# FRIDAY 13 OCTOBER TO SUNDAY 15 OCTOBER 2023

* Airport transfers for team members and equipment from PE Airport to Cape St. Francis Resort.
* Airport transfer times will be communicated to all teams in due course.
* Cape St. Francis Resort accommodation check in.

# MONDAY 16 OCTOBER 2023

* Final Airport transfers for team members and equipment from PE Airport to Cape St. Francis Resort.
* Cape St. Francis Resort accommodation check in.
* 08h00: Information pack, re-supply boxes and kayak bag collection at Cape St. Francis Resort.
* 08h00 – 18h00: Partner Expo in Resort main hall.
* 19h00: Volunteers briefing - Cape St. Francis Resort main hall.
* 21h00: ARWS Media briefing - Cape St. Francis Resort main hall.

# TUESDAY 17 OCTOBER 2023

* 06h00 – 13h00: Event administration and Equipment inspection - Cape St Francis Resort main hall.
* 06h00 – 13h00: Partner Expo in Resort main hall.
* 14h00: Cycle to opening ceremony. (Teams can also use private vehicles) – 8 km.
* 14h30: Flag parade at St. Francis Links Golf course. **COMPULSORY TO ATTEND.**
	+ **TEAMS:** Race bib to be worn
	+ **MEDIA:** Merrell shirt and Merrell shoes to be worn
	+ **VOLUNTEERS AND CREW:** Merrell shirt and Merrell shoes to be worn.
* 15h30: Opening ceremony at St. Francis Links Golf course.
* 17h00: Press conference at St. Francis Links Golf course.
* 17h30: Race briefing at St. Francis Links Golf course.
* 18h30: Cycle back to accommodation. (Headlights / Cycle lights compulsory) – 8 km.

# WEDNESDAY 18 OCTOBER 2023

* 06h00: Load packed kayak bag on truck at Cape St Francis Resort front gate.
* 07h00: Team captains and vice captains’ questions and answers - Cape St. Francis Resort main hall.
* 08h00: Team supporter briefing- Cape St. Francis Resort main hall.
* 09h00: Team Media briefing - Cape St. Francis Resort main hall.
* 10h00 – 18h00: Partner Expo in Resort main hall.
* 12h00: Load packed cycle box on transport at Cape St Francis Resort front gate.
* 18h00: Load packed re-supply box A and box B on transport at Cape St Francis Resort front gate.

# THURSDAY 19 OCTOBER 2023

* 04h30: Bus transport to Start Area.

# SATURDAY 28 OCTOBER 2023

# 07h00: Hand in cleaned and empty re-supply boxes and kayak bag at finish line.

# 07h00: Hand in of cycle box for transfer by truck to Johannesburg Airport.

# 07h30 – 08h00: Registration for the International adventure racing conference

* 08h00 – 13h00: International adventure racing conference **-** Cape St. Francis Resort main hall.
* 14h00: Awards ceremony lunch**.**
* 16h30: Awards ceremony. **Compulsory to attend – all teams to receive awards.**
* 20h00: Celebration, party and World Cup Rugby Final**.**

# SUNDAY 29 OCTOBER AND MONDAY 30 OCTOBER 2023

* Cape St. Francis Resort accommodation check out.
* Airport transfers for team members and equipment from Cape St. Francis Resort to PE Airport.

# EVENT ADMINISTRATION – TUESDAY 17 OCTOBER – RACE BIBS TO WORN.

1. **ROTARY CLUB:** Donation ofsoccer balls/rugby balls for communities in the KOUGA Municipality.
2. **COIMBRA CYCLE CENTRE:** Payment for cycle service on route and cycle spares and CO2 Cartridges.
3. **PAYMENTS:** Outstanding entry fees, cycle box truck transfers, team media accommodation etc.
4. **INDEMNITY FORM:** Hand in completed Indemnity form. The form will be in the information folder.
5. **TEAM PHONE NUMBER:** Supply phone number of sealed phone that will be with the team on route.
6. **MEDICAL INFORMATION**: Confirmation of medical information supplied during online registration.
7. **MEDICAL KIT INSPECTION**: Medical kit contents inspection.
8. **TEAM PHOTO**: Photos for live tracking website and ARWS world ranking.
9. **ARWS RULES:** ARWS rules confirmation and explanation.
10. **GARMIN REGISTRATION:** Registering of Garmin watches.
11. **CAPE ST FRANCIS RESORT:** Resort administration, additional awards-lunch bookings and safari trips.
12. **SPOT TRACKER:** GPS tracker operating information.
13. **ROPEWORK INSPECTION:** 1 harness, 1 descending device, 1 sling and 2 carabiners.
14. **EQUIPMENT INSPECTION**: place all equipment indicated below in demarcated areas.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| HEADLIGHT |  1 per person |   | HELMET |  1 per person |
| WATERPROOF JACKET |  1 per person |  | PADDLE |  1 per person |
| BASE LAYER TOP |  1 per person |  | CABLE TIES (30cm by 5mm) |  40 per team |
| SURVIVAL BLANKET |  1 per person |  | DIGITAL CAMERA |  1 per team |
| BIVY BAG |  1 per person |  | CELLPHONE |  1 per team |
| ILLUMINATION DEVICE |  1 per person |  | MAGNETIC COMPASS |  2 per team |
| LIFE JACKET - PFD |  1 per person |  | FIRST AID KIT |  1 per team |

|  |  |  |  |
| --- | --- | --- | --- |
| **6h00:** TEAM 1 – TEAM 8 | **6h30:** TEAM 9 – TEAM 16 | **7h00:** TEAM 17 – TEAM 24 | **7h30:** TEAM 25 – TEAM 32 |
| **8h00:** TEAM 33 – TEAM 40 | **8h30**: TEAM 41 – TEAM 48 | **9h00:** TEAM 49 – TEAM 56 | **9h30:** TEAM 57 – TEAM 64 |
| **10h00:** TEAM 65 – TEAM 72 | **10h30**: TEAM 73 – TEAM 80 | **11h00:** TEAM 81 – TEAM 88 | **11h30:** TEAM 89 – TEAM 96 |
| **12h00:** TEAM 97 – TEAM 109 |

# SPOT GPS TRACKERS

* SPOT GPS Trackers to be supplied by organisers at race start.
* Place SPOT tracker in top of backpack with GPS logo facing skywards.
* Lost tracker will incur a R 5000 penalty.

**EMERGENCY ASSISTANCE SEQUENCE DURING EVENT (ONE PHONE PER TEAM)**

1. **STEP 1: CELLPHONE:** Phone organisers. If there is no cell phone reception, move to higher ground. Split team in pairs if injured member is unable to move. Only progress to STEP 2 and STEP 3 if there is no cell phone reception.
2. **STEP 2: HELP BUTTON ON SPOT TRACKER:** Team emergency. Need assistance as soon as possible. Team can move forward or remain in a stationary position. Lift flap to push button.
3. **STEP 3: SOS BUTTON ON SPOT TRACKER:** Team emergency. Life threatening emergency. Team requires assistance at current position. Lift flap to push button. **ONLY IN EXTREME SITUATIONS.**

# LANDOWNERS AND TRAVERSING OF THEIR PROPERTIES

* Please respect all landowner’s property and the animals that traverse these properties. It is a privilege to be allowed on their properties. **NO LITTERING. If you see them on route, please thank them.**
* **Climb through all fences and not over them.** Use gates where possible. In the case where you break a fence or fence line, please notify organiser so that we can fix it.

**REFUSE / RUBBISH**

* Expedition Africa has a no litter policy; we do not want to leave any footprint behind.
* Refuse bags to be placed in re-supply boxes.
* Throw all litter in team refuse bags; keep refuse bags in re-supply boxes until end of event.
* 30-minute time penalty per item of refuse left behind per team.

# TRANSITIONS

* Study leg notes to determine what facilities are at each transition, regarding: re-supply boxes, cycle box, kayak bag, medics, drinking water, electricity, sleeping facilities, hot water, and coffee station.
* There will be food for sale in most transition (cash). The food will be prepared by community groups.
* No nudity in any transitions. Use the bathrooms to change or drape a towel around you.
* Check in and out with marshals at all transitions.
* **T9 will serve as the “penalty area” where all penalties will be served in the penalty box. Penalty time will start when team transition is completed, and re-supply box is cable tied and handed in.**

# PADDLES

* When placing paddles inside kayak bag at end of paddle, wrap life jackets around paddles for protection.
* The organisers will take utmost care to transport paddles. The organisers take no responsibility for any loss or damage of paddles, ensure paddles are adequately insured.

