

Clyde SUP Sprints 2021



When

Saturday 18th September

Classes

Women with board 11' 6" or under

Aimed at the majority of inflatable board users but can also be hard boards.

Men with board 11' 6" or under

Aimed at the majority of inflatable board users but can also be hard boards.

Open Women: Any size board

Any size or type of board

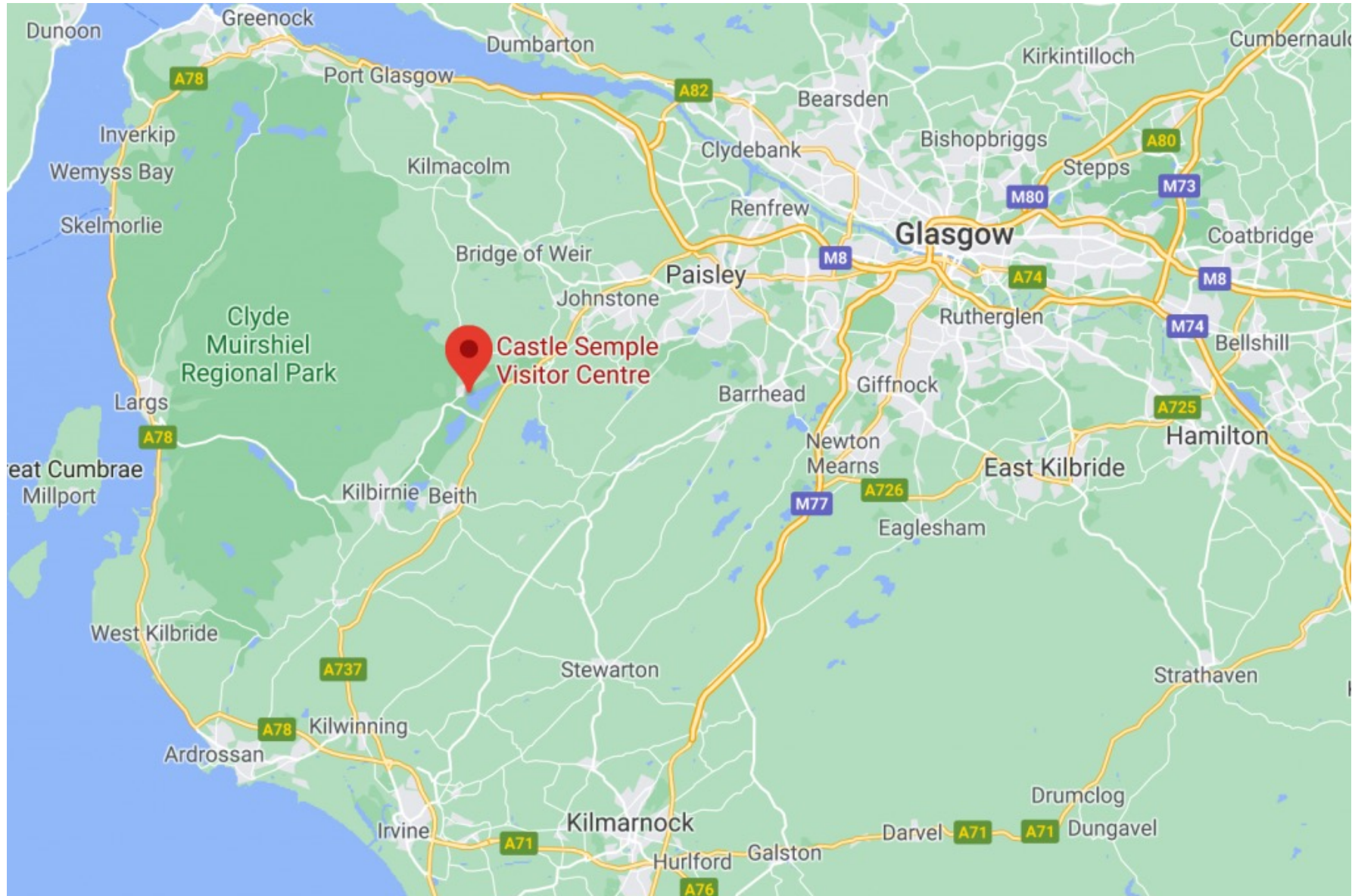
Open Men: Any size board

Any size or type of board

Where we are

**Castle Semple Visitor Centre and
Country Park,
Lochlip Road,
Lochwinnoch,
Renfrewshire,
PA12 4EA**

WE ARE ON THE ROAD FROM GLASGOW TO LARGS



WE WILL BE RUNNING THE RACES FROM THE LEFT HAND PONTOON



AND THE WEATHER WILL ALMOST CERTAINLY BE WORSE THAN THIS :-O



Weather

The races will run if win is under 12mph
(10.4 kts)

