

# Galway Fest 2019 Athlete Pack



## **Weekend Schedule:**

### **Friday 8<sup>th</sup> March:**

	<b>Time</b>	<b>Location</b>
Freestyle & Bib Collection	14:00	Tuam Freestyle Feature
Freestyle Finals	19.00	
Friday Night Get Together	21.00	The Cellar Bar, Galway

### **Saturday 9<sup>th</sup> March:**

	<b>Time</b>	<b>Location</b>
Race Briefing & Bib Collection	07.45	Boluisce River, Spiddal
Pyranha Whitewater Time Trial	09.00	
Predator team Race	14.00	
Boater X Finale	16:00	
Saturday Night Party	21.00	The Cellar Bar, Galway & DNA

### **Sunday 10<sup>th</sup> March:**

	<b>Time</b>	<b>Location</b>
I-Canoe Mass Slalom	10.30	Fisheries Field, NUIG
Palm Boater-X	13.30	Jurys Drop, The Lower Corrib.
Prize Giving	17.00	Kirwin Theatre, NUIG Campus

## Weekend Overview

### Complete Map of events, access & parking

[https://drive.google.com/open?id=1x2DpVDXBqcv3uC\\_502Aa45S7J7Gjxr-2&usp=sharing](https://drive.google.com/open?id=1x2DpVDXBqcv3uC_502Aa45S7J7Gjxr-2&usp=sharing)

### Bib Collection:

You have two opportunities to collect your race bibs for the weekend:

1. Friday Evening at Tuam (this is ideal)
2. Saturday Morning (at 7.45am before the race briefing).

### Weather

As per any outdoor event we are subject to water levels and weather conditions. We cannot control this. Changes to event structure and stipulations to compete may occur at the discretion of the event organisers.

### Rescue

Throughout the weekend please dress for not only a swim but for the possibility of having to wait in the cold for an extended period of time- this goes for both competitors and rescuers. Dry gear and/or neoprene is mandatory, we reserve the right to refuse any competitor on the day- leave the flowery shorts and flip-flops at home. In addition to warm gear we require every competitor to have a whitewater approved PFD and Helmet. Rescue teams will be required to carry a range of rescue and first aid equipment with them but please by all means bring your own rescue equipment as well.

Please take your time coming to the event and driving between events. As always- make sure your boats are extra secure on your vehicles.

### Alcohol/Drugs

We will refuse anybody under the influence of alcohol and/or non-medically prescribed drugs from competing at the event. We do appreciate that GalwayFest is a joyous occasion where we reconnect with so many good friends, however, please act responsibly. Please do not consume alcohol while on the water or in the hours before being on the water/ driving your vehicle whereby alcohol is still in your system.

### Car Pooling

Not only is this good for the environment, it's good for our parking situation which as ever will be limited this year. Please car-pool out to Tuam and Spiddal where possible.



### **Respect to local landowners**

Avoid any forms of litter and/or any alterations to the existing property during the events. We have been specifically requested to drive slowly while using the Caravan Park put-in in Spiddal. Additionally, do not enter the landowner's property in Tuam at the entrance alley right beside his house.

## Freestyle Event

**Location:** Tuam Freestyle Hole <https://goo.gl/maps/D4jkknB6MzP2>

**Date:** Friday the 8<sup>th</sup> of March

<b>Schedule</b>	<b>Time</b>
1. Heats	14.00 – 19.00
2. Expert Finals	19.15 – 19:45

**You must be in gear to register** at the freestyle feature.

### **Overview:**

This opening event of this year's competition will be Freestyle on Friday evening in the world famous Tuam Hole.

We will have flood lights set up over the feature to allow the competition to continue into the darkness.

The event will run on a **first-come first-served basis**. The running order of heats will not be done by classes/category to allow athletes a bit more flexibility if they are coming from afar.

We do ask that competitors try to arrive as early as possible to allow us to run the event smoothly with minimal time slippage. The absolute cut-off time for registration is 7pm.

If too many people arrive later in the day (after 5), we may be forced to cut ride times to have the event complete by a reasonable hour. Do note that our flood lights have a limited battery life.