# KAYAKS

* Teams arriving at start of kayak leg will find kayaks placed at the transition, choose any kayak to complete the kayak leg.
* **Do not open the storage hatches on the kayak at any time, they have been waterproofed.**
* There is a storage area with elastic cord on front and rear of kayak for securing backpacks **– DO NOT REMOVE –** this is not a tow rope.
* If kayaks leak on route. Unscrew small plug at rear of kayak and let water out.
* Any teams who drag their kayaks will be disqualified.
* No attachments to kayak to be left on kayak after use. (Seats, cushioning, towropes etc.) All attachments to be placed in kayak bag at completion of kayak leg.

# KAYAK BAGS

* Teams will receive one numbered kayak bag at registration.
* Only the team’s lifejackets, paddles, kayak clothing and accessories to be placed inside the bag.
* Empty kayak bag and all its contents will be on kayak for the duration of kayak leg from T4 to T5.
* **No food and water** inside Kayak Bags.
* Lost kayak bag will incur a R 600 replacement fee.
* Load kayak bag on to designated transport before leaving transition 5. **FAILURE TO DO SO WILL, INCUR A 30 MINUTE PENALTY**

# RE-SUPPLY BOXES

* Teams will receive two re-supply boxes, box A and box B.
* Keep map marking equipment in re-supply box A and box B.
* Maximum weight 25 kg. Re-supply boxes will be weighed.
* Ensure to unclip lids in a proper way to prevent lids from breaking.
* Teams must have enough cable ties to secure boxes lids for the entire event with two **long** cable ties. (30 cm long by 5 mm wide). **Teams can buy cable ties at BUCO Hardware in St. Francis Bay.**
* If cable tie holes in lid do not correspond with holes in boxes, turn lid around.
* Hand in cable tied re-supply box and load onto designated transport before leaving transitions. **FAILURE TO DO SO WILL, INCUR A 30 MINUTE PENALTY**

# BICYCLES AND BICYCLE TRANSPORT BOXES

* Each team member must provide a **waterproof** bicycle transport box with **cut out handles** on either side that **adhere to ARWS measurements.** (140cm \* 80cm \* 30 cm) If the box is larger, it will not be loaded.
* No food or water inside bicycle boxes.
* Maximum weight 25 kg. Bicycle boxes will be weighed.
* Attach bicycle board that will be handed out at registration to front end of bicycle.
* Attach 2 bicycle box stickers on the 2 narrow sides of box. Stickers will be provided at registration.
* The organisers take no responsibility for any loss or damage to bicycles. Ensure bicycles are adequately insured.
* Hand in bicycle box and load on to designated transport before leaving transitions. **FAILURE TO DO SO WILL, INCUR A 30 MINUTE PENALTY**

# SAFETY ON ROUTE

# Use common sense when selecting route choices and to assess all areas of travel.

# Do not leave any equipment lying around unsupervised.

# If teams decide to sleep outside of transitions, choose the sleeping area wisely.

**ROAD SAFETY**

* Vehicles travel on the left side of road in South Africa.
* No roads are closed for the event. You must follow the road laws of South Africa.
* Use caution always. Many trucks and cars travel roads on the course at high speed.

# CELLPHONE AND GPS DEVICES

# International teams: Acquire a local sim card at airport on arrival.

# Ensure your cell phone is in working order, is fully charged, waterproofed, and switched off.

# Teams must supply phone number of phone that will be with team during event at registration.

# ACCESS TO ANY APPLICATION THAT ENABLES THE TEAM TO VIEW MAPS ON ANY DEVICE IS NOT ALLOWED.

# No GPS devices are allowed, except for Garmin watches with the AR mode activated. Register your device at registration at the ARWS referee table.

# MAPS

# Teams will receive a set of maps at each transition for the upcoming leg.

# 2 sets of maps per team.

# Set of maps for the entire route consists of 42 maps.

# All maps are 1:50 000 scale.

# All maps are A3-size. Maps are landscaped printed, except the kayak leg maps.

# Teams need to copy checkpoints from master maps at each transition.

# Maps are not waterproof; teams must waterproof maps themselves if required.

# LIVE TRACKING AND MEDIA

* Inform family and friends to follow your progress on the EA and ARWS website and social media platforms.
* Opening ceremony and finish line will be live streamed on Facebook, Instagram and YouTube
* Website link for live coverage: www.expafrica.live
* Facebook: **ARWS - Adventure Racing World Series** and **EXP Africa**
* Instagram: **@arworldseries** and **@expafrica**
* YouTube: **@ARWorldSeries**
* X: **@ARWorldSeries** and **@expafrica**
* TikTok: **@arworldseries**
* Hash tags: #arwc2023, #arworldseries, #expafrica, #adventureracing

# CONTROL POINTS (CP’S)

* **Visit control points (CP) in numerical order.**
* Control points will be indicated by a ARWC board displaying a letter of the alphabet, and/or a spray-painted letter.
* Any team member is to clearly mark the letter on the team passport with the punch provided. Lost punch will incur a R 100 replacement fee.
* Expedition Africa marshals will request the passport for inspection at each transition. Failure to mark a control point on the passport will result in the team being moved down the rankings unless the team returns to the control point with all team members.
* If a CP is missing and you are sure of its position, **take a photo** with your camera and continue with route. Notify marshal at following transition of missed CP - show them photo of CP position - and receive instructions of what action to take, if any.

# TEAM MEDIA

* Team media must be **entirely** self-sufficient and have their own transport. All food and accommodation are for own account.

# Team media are not allowed to support teams physically at any stage and in any form.

# No discussion of future legs and route choices between teams and team media.

# It is the team’s responsibility to regulate and control team media contact during the event. Penalties for non-compliance will affect the teams and not the team media.

* Team media may have contact with teams only at pre-determined areas as per media plan.
* No contact with teams is allowed at night-time on route. Night-time contact only in transitions.
* Night-time is defined between the hours of 22h00 and 04h00. Any contact with teams between these hours will incur a 2-hour penalty for the team. The organiser will refer to: **Rule 5.4.3. Media may view teams in specific TAs and locations along the course as designated by the Race Organisers.** There are some exceptions to this rule, see media plan.
* Registered team media will attend a briefing **(COMPULSORY)**. A detailed media plan with maps and route notes will be handed out to registered team media. The media plan will include details on the routes, accommodation options, fuel supply, eating establishments etc.
* Team media must receive a media tag that will enable them to access their team inside demarcated team transition areas.
* Daily image or a reel/story of your team are required to be sent to race HQ to be shared by event management.
* Team media **will be** required to submit a post event detailed report of the coverage they have created for the event on all platforms, so that we can share the report with our event partners.
* Merrel will supply all team media with a pair of Merrel trail shoes and race garments. Ensure these items are be worn as much as possible. Ensure the brand receives recognition on your media platforms.

# TEAM SUPPORTERS

* Team supporters must be **entirely** self-sufficient and have their own transport. All food and accommodation are for own account.

# Team supporters are not allowed to support teams physically at any stage and in any form.

# No discussion of future legs and route choices between teams and team supporters.

# It is the team’s responsibility to regulate and control team supporters’ contact during the event. Penalties for non-compliance will affect the teams and not the team supporters.

* Team supporter’s only access to their team, is in public areas and public roads, during daylight hours and transition areas at any time. No access inside demarcated team transition areas. Team supporters can view teams from outside the transition demarcated area.
* Registered team supporters must attend a briefing (**COMPULSORY**). An overview map of the route will be handed out to registered team supporters.

**PERSONAL RESPONSIBILITY - BY ENTERING THIS EVENT AND RECEIVING THIS BOOK, I ACKNOWLEDGE THAT I HAVE READ AND I AGREE TO THE CONDITIONS BELOW;**

* I understand and acknowledge that participating in this event is a dangerous activity. I am aware of and understand the activities I will be involved in. I am aware of the hazards involved and acknowledge that there is always risk of injury (including permanent injury, mental injury, paralysis and death). In my judgment I have sufficient competence, knowledge, common sense, experience, survival skills and equipment to participate in all the event activities in a manner safe to myself and others.
* I understand and agree that, in the first instance, I am responsible for the provision of first aid to myself and those around me, I know and accept that rescue by the organisers, or emergency services, may not be possible immediately (e.g., Night, rain, equipment failure, another rescue etc.)
* If I get to a point in the course where I believe the level of inherent risk is unacceptable for me, and I am not confident in completing it safely, it is my responsibility to act. I must choose an alternate route, avoid the hazard, or even withdraw from that leg or the race.
* I understand and acknowledge that I will be traversing nature conservation areas with dangerous animals and that it is my responsibility to avoid these animals.
* I accept this self-responsibility.
* I accept there are media personnel on route and at transitions and I consent that I will be photographed and captured on video.
* I consent to my images and videos being used in future marketing material for ARWS and Expedition Africa.

# FINAL RANKINGS

# The final team positions will be ranked in this order:

# Complete team to cross the finish line, with all CP’S visited.

# Complete team to cross the finish line, without all CP’S visited.

# Team crossing the finish line, with one member withdrawn.

# Team crossing the finish line, with more than one member withdrawn.

# Teams that do not manage to reach the finish line.

# (In each of these above-mentioned categories, teams will be sub-ranked depending on how much of course completed).

# SUN /MOON

* Sunrise – 5h30 and Sunset – 18h40
* Day length – 13 hours and 10 minutes
* Full Moon – 28 October 2023

# CONTACTS

* Heidi Muller: + 27 82 564 6468
* Stephan Muller: + 27 83 226 3265
* Cape St Francis Resort: +27 42 298 0054

# RULES

Expedition Africa follows the Adventure Racing World Series rules of competition:

1. **Pre-Race**: Teams must comply with any registration procedures, equipment and competency checks and attend all compulsory meetings and functions as scheduled by the Race Organiser.
2. **Equipment**: Teams and athletes must carry mandatory equipment as described in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the Race Organiser.
3. **Racecourse:** Teams must complete the racecourse as directed in the course book and maps, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified, using the maps provided by the Race Organiser. The first team to complete the event, having complied with all rules, and any penalties taken into consideration, will be considered the winning team.
4. **Team:** Teams must travel and complete the course together, without substitution, and with team members being close enough to see and communicate verbally with each other at all times.
5. **Support/ Assistance:** Teams may not receive unauthorised race related assistance during the race.
6. **Emergencies, Medical and Communications:** Any team, who encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance.
7. **Environment:** Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing.
8. **Conduct:** Athletes must conduct themselves in a respectful manner at all times, without cheating, abusive behavior, language or violence.
9. **Banned Substances:** Athletes may not use banned substances or methods as specified in the World Anti-Doping Code.
10. **Penalties:** Teams who do not complete the course as directed, and in accordance with the rules, may receive a time penalty, an Unranked (UR) status, a Did Not Finish (DNF) status or a Disqualification (DQ).
11. **Adjudication:** Adjudication of these rules is the responsibility of the Race Referee if designated, the Race Director and the Race Jury. Any formal protest by a team must be submitted in writing as soon as possible, and not later than 3 hours prior to the scheduled time of the final presentation/awards ceremony.
12. **Race Specific Rules:** Each race may have specific rules for that race only. Where there is a conflict of rules, the ARWS rules will take precedence. Visit ARWS website for a copy of the rules.

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| **GENERAL NOTES** |
| * **ARWC bibs to be worn always, as the outer layer of clothing. EXCEPT ON KAYAK LEG.**
* Helmet and red flickering rear light (at night) compulsory on cycle legs.
* All compulsory equipment to be on person always, unless specified otherwise.
* You will be passing through numerous nature conservation areas. Adhere to conservation rules.
* Respect private landowners and animals their rights on their property.
* **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH FENCES OR USE GATES. CLOSE ALL GATES BEHIND YOU. SOME GATES WILL BE LOCKED, CLIMB THROUGH.**
* Leg cover or long pants recommended on all trekking legs.
* Plan water and food requirements according to leg lengths and time required for your team to complete leg. Some legs will have limited access to drinking water.
* If team sources natural water, determine the quality of the water to determine if water purifying tablets are needed. **Assess leg lengths to determine water carrying capacity – VERY IMPORTANT**
* Keep map preparation equipment and route plotting materials in re-supply boxes.
* Keep your passport and Expedition book dry.
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