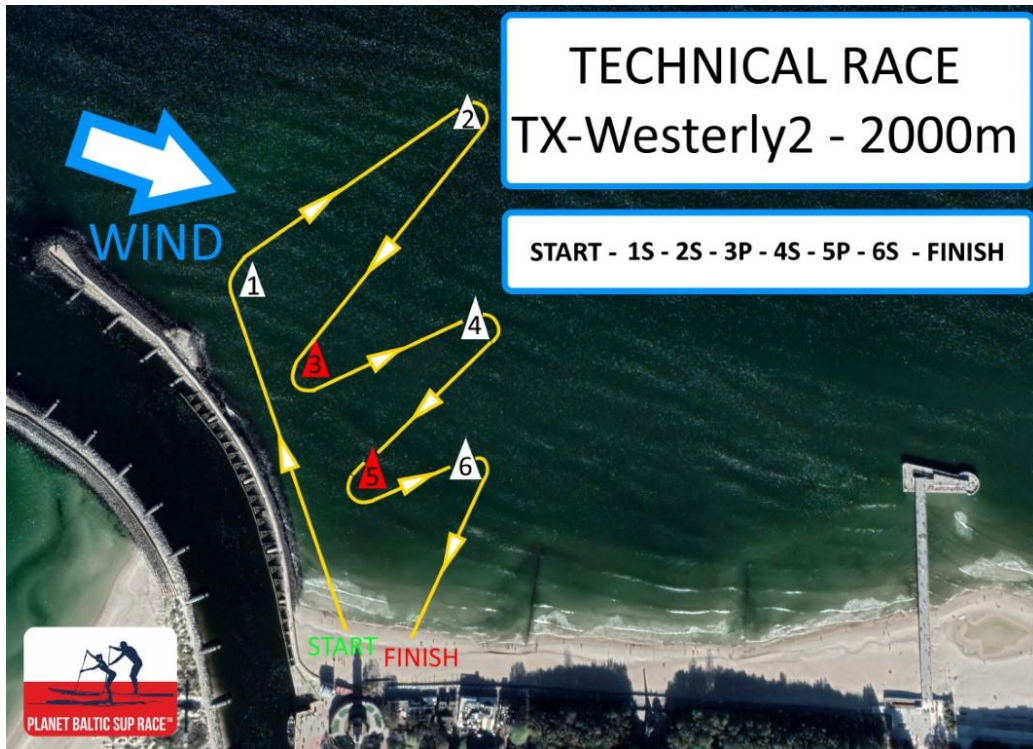
Two wooden breakwaters to be passed by the starboard side. Passage under the pier under first span. There are shallows on the South side of the pier head resulting in a possible board's dragging.



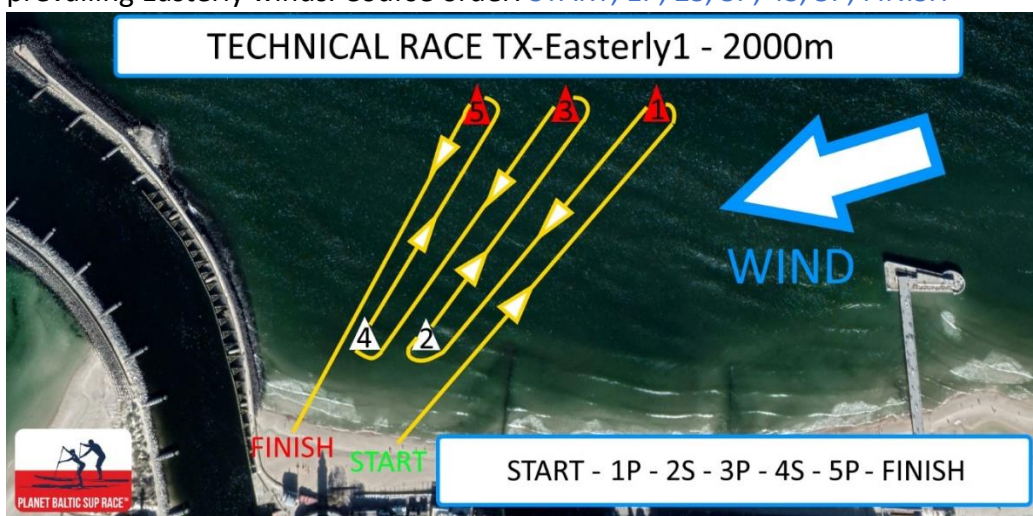
TX-Westerly1. Distance 2000m. The course recommended for rough sea with prevailing Westerly winds. Course order: **START, 1S, 2S, 3P, 4S, 5P, FINISH**



