

OFFICIAL COURSE MANUAL



Phillip Island, VIC • November 17–21, 2026

Presented by Surfing Australia

AUSTRALIAN SUP TITLES



Event Schedule

PHILLIP ISLAND, VIC · NOVEMBER 17–21, 2026

TUE 17 NOV

Opening Ceremony

Venue TBC · 5:00pm Competitor Welcome & Briefing · 5:30pm Team Managers Meeting

WED–FRI 18–20 NOV

Window 1 — SUP Surfing

All divisions · Conditions dependent

FRI 20 NOV

SUP & Prone Technical Racing

Conditions dependent · Approx. 4–8km

SAT 21 NOV

SUP & Prone Marathon Racing

Conditions dependent · Approx. 16–20km

Race Course & Safety Brief

MARATHON & TECHNICAL RACING

MARATHON

16–20km · Saturday 21 November 2026

Course location TBC — conditions dependent, check the event WhatsApp group daily after 6:45am for location & start time.

TECHNICAL

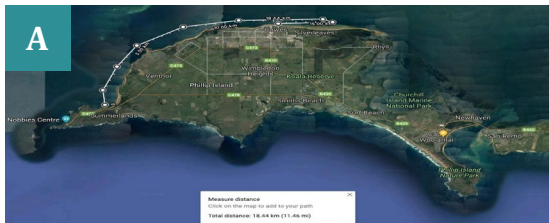
4–8km · Friday 20 November 2026

Course location TBC — conditions dependent, check the event WhatsApp group daily after 6:45am for location & start time.

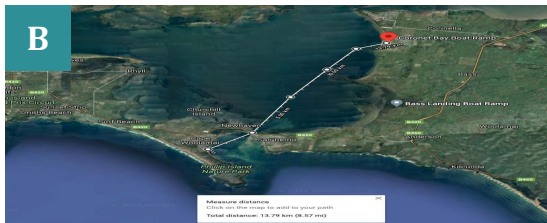
PROCESS AT EACH BRIEFING

- Welcome to race & racecourse brief — delivered on paper and visually, questions answered.
- Ensure race number is correct; mark off names, PFDs and leg ropes on; countdowns to start from 15 minutes.

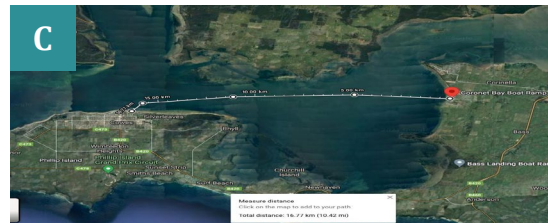
COURSE AREAS (TBC)



Cat Bay to Rhyll



Cape Woolamai to Corinella



Corinella to Cowes

Overview & Safety

MARATHON RACING

DAY, DATE & LOCATION

Saturday 21 November 2026 · Race course TBC

COMMUNICATION

All competitors to meet at start time — location & start time communicated via the Event WhatsApp.

CONDITIONS & DISTANCE

Approximately 16–20km · Race course TBC

SAFETY REQUIREMENTS

PFDs, leg ropes, competitor registration and attendance at the safety brief are mandatory for all competitors.

COMPETITOR SAFETY

4x support vessels will follow the race.

FIVE STROKE RULE

If a competitor falls, they are allowed 5 strokes to get back to standing. Each competitor must complete the course in a standing position on their board.
(Ruling subject to change at the Race Director's discretion.)

Start & Finish Procedure

MARATHON RACING

START — WATER START

- Competitors start between 2 buoys behind the break, in a seated position, and must follow the race starter's instructions.
- Countdown calls at 15, 10, 5, 3, 1 min, 30 sec and 10 sec are communicated to all in the water from land.
- A hooter signifies the start of the race.

FINISH

- Paddle anti-clockwise around the final buoy directly out from the finish line before heading to shore.
- Once ashore, complete a short sprint to the finish line / boxed area.
- Boards must be beached completely out of the water; run through to the finish line carrying your paddle.
- Finish with paddle in hand — every competitor must cross the finish line to receive a time and placing.
- Jostling/hassling (involving contact) for position in the transition area results in disqualification.
- Remain in the finish area until place, name and number are recorded by the Race Timer.

Equipment & Board Certification

MARATHON RACING

BOARD CERTIFICATION

All boards will be measured and signed off at race registration, 9:00am at the registration tent. Certified boards are signed off by the Beach Marshal.

BOARD CLASSIFICATION — SUP 14' CLASS

- Length: 14ft maximum (426.7cm)
- Board weight: no restriction
- Fins: fixed in
- Design: open, mono-hull only

Not allowed: multi-hulls, rudders, foils, foot straps

COMPETITION RASH SHIRTS

Must be worn at the start, duration and finish of all events — failure at any point results in disqualification. Distributed by the Beach Marshal 30 minutes before the designated race time (subject to change based on participant numbers).

LEG ROPES SUP & Prone competitors must wear a suitable leg rope during the race — may only be removed after finishing to run to the finish line.

PFDS Worn or carried on person (not attached to board), provided by the competitor. Must be Type 1, 2 or 3, including inflatable Type 1.

Officials, Protests & Course

MARATHON RACING

RACE DIRECTOR

Officiates the race start and finish; head official for all disciplines at the event as a whole (including racing), with final say on disqualification rulings, finishes and race protest filings.

PROTESTS

A written protest must be filed within 15 minutes of the last competitor finishing and lodged with the Beach Marshal. The Race Director, Race Marshal and event officials determine the outcome.

DIRECTIONAL ASSISTANCE

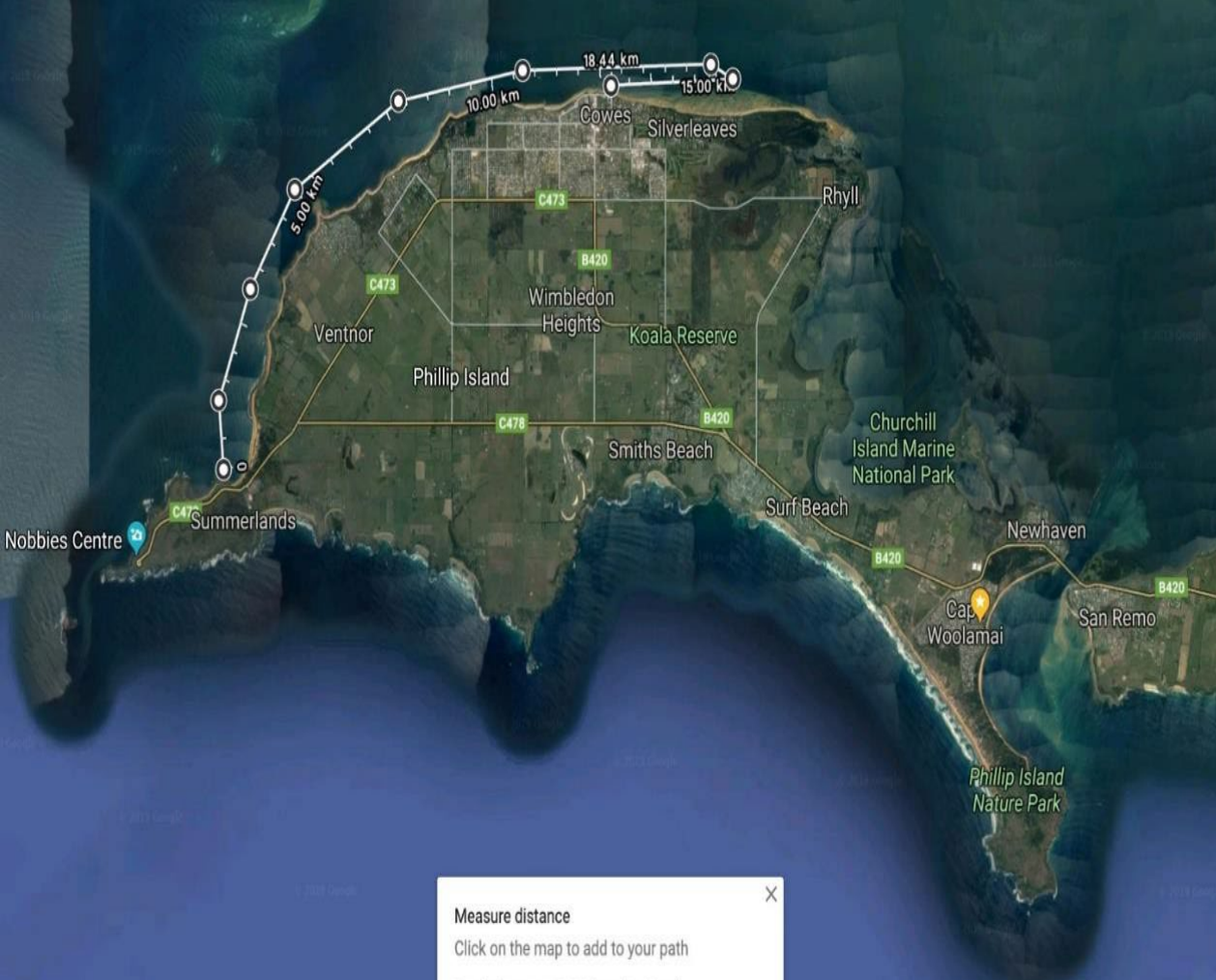
A designated leader boat/jet ski guides competitors, staying ahead to avoid wake disturbance. A vessel follows behind the last competitor, with 2x jet skis alongside competitors always.