Ideally, we would like to get juniors and intermediate paddlers done first while it is still daylight to allow for easier rescue of potential swimmers.

Get changed into gear when you arrive, and then head to our registration desk.

**Not until you are changed and ready to go will you be given a bib to compete.**

Entrance to the freestyle venue will be through the landowner's gate opposite the carpark. It will be signposted.

If there are a number of people in the same category available to compete at the same time, we will try place them in the same heat.

### *General info (Freestyle Event):*

#### **Parking**

- Please park in the designated area across the road from the Top Oil service station on the Ballygaddy Road, Tuam.
- Do not park in the petrol station. This is for shop customers only.

#### **Event format and Rules:**

- **A strong whitewater roll is essential.** If you are unsure about your roll, please err on the side of caution and give this event a miss. We would like to keep swims to an absolute minimum. The event will run into darkness making any stray gear irrecoverable if it goes beyond the flood light area.
- Hosting this event in the evening for the first time is going to present many and varied challenges for us with huge numbers looking to compete in this event. For us to have any chance of getting this event completed by a reasonable hour the event will start at **2pm**.
- The earlier you arrive to 2pm the better as we can guarantee you will have an appropriate time slot to compete.
- For the preliminary round/heats, we will be using the Irish Freestyle Jam Format. The jam format allows competitors the time to throw every trick they possibly can. Each trick (and bonus) can only be scored once (in each direction).
- Each competitor will be allotted a 2 minute time slot within the jam-format heat. For example, if there are 5 competitors in a heat, then the heat will last 10 minutes.
- Singular rides in the feature have a max time limit of 45 seconds.
- The scoresheet including fun moves is enclosed (Tables 1 and 2).
- Each competitor's first ride can be started from above or below the feature. All subsequent rides will commence from the eddy (river right or river left).
- We intend to run finals for Expert-Men and Expert-Women. Final will be standard ICF format, with two 45 second rides per competitor. The competitor's best ride will be taken as their final score.



**Equipment required:**

- Head-torches and reflective gear are necessary to get to and from the feature as there is a road to be crossed.
- Normal kayaking gear (approved buoyancy aid and helmet are essential).

**Score Sheet:**

The Freestyle Scoring will be broken up into 3 components

- Fluidity/Style Points (0-100 points at judge's discretion)
- Fun Moves (applicable to intermediate and junior classes only; see Table 1)
- Standard freestyle moves and bonuses (applicable to all classes; see Table 2)

**Table 1 – Freestyle Fun Moves (intermediate and junior classes only)**

Fun Moves	Score
Roll in the hole	10
Paddle Spin	10
Air Guitar	10
Rail Grab	10
Wave	10
Blow kisses	10
Ender - front	15
Ender - back	15
Cosmic donkey	15
Harry Potter	15



Table 2 – Standard Freestyle Moves (applicable to all categories)

Move	Basic	Clean	Super Clean	Air	Huge	Linked	Trophy
Entry 1	30	10	20	10	20	10	10
Entry 2	50	30	40	30	40	30	30
Entry 3 (aerial)	80	30	40	30	40	30	30
Spin	10	10	20	10	20	10	10
Shuvit	5	10	20	10	20	10	10
Cartwheel	30	10	20	10	20	10	10
Split-wheel	40	30	40	30	40	30	30
Tricky Woo	140	50	60	50	40	40	50
Felix	40	30	40	-	-	30	30
Front Loop	60	30	40	30	40	30	30
Back Loop	90	30	40	30	40	30	30
Space Godzilla	90	30	40	-	40	30	30
Mc Nasty / Pistol Flip	120	50	60	50	40	40	50
Lunar Orbit / Back Mc Nasty	150	50	60	50	40	40	50
Pirouette	25	10	20	10	20	10	10
Phonics Monkey	140	50	60	50	40	40	50
Reverse Phoenix Monkey	160	50	60	50	40	40	50
Roundhouse	15	10	20	10	20	10	10
Back Roundhouse	20	10	20	10	20	10	10
Blunt	50	30	40	30	40	30	30
Back Blunt	70	30	40	30	40	30	30
Helix (air)	150	50	60	-	40	40	50
Pan Am	110	50	60	-	40	40	50
Back Pan Am	130	50	60	-	40	40	50
Flip Turn	90	30	40	-	40	30	30
Donkey Flip	90	30	40	-	40	30	30
Air Screw	140	50	60	-	40	40	50
Trophy Move 1	100	50	60	50	40	40	50
Trophy Move 2	170	50	60	50	40	40	50
Trophy Move 3	240	50	60	50	40	40	50





