



**THE TINGIRA**  
**BRIEFING NOTES**  
**SATURDAY 28 March 2026**



## **RACE DAY GENERAL PROCEDURES**

This race is conducted at the same location as previous events.

Please note the following:

Paddlers are advised to:

- drop-off their craft and park elsewhere.
- NOT cross New South Head Road with their craft.
- respect the local residents and keep noise to a minimum.
- not arrive early (to minimize crowding)
- have the minimum safety equipment noted under the Race Rules:
  - **Level 50 Lifejacket**
  - **Paddle leash (affixed to craft or paddle)**
- Expect disqualification if mandatory safety equipment not seen by race officials **AT ANY TIME**
- pass through the two SIP flags off the beach when they enter the water (to record race number and check minimum mandatory equipment)
- pass through the two SIP flags off the beach to have a time recorded.
- load craft and leave the beach once their race is complete.
- **attend the post-race presentation.**

## **GENERAL RACE BRIEFING**

1. On Webscorer and SIP website 24 hours prior
2. On beach pre-race

## **RACE SAFETY BRIEFING**

1. All paddlers must be able to swim a minimum 50m unaided in open water.
2. All paddlers, no matter what craft used, **must wear a Level 50 or 50S non-inflatable lifejacket that conforms with Australian Standards**
3. One paddler of every Ski or SUP **must wear a paddle leash or leg leash**
4. Ski paddlers must be able to remount their craft without assistance.
5. All kayak paddlers **must use a paddle leash** and are advised to wear a spray- skirt
6. Equipment will be visually checked at the start and again as paddlers cross the finish line
7. Non-compliance with the above will lead to **instant disqualification** from the race
8. All competitors **must give way** to commercial vessels
9. Moored boats are on the course.
10. **A Safety Cut-Off Time will apply at Village Point at the end of the Short Course to be determined by the Race Manager on the day according to the prevailing conditions. Safety staff may direct paddlers to return at this mark even though they have nominated for the long course. No discussion will be entered into, and failure to comply will result in immediate disqualification from this and all future races.**
11. Race Director's decision is final and not subject to appeal.

## **ON-BEACH PRE-RACE GENERAL BRIEFING**

### **Race Safety Briefing and Disqualification Criteria**

1. All paddlers **MUST WEAR** an approved PFD
2. One paddler of every ski or SUP **MUST WEAR** a paddle leash or leg leash.
3. All competitors **MUST GIVE WAY** to commercial vessels.
4. **A Safety Cut-Off Time will apply at Village Point at the end of the Short Course to be determined by the Race Manager on the day according to the prevailing conditions. Safety staff may direct paddlers to return at this mark even though they have nominated for the long course.**

**No discussion will be entered into regarding safety directions, and failure to comply will result in immediate disqualification from this and all future races.**

# RACE START PROCEDURE

1. The start line will be off Tingira Reserve east of the drain
2. Paddlers are required to stay 20m behind the start line until the race has been called to the start
3. Paddlers must **start** and **finish** between the two teardrop SIP flags or risk DQ
4. Failure to do so will result in a DNS (Did Not Start) or DNF (Did Not FINISH).
5. Starts will commence as follows
  - **Long course SINGLES: 0750**
  - **Short Course: 0755**
  - **Long course DOUBLES: 0800**

## TIMINGS (prior to first race start)

### 30 MINUTES PRIOR (0730)

Paddler briefing at start line

### TEN (10) MINUTES PRIOR (0740)

Paddlers to marshal in vicinity of start line ten (10) minutes prior to race start time

### ONE (1) MINUTE PRIOR (0749)

**LOUD HAILER "ONE (1) MINUTE WARNING"** to be signaled by Race Director/Starter

- Singles paddlers to stand **next to** their own watercraft. Both feet must be on sand
- Doubles can have one paddler sit in their craft
- Sea kayakers with spray skirts can sit in their craft
- Stand Up Paddlers can stand on or next to their craft

### 3 AIRHORN BLASTS = GET READY

Starter signals "GET READY FOR RACE START" by 3 short blasts of the airhorn

### 1 AIRHORN BLAST = START

Starter signals RACE START by one (1) blast on air horn (approx. 1 minute after GET READY)

**Any paddler who crosses the start line before the race has started will incur a 2-minute penalty**

## RACE FINISH PROCEDURES

**At conclusion of race or return to Tingira Reserve:**

1. SIP staff will call out race numbers to SIP to confirm finish
2. Paddle NSW will record timing
3. Race number to be handed to SIP staff for lucky door prize draw
4. Paddlers asked to remove watercraft from the beach and return for presentations
5. All paddlers to be accounted for (Race Director, Paddle NSW and Safety Officer)

# **ON-BEACH PRE-RACE COURSE BRIEFING**

## **PADDLERS MUST PASS BETWEEN THE SIP FLAGS TO START and FINISH**

1. Proceed FROM Start to Shark Island and turn at **Mark 1, Shark Island Buoy** located 25m from the White Lighthouse to the North of Shark Island.  
**KEEP BUOY ON YOUR RIGHT**
2. Proceed to **Mark 2, Steele Point Buoy** located 50m NW of Steele Pt.  
**KEEP BUOY ON YOUR RIGHT**
3. Proceed to **Mark 3, Bottle and Glass Buoy** located 50m NE of Bottle & Glass Pt.  
**KEEP BUOY ON YOUR RIGHT**
4. Proceed to **Mark 4, Village Point Buoy/s** located 70m due North of Village Point.

**THIS IS A TURNING MARK, TURN ANTI-CLOCKWISE.**  
**KEEP BUOY ON YOUR LEFT**

5. Short Course paddlers return via Bottle and Glass and Steele Point buoys **NOT SHARK ISLAND**  
**KEEP BUOY/S ON YOUR RIGHT to avoid outgoing traffic. Stay clear of rocks.**
6. Long course paddlers continue North via **Mark 5 South Head YRM** (Yacht Rounding Mark)  
**KEEP BUOY ON YOUR LEFT (i.e. paddle inshore of this mark)**
7. As you cross the Heads, aim for the multistorey white circular building at Manly that will lead you to the YRM near Quarantine Beach
8. Proceed to **Mark 6 Quarantine Beach YRM** between Cannae Pt. and Manly Pt.  
**THIS IS A TURNING MARK, TURN ANTI-CLOCKWISE.**  
**KEEP YRM ON YOUR LEFT**
9. Return directly to **Mark 3, Bottle and Glass Buoy**  
**DO NOT PROCEED DIRECT TO STEELE POINT, YOU MUST ROUND MARK 3**  
**KEEP BUOY ON YOUR RIGHT to avoid outgoing traffic. Stay clear of rocks.**
10. Pass **Mark 2, Steele Point Buoy.**  
**KEEP BUOY ON YOUR RIGHT to avoid outgoing traffic. Stay clear of the rocks.**
11. Head straight to finish line off **Tingira Reserve**

**COURSE MARKER BUOY**



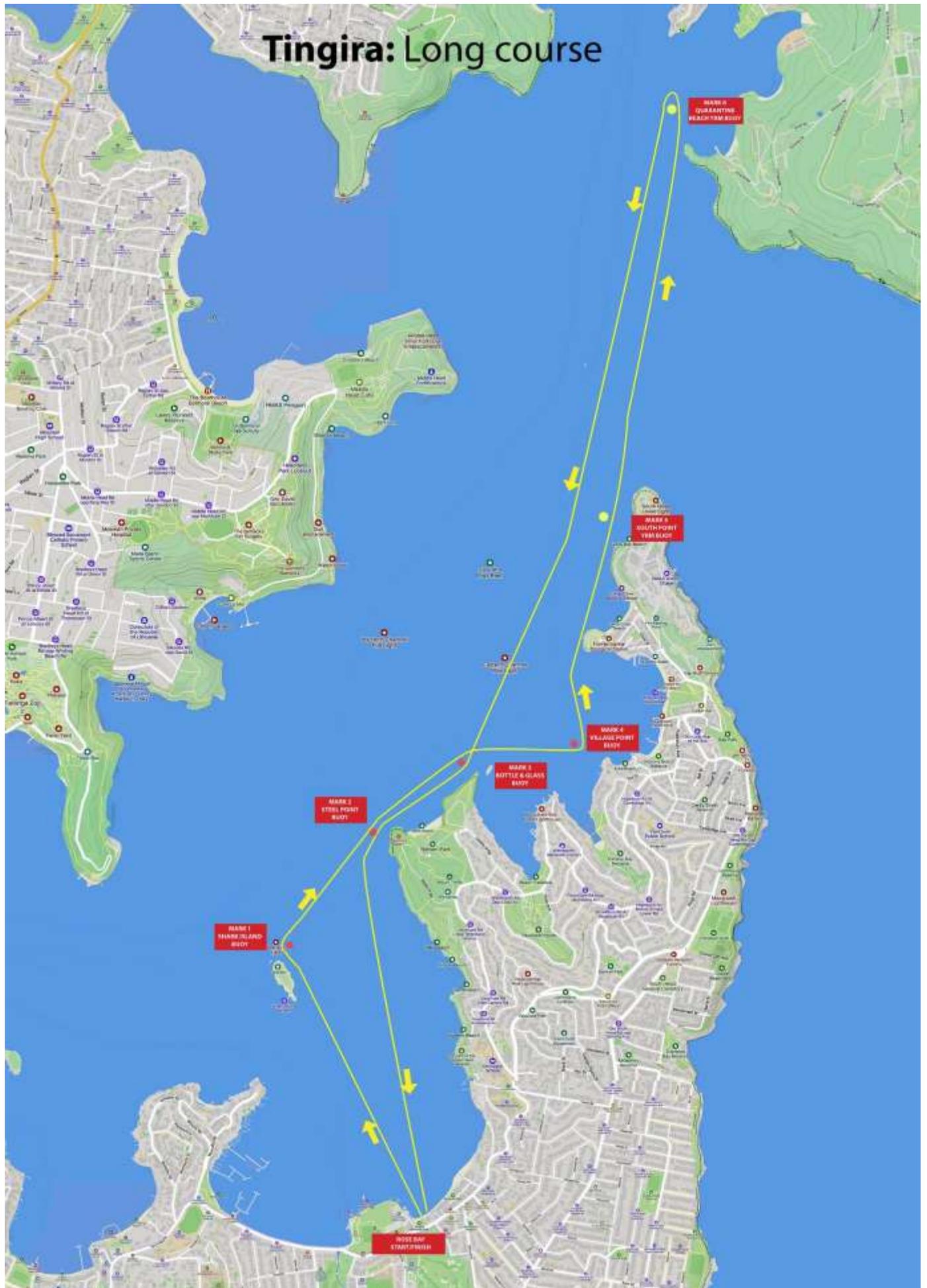
**YACHT ROUNDING MARK (YRM)**



### **IMPORTANT WEATHER NOTE:**

If Race Director decides crossing heads is not inadvisable due to weather etc then Long Course paddlers return as per short course to Tingira Reserve and do a **SECOND LAP.**

# Tingira: Long course



# Tingira: Short course