DISQUALIFICATION

Competitors may not impede another competitor at any time — unsportsmanlike conduct results in disqualification. Failing to round all buoys as directed results in disqualification.

COURSE OPTIONS

3 course options are available, selected on the day depending on wind and swell conditions.



MARATHON COURSE A — 16–20KM

Elite Marathon Race Course

START Cat Bay / Right Point

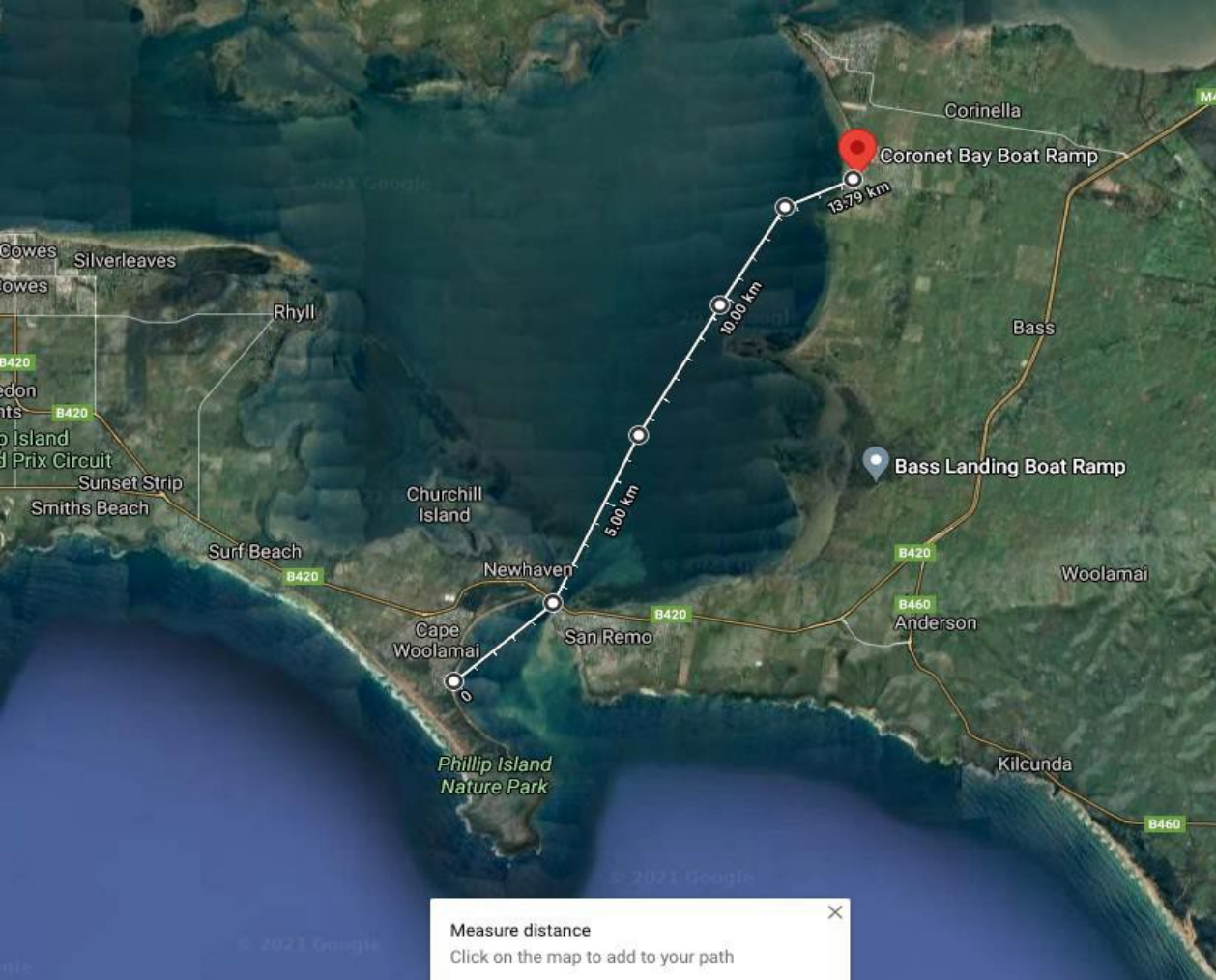
BUOY 2 Clockwise turn

FINISH Cowes Beach

DRIVING TIME 15 minutes

BEST WIND South to West

NOTE Option to reverse course if south-east to north winds



**MARATHON COURSE B — 14–20KM ·
LEG 1**

Elite Marathon Race Course

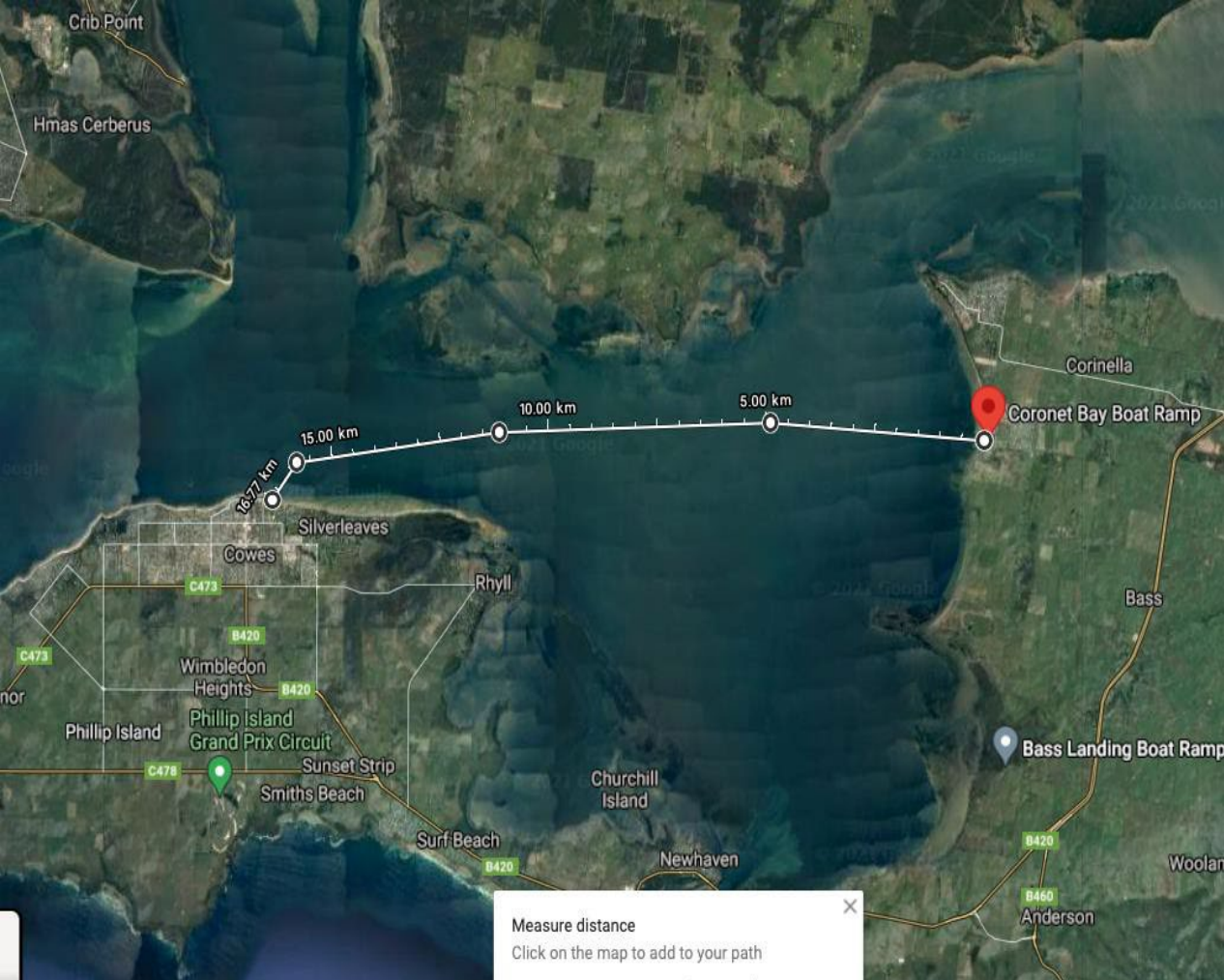
START Safety Beach / Cape Woolamai

FINISH Coronella Boat Ramp

DRIVING TIME 30 minutes

BEST WIND South

NOTE Option to reverse course if north winds



MARATHON COURSE B — 20KM · LEG 2

Elite Marathon Race Course

START Corinella Boat Ramp

FINISH Cowes Beach

DRIVING TIME 41 minutes

BEST WIND North East

NOTE Option to reverse course if south-west winds

Overview & Safety

TECHNICAL RACING

DAY, DATE & LOCATION

Friday 20 November 2026 · Race course TBC

COMMUNICATION

All competitors to meet at start time — location & start time communicated via the Event WhatsApp.

CONDITIONS & DISTANCE

Approximately 4–8km

BRIEF RACE GUIDELINES

Courses as specified in this manual and/or instructed on the day.

SAFETY REQUIREMENTS

PFDs, leg ropes, competitor registration and attendance at the safety brief are mandatory for all competitors.

FIVE STROKE RULE

If a competitor falls, they are allowed 5 strokes to get back to standing. Each competitor must complete the course in a standing position on their board.
(Ruling subject to change at the Race Director's discretion.)

Start, Finish & Course

TECHNICAL RACING

START — BEACH START

Competitors hold their boards and paddles, and must follow the race starter's instructions.

FINISH

- After rounding the last buoy, return to shore by paddling or catching a wave/swell.
- Beach the board completely out of the water, then run through the marked transition area to the finish line carrying your paddle.
- Cross the finish line to receive a time and placing; jostling/hassling in the transition area results in disqualification.
- Remain in the finish area until place, name and number are recorded by the Race Timer.

COURSE

3 separate legs, each divided by a beach run. The race is around all buoys as directed by the Race Director — competitors may not impede one another, and unsportsmanlike conduct results in disqualification. Failing to round all buoys results in disqualification. Each leg must be completed once before returning to the start/finish line. Total race distance is approximately 4km.

LEG ROPES

SUP competitors must wear a suitable leg rope during the technical race — may only be removed after finishing to run to the finish line.

Equipment, Certification & Officials

TECHNICAL RACING

BOARD CERTIFICATION

All boards are measured and assigned a race number, allocated per competitor. Boards must be a maximum 14ft stock board with fixed fins, mono-hull design. Measurement takes place at the Beach Marshal tent no later than 1 hour prior to race start — boards will not be measured after this time.

BOARD CLASSIFICATION — SUP

Length: 14ft maximum · Weight: no restriction · Fins: fixed in · Design: open, mono-hull only · Not allowed: multi-hulls, rudders, foils, foot straps

COMPETITION RASH SHIRTS

Must be worn at the start, duration and finish of all events — failure at any point results in disqualification. Distributed by the Beach Marshal 30 minutes before the designated race time (subject to change based on participant numbers).

RACE DIRECTOR

Officiates the race start and finish; head official for all disciplines at the event, with final say on disqualification rulings, finishes and protests.

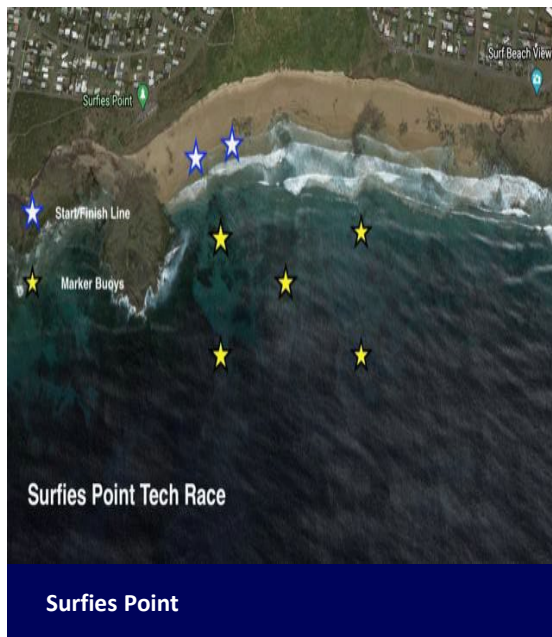
PROTESTS

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Course Maps I

4-8KM TECHNICAL RACE COURSES

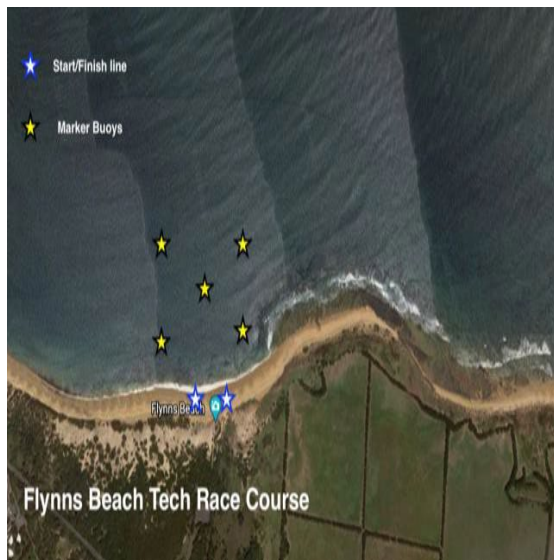
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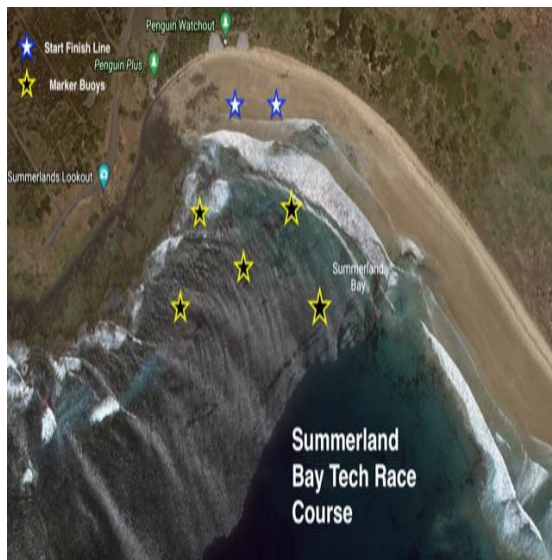
Course Maps II

4-8KM TECHNICAL RACE COURSES

Subject to change depending on conditions and location.



Flynn's Beach



Summerland Bay



Cat Bay

See You on the Course.

Australian SUP Titles 2026

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