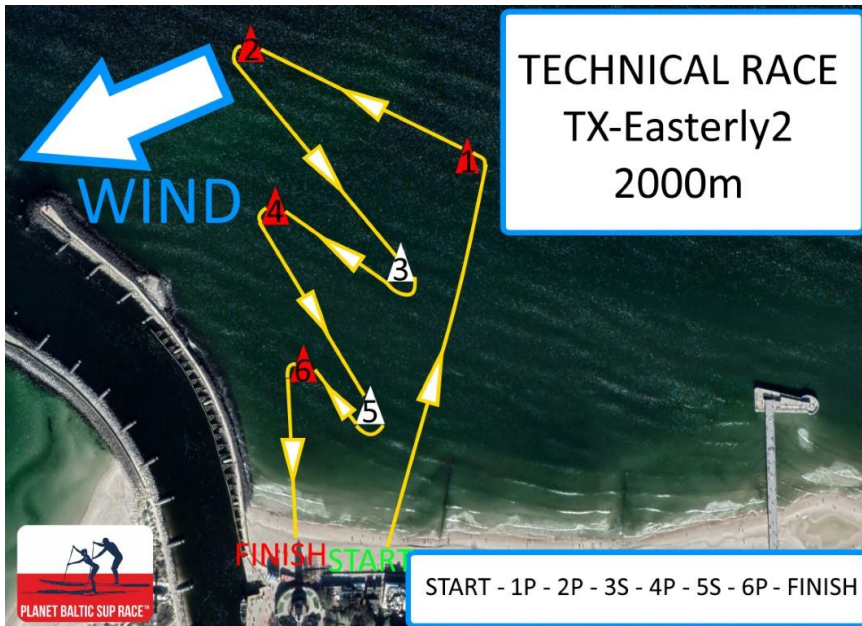
TX-Westerly2. Distance 2000m. The course recommended for rough sea with prevailing Westerly winds. Course order: [START](#), [1S](#), [2S](#), [3P](#), [4S](#), [5P](#), [6S](#), [FINISH](#)



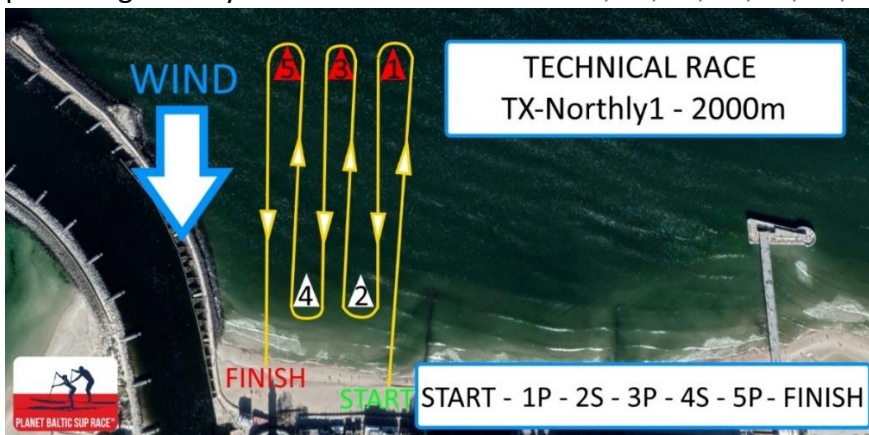
TX-Easterly1. Distance 2000m. The course recommended for rough sea with prevailing Easterly winds. Course order: [START](#), [1P](#), [2S](#), [3P](#), [4S](#), [5P](#), [FINISH](#)



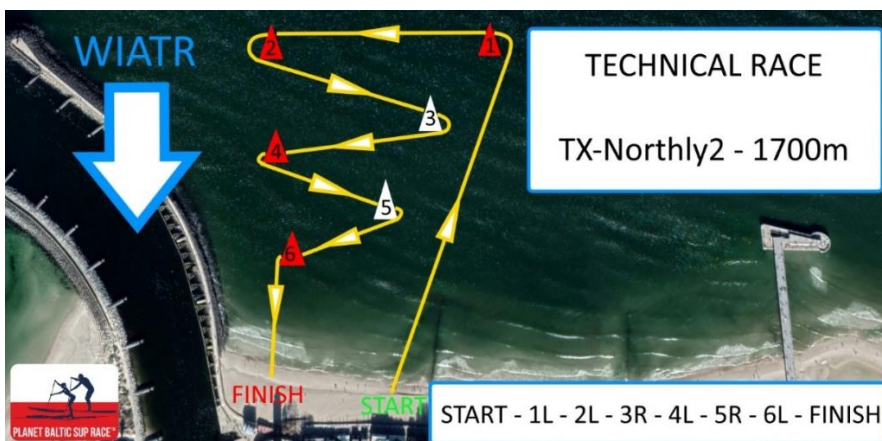
TX-Easterly2. Distance 2000m. The course recommended for rough sea with prevailing Easterly winds. Course order: [START](#), [1P](#), [2P](#), [3S](#), [4P](#), [5S](#), [6P](#), [FINISH](#)



TX-Northly1. Distance 2000m. The course recommended for rough sea with prevailing Northly winds. Course order: [START](#), [1P](#), [2S](#), [3P](#), [4S](#), [5P](#), [FINISH](#)



TX-Northly2. Distance 1700m. The course recommended for rough sea with prevailing Northly winds. Course order: [START](#), [1P](#), [2P](#), [3S](#), [4P](#), [5S](#), [6P](#), [FINISH](#)



A3. LONG DISTANCE COURSES

Long Distance Calm Sea. Distance 10km. Water start inside harbour. Finish on the beach. The course recommended for calm sea.

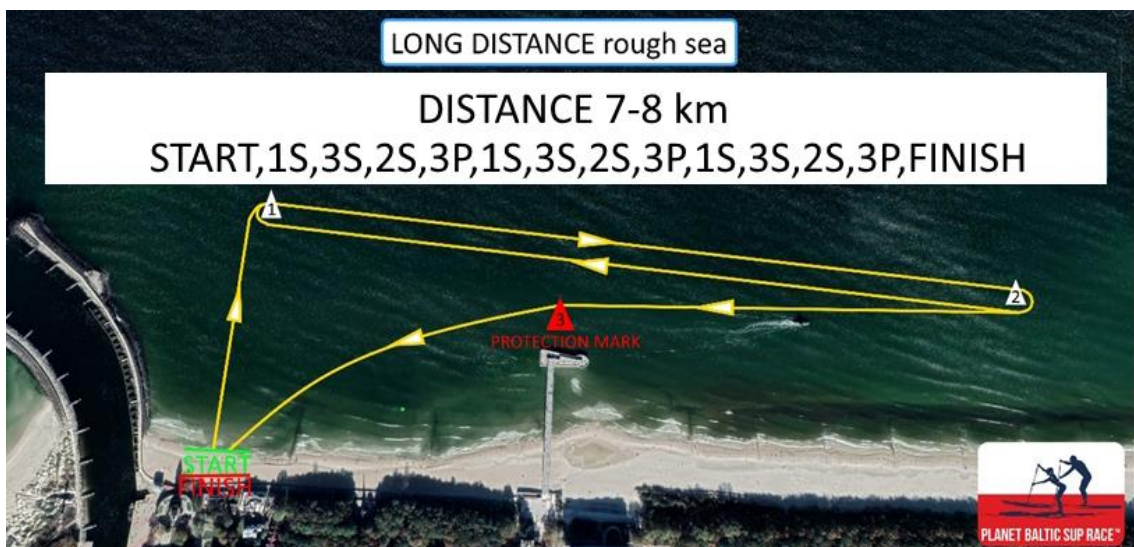
GPS coordinates of U-turn mark Nr.1: N54°11'33", E015°36'29"

Course order: [START](#), [BREAKWATER S](#), [under PIER](#), [1S](#), [under PIER](#), [FINISH](#)



Long Distance Rough Sea. Distance around 7km. Start and finish on the beach. The course recommended for rough sea. Red mark Nr.3 will be a protection buoy near pier's head.

