

COMPASS

FRIESLAND STYLE 




SUP
11-CITY TOUR
THE ULTIMATE
CHALLENGE
220 KILOMETER

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Sharing is caring!

#sup11citytour #lovefryslan #frieslandstyle

ALOHA

Welcome to the 11th SUP 11-City Tour!

11:11 is a special alliteration in numbers And a very special number for all spiritual gangsters like myself. Some people believe double or triple numbers represent angel messages; hints or signs that guide you towards the next step or goal in life. Double 11 is coming back again in the record attempt 10 SUPtember: Can we get 1111 paddlers on the water in Leeuwarden?

When it comes to the 11th SUP 11 and the 6th Non-stop (where I will be joining as a Rookie participant) I wonder: What are the messages I would love for the SUP 11-City Tour to send out to the world?

First of all: Passion and excitement to GO for it. Weather and Personal conditions vary all the time Paddling & Organizing this 220 kilometer famous ice skating route. The 11 historical cities in beautiful Friesland are exchanged by endless fields, windmills, sheep and cows. There are no guarantees in life and that counts also for the SUP 11. Still, we need to GO for it in able to achieve personal goals, overcoming Ultimate Challenges that give us metaphors and strength for life.

Secondary: Live with Aloha (love, kindness & respect). The SUP sport found in Hawaii made its way to Friesland and so did the spirit of Aloha. The SUP 11 Ohana of 40 countries uplifts and supports each other; and this is one of the secret ingredients why this event is still going Strong.

As Three is a charm, I Love for our Planet to become happier and healthier in SUPtember. 'When you feel loved, it is easier to heal' I read somewhere. I hope our SUP 11 Green Love will shine with the progression we made this year. And I hope this will inspire many others to join the Green Wave Movement in able to make changes happen.

A Huge Mahalo to everyone who SUPports this 11th 11 City Tour to be an unforgettable edition.



MAHALO

Founder & Green Coordinator:
Anne-Marie Reichman- Totah

Board:
Ritske Merkus
Marije Elgersma
José van Egmond
Kiki Merkