



Long Beach to Catalina & Back

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Rider Information Sheet

We are looking forward to a great, safe race!! Please read this word for word, you are responsible for ensuring that you are informed of race process and time lines on race morning. Approx. 52 miles round trip.

Lat/Long for Long Beach to Catalina & Back Race:

Turn Boat (Avalon)	Start/Finish Line (outside Queen's Gate)
N 33 21.461	N 33 43.181
W 118 19.400	W 118 11.547

9:30 a.m. Start Time Sunday, July 7th, 2019

Detailed Timeline For Race Weekend:

Sunday, July 7th, 2019

7:00 a.m.- 8:00 a.m. (sharp!) Registration/Safety/Tech Inspection- South Shores Launch Ramp

Please ensure you bring all of your required race day items for tech inspection.

8:05 a.m.- 8:30 a.m. Mandatory Rider's Meeting (all riders must attend) – South Shores Launch Ramp

Note: All racers must leave their photo id.

3. Launch craft at 8:30 am, all racers must be in the water by 9:00 am.
4. 5 mph no wake zone until you get out to the Start line area (outside of Queens Gate).
5. All race craft migrate to the designated area - look for Sea-Tow 'start/finish boat'.
6. Upon starters signal, please get on line at least 5 yards apart from each craft.
7. 9:29 am Look for prescribed flag to be displayed on start boat. Rolling Start, Only go when Green flag drops.
8. If you depart before the green flag drops, you may be penalized.
9. Green flag drops at 9:30 am
10. Do your best to stay in your lane at the start of the race. No wedging! Be aware of pleasure boaters, etc.
11. The start of the race is a straight line start, there are no buoys to go around.
12. Sprint to Avalon, Catalina Island Turn Boat approx. 24 miles one way, look for Sea –Tow turnboat and then return to the Finish location (outside the breakwall at Queen's Gate)
13. First racer back to finish boat at Long Beach wins the overall.
14. Awards will be given at 12:30 pm at The Reef Restaurant - Address: 880 South Harbor Scenic Drive Long Beach, CA 90802 www.reefrestaurant.com/ (adj. to pits). Or South Shores Launch ramp park. TBA.
15. Program these numbers into your cell phone that will be with you on your craft: (310) 318-4012 Ross Wallach Promoter
16. US Coast Guard Search and Rescue (310) 521-3815 (310) 521-3815 Los Angeles Emergency Line Only,
17. (1800) 4seatow (800) 473-2869: SeaTow
18. Communication: Please keep Ross Wallach completely informed of your race status on race day.
19. Should you have any issues, please ensure you call him. If you get his voice mail, please speak slowly and clearly with issues you are encountering and your exact status. When in doubt, communicate.
20. Fog/Marine layer: If there is significant fog at 10 am, there will be a delay until the fog burns off. This is for safety reasons.
21. Please file a float plan prior to leaving with a trusted family member or friend in case of emergency, with directions of where your vehicle keys are stowed and a copy of your vessel identification.
22. After you cross the line, your number is recorded, proceed back to the South Shores ramp and check in with Jay Littlejohn to receive your driver's license.
23. After crossing the finish line, stay away from all incoming racers still racing.
24. Scoring: Minimum 8 inch numbers required on your craft (no duct tape), they must be legible
25. Safety items: Once you have checked-in and have been inspected you **MUST** keep all safety items on your boat. Removal of any safety items may be subject to disqualification.



Mandatory Items you must have with you for the race:

1. We HIGHLY RECOMMEND you have a current Sea Tow membership
2. Marine Radio (VHF) fully charged (preferably attached to your Lifejacket)
3. Fully charged Cell Phone
4. Flare gun/flares or handheld flares
5. Water and food
6. First Aid Kit
7. Tow rope with spring hooks / no less than 12 feet long, strength rated for 1,200 lb. tow capability
8. Signal Mirror
9. Plastic Tie ties
10. Extra hose clamps
11. Duct Tape
12. Exposure Jacket
13. Extra Lanyard
14. Water Whistle attached to Life jacket
15. GPS
16. Compass (no wrist compass)
17. Fire Extinguisher in your craft (the stock one is fine)
18. Extra water and food (energy bars/drinks highly recommended)
19. Copy of your personal ID and vessel registration

You must wear:

1. Full length wetsuit
2. Gloves
3. DOT approved helmet (Motocross like helmet)
4. Riding shoes
5. Coast Guard approved Life Jacket
6. Eye protection

Safety will be paramount at this race!