Course order: [START](#),[1S](#),[3S](#),[2S](#),[3P](#),[1S](#),[3S](#),[2S](#),[3P](#),[1S](#),[3S](#),[2S](#),[3P](#),[FINISH](#)



Long Distance FLAT WATER. Distance 8km. Water start inside the harbour. Finish on the water between the buoys. From the moment passing the first safety pin (a buoy with a flag near the lighthouse), keep on the right side along the entire length of the river. Two loops between bridges.

The course to be used in the case of sea conditions not allowing for a safe long-distance race.

Course order: START, 1P, 2P (dolphin), 3P, 4P, 3P, 4P, FINISH



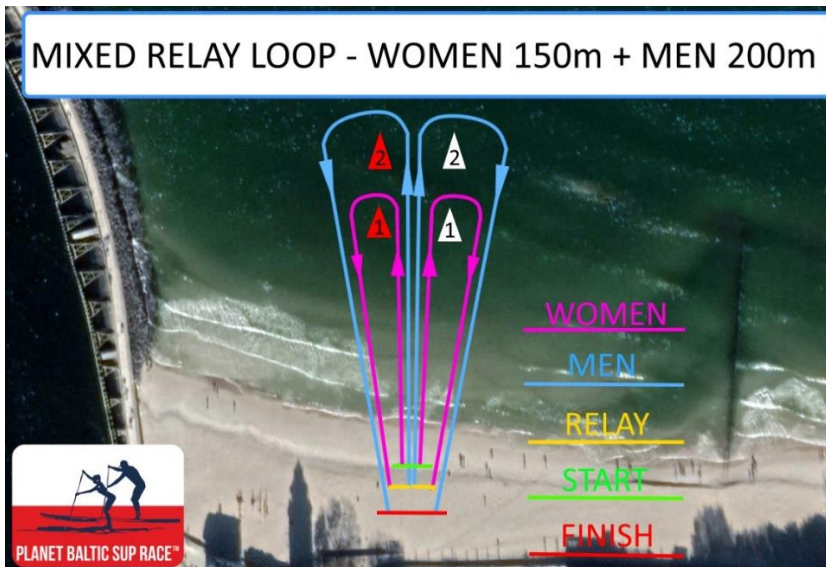
A4. RELAY COURSES

Mixed Relay Drag. Start, relay and finish on the water. Distance 150m for each men and women. Course order: **START** women, **RELAY** on the water, **START** men, **FINISH**.



Mixed Relay Loop. Start, relay and finish on the beach. Distance 150m for women and 200m for men. Port and starboard turn course.

Course order: **START** women, **1P/S**, **RELAY** beach, **START** men, **2P/S**, **FINISH**.



Explanation of course description:

1P – buoy no.1 to be passed by portside,

4S – buoy no.4 to be passed by starboard side,

GATE - gate between the flags,

Under PIER - between the spans of the pier.

White buoys shall be passed by starboard hand. Red buoys shall be passed by portside hand.

ATTACHMENT J

PARENTAL/GUARDIAN CONSENT

1.
(name and surname of parent/legal guardian)

.....
(residence address)

.....
(telephone number, e-mail)

2.
(name and surname of parent/legal guardian)

.....
(residence address)

.....
(telephone number, e-mail)

STATEMENT FOR THE ORGANISER OF THE SUP REGATTA – PLANET BALTIC SUP RACE 2023

We declare that we, the undersigned, being the legal guardians of the underaged child, agree to participate in the stand up regatta paddle event Planet Baltic SUP Race on 4 - 6 August 2023 in Kolobrzeg by our son / daughter / mentee:

.....
(child's name, date of birth)

At the same time, we declare that he/she has the ability to swim.

1.
(declaring signature)

2.
(declaring signature)

* I declare that I am the sole legal guardian of
(name and surname of son/daughter/ward)

.....
signature of the declarant

*Additionally, to be completed by a single parent raising a child.

place, date: