

## STATE MARATHON CHAMPIONSHIPS:

### 2020 PADDLEWA MARATHON STATE CHAMPIONSHIPS, LAP GUIDE

<b>Female &amp; F/M Singles &amp; Doubles</b>			
Class	Distance	Laps	Portages
U14	9.68	2	0
U16	14.52	3	1
U18	19.36	4	3
Open	24.20	5	4
35+	19.36	4	3
45+	19.36	4	3 [0*]
55+	14.52	3	2 [0*]
65+	9.68	2	0
75+	9.68	2	0
<b>Male Singles &amp; Doubles</b>			
Class	Distance	Laps	Portages
U14	9.68	2	0
U16	14.52	3	1
U18	24.20	5	4
Open	24.20	5	4
35+	24.20	5	4
45+	24.20	5	4 [0*]
55+	19.36	4	3 [0*]
65+	14.52	3	0
75+	9.68	2	0
<b>Guppy, Novice &amp; TK1</b>			
Class	Distance	Laps	Portages
U10	4.84	1	0
U12	4.84	1	0
Novice & TK1	4.84	1	0

## SUMMARY:

This is a two-day event which is normally scheduled four weeks prior to the Australian National Marathon Championships. In addition to being a key event on the PaddleWA Marathon schedule it serves as a training opportunity for the Nationals.

**The event is not restricted to elite paddlers. All levels are encouraged to participate: Novices, Guppies, Juniors and Masters.**

The label "Championships" is a technical term to describe the format of the event. The key details are:

1. Lap course
2. Categories as per age group
3. Most categories have to portage between laps
4. Two-day event with singles on one day and doubles the next

The event is held in different locations each year.

## COURSE & CATEGORY RACE DETAILS:

The 2020 event was to be held at Bayswater Paddle Sports club. Refer to lap guide and map for details of categories, race distances and portage counts

Saturday: Junior Doubles, U18, Open & Master Singles

Sunday: Novice [Sngl or Dbl], Junior Singles, U18, Open & Master Doubles

Race Notes [for Bayswater event]:

1. Lap length is 4.84km
2. Age group at end of 2020 [If 35 at yr end, 35+. If 18 at yr end U18]
3. Course & portage modelled, close as possible, on plan for 2020 Nationals in Geelong
4. For Master classes 45 & above there is an option for Non-Portage
5. Age groups will start together regardless of portage or non-portage