## Boluisce Whitewater Event

**Date:** Saturday the 9<sup>th</sup> of March

**Location:** The Boluisce River, Spiddal

<https://goo.gl/maps/D4jkknB6MzP2>

**Race briefing and Start Time:** 08.00

### **Schedule:**

	<b>Time</b>
1. Race Briefing & Bib Collection	07:45 (Arrival 7.30)
2. Whitewater Time Trial	09:00 – 13:30
3. The Predator Team Race	14:00
4. Boater X Finale	16:00 (TBC)

### **General Info:**

- Increased volume of racers means an earlier start time this year.
- Regardless of what your start time is you must be present for the Race Briefing.
- **Rescue Team 1** will be leaving to set rescue at **8.30am** in gear.
- Our **first racer** is due to race at **9am**.
- Those in the **first 60 racers** should be heading up to the top of the race course first. This means be in gear ready to go by **8.30am**.
- Try your absolute best to not miss your race time- otherwise your slot will be shifted to the end of the list.

### **Parking:**

- The main car park for the event will be at the School in Spiddal, beside the take out.
- Please park responsibly knowing that we need to fit as many cars as possible into this area.
- Parking is not permitted at the Caravan Park. This location is for drop-off of competitors only.
- If you are shuttling gear/competitors up to the put-in at the Caravan Park, please drive slowly. Keep to the right in the caravan park. Traffic operates in an anti-clockwise fashion (one-way only).

### **Rules:**

- You need a modern/mass produced kayak not longer than 9-feet to compete in any of the races. The kayak must have grab handles (front & back) & centre pillars (front & back).

### **Shadowing:**

- If you are for any reason nervous about your race-run please do not be afraid to ask an experienced kayaker (**who has not been asked to do rescue**) to shadow your race run.

***Day 2 Guide:***

The Saturday events will take place on the Boluisce River in Spiddal, Co. Galway.

The rapids vary between grade 2 and grade 3 in difficulty. A guide to the race course section of the river is given in the video (linked below). Do note that water levels on the day may be different.

<https://www.facebook.com/galwayf/videos/318998885164961/>

***Day 2, Event 1 – Whitewater Time Trial:***

The first event on Saturday will be a time trial race.

The draft running order of racers is available at the link below.

[https://docs.google.com/spreadsheets/d/1XoZuiNS3c4b1p5LozABoskFVNrwmECyen-q0vCocbt8/edit?fbclid=IwAR18jRDDxnffdZBjdgAbhchZ8jmAjb-EeQwqvd0oIE\\_HMHwxZ4GmO6keglw](https://docs.google.com/spreadsheets/d/1XoZuiNS3c4b1p5LozABoskFVNrwmECyen-q0vCocbt8/edit?fbclid=IwAR18jRDDxnffdZBjdgAbhchZ8jmAjb-EeQwqvd0oIE_HMHwxZ4GmO6keglw)

**Take note your time slot** (use the ctrl & f key to search for your name).

These times may change slightly we get closer to the day, and on the day so keep an eye on them.

If for any (fair and reasonable) reason you need to change your start time slot, please email Jack Phelan ([jackp1310@gmail.com](mailto:jackp1310@gmail.com)) to see if we can accommodate you.

***Day 2, Event 2 – The Predator Team Race:***

The second event on Saturday will be a team race.

The race will commence immediately after the individual time trial races finish (1:30pm).

One paddler per team must have a Level 4 and should act as the sweep for the group during the Team race.

There will not be rescue set on the course during this race and therefore each team is responsible for their own rescue. Teams will be disqualified for leaving a racer behind.

***Day 2, Event 3 – Boater X Finale:***

If there is sufficient time remaining, the Top 10 from the Men and Women's Expert classes will battle it out for the Whitewater Title in a Boater X Finale.