A call will be taken on the preceding
Wednesday on running or delaying the
race.

This will be communicated via the
booking system(email), and the
registration page:

<https://clydewindsurfing.co.uk/race>

How to register

Register at:

<https://clydewindsurfing.co.uk/race>

Tickets are £15

Numbers are capped at 40

**Race in all 3 races or any
combination that you want.**

Times

08:30 - Registration

09:30 - Race Briefing

10:00 - Technical Racing Starts

11:15 - Out & Back racing Starts

12:00 - Lunch Break

12:30 - Straight Sprints

13:30 - Prizegiving raffle

Rules

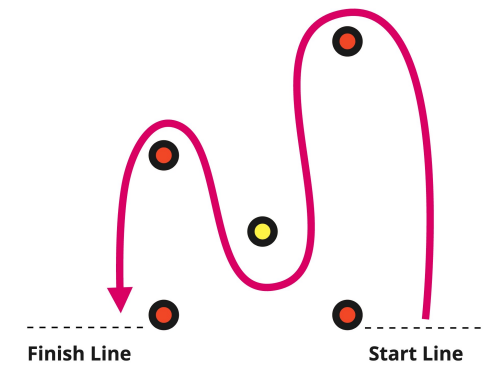
It's about having FUN. There will be a full rules description at the race briefing, but the most important thing is this is Fun Racing.

The general theme will be to avoid deliberate contact and be fairly polite to each other. What is allowed when rounding marker buoys will be demonstrated at the race briefing

The 3 Race Types

Technical Race

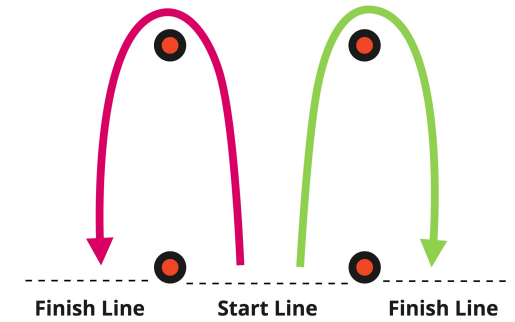
This is an M shaped course with lots of turns



TECHNICAL COURSE

Out and Back

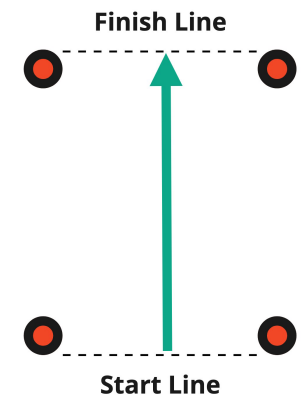
Sprint out and do a U. turn and then sprint back.
Choose to go left or right?



OUT AND BACK COURSE

Straight Sprint

A straight 100m course 😊



Straight Sprint Course

Heats and Finals

First Round

**Top 5 from each heat
goes to Final**

20 Racers

20 Racers

First Round

**Top 5 from each heat
goes to Final**

20 Racers

20 Racers

**Everyone else goes
into Repechage**

**Top 5 from each heat
goes to Final**

15 Racers

15 Racers



First Round

4 Heats

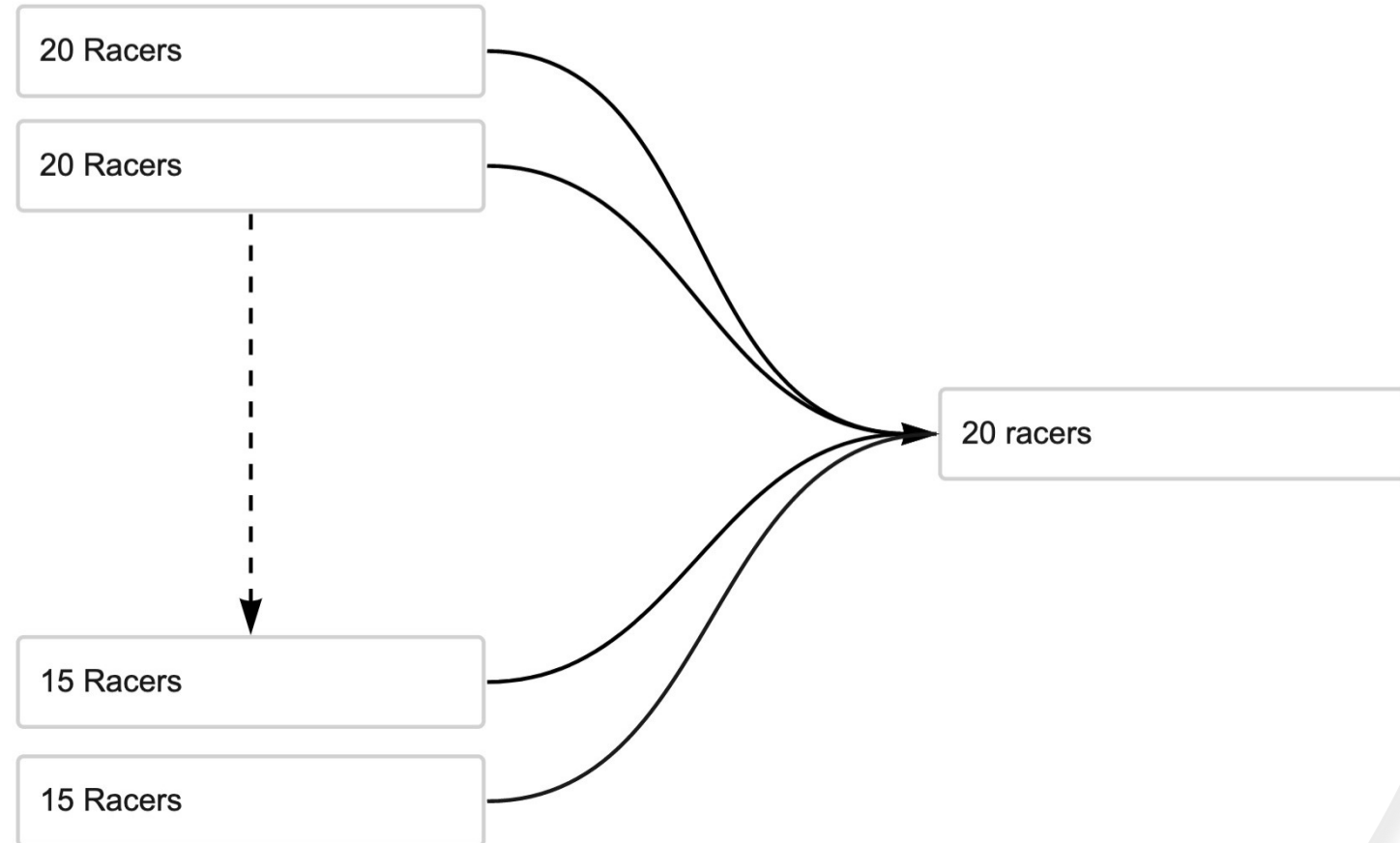
Final

1 Final race

Top 5 from each heat goes to Final

Everyone else goes into Repechage

Top 5 from each heat goes to Final



**Everyone gets to race at least twice per
race**

Tips

HYDRATE

Racing across the whole day will dehydrate you. Drink lots and let the Medical desk know if you need re-hydration salts etc...

EAT

Local food shops include: The Visitor Centre (You are here). In the village you will. Also find: The Chip shop, The Junction Cafe, The Heritage Shop, Spar, Key Store, A Sweet shop and a couple of pubs that also serve food.

KIT

We want you to have a great day. If you are missing anything then let us now. We can probably help.

WE ARE HERE TO HELP

Ask at the Registration/Medical tent for absolutely anything that you need or want to know.

RESULTS

Will be on the wall or the registration tent on the day and will be posted online after the event.

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