## The Galway City Event

**Date:** Sunday the 10<sup>th</sup> of March

**Race briefing and Start Time:** 11.00

**Location:** Briefing outside NUIG Kayak Club, Fisheries Field, NUI Galway.

<https://goo.gl/maps/Y68A8N2EQT42>

<b>Schedule:</b>	<b>Time</b>
1. I-Canoe Mass Slalom	10.30
2. Palm Boater X	13.30
3. Prize Giving	17.00/18.00

### **Day 3 Video Guide:**

<https://www.youtube.com/watch?v=F2Lpa4sD3y4>

(We will be ending the races on river right this year as there are flood barriers currently in place on river left)

### **Parking:**

- The recommended parking location is beside the Orbsen Building on the main NUIG Campus, a 5 minute walk from fisheries field.  
Location <https://goo.gl/maps/pxdSQQnXMrA2>
- **Parking in Fisheries Field is NOT permitted.** There is restricted space for vehicles here. Note that un-authorized vehicles may be clamped by the college.
- Alternative parking areas are available throughout the city (mainly pay-and-display). The Cathedral car park (across the road from the entrance to Fisheries Field) is one such option.

## I-Canoe Mass Slalom:

**Race Location:** Race briefing will take place in Fisheries Field (outside NUIG Kayak Club)  
<https://goo.gl/maps/Y68A8N2EQT42>

<b>Start Time:</b>	<b>Time</b>
Women-Expert	11.15
Men-Intermediate	11.20
Women-Intermediate	11.30
OC1 or C1	11.40
Juniors	11.50
Men-Expert	12.20

### **Rescue:**

- Rescue for the first 4-5 mass slalom races be set by all **Expert-Men** who intend on competing.
- **Expert-Women** will walk back to the top of the race course upon completion of their mass-slalom race
- Any Expert-Men/Women who do not provide rescue cover will not be permitted to compete in mass-slalom.

## Palm Boater X:

### **Location:**

Jurys Drop, the Lower Corrib: <https://goo.gl/maps/fvh28qBJjYT2>

### **Start time:**

This event will commence **immediately after the Mens Expert Heat in the Mass Slalom** just upriver from the Spanish Arch beside the small waterfall on River Left. (Behind Jurys Inn Hotel)

### **Rules:**

- Individual must touch the banner with their hand at the end of the race
- BOTH hands must be kept on the paddles at all times until the finish line where the hand must touch the banner
- Each individual must go around the buoy



### Prize Giving:

**Location:** Kirwan Theatre in NUIG's Arts and Science Building :  
<https://goo.gl/maps/FSM61fLUoqJ2>

**Start Time:** Hoping 5pm

### Parking:

- IT Building Parking, NUIG: <https://goo.gl/maps/J3ZcvFuvxL62>

### Overall Galway Fest Title:

- The overall title in GalwayFest depends on your results in 3 events.
  - Whitewater Time Trial (with Top 10 Boluisce Boater-X final for expert classes)
  - Freestyle Event
  - The Boater-X

In the event of a tie based on points, the winner will be decided by the fastest whitewater time on the Boluisce.

### Friday Night Event:



**Start Time:** 10pm

**Location:** The Cellar Bar in Galway City.

<https://goo.gl/maps/dxt9qTTciHC2>

### Saturday Night Event:



**Start Time:** 9pm

**Location:** The Cellar Bar, Galway

**Afters:** DNA Night Club, Galway



<https://galwayfest.wordpress.com>



[galwayfest@gmail.com](mailto:galwayfest@gmail.com)

**Event Safety Statement:**

[https://docs.google.com/document/d/1KD\\_H8EX-jD1Z95hULzMUxJN1rDg8MMAp04ucZ11ca4/edit](https://docs.google.com/document/d/1KD_H8EX-jD1Z95hULzMUxJN1rDg8MMAp04ucZ11ca4/edit)

**Event Disclaimer:**

[https://docs.google.com/document/d/1EYVo4d6aB2ZUHxlxKjZiMJI34DtXcTk5\\_ocXUeTW8rI/edit](https://docs.google.com/document/d/1EYVo4d6aB2ZUHxlxKjZiMJI34DtXcTk5_ocXUeTW8rI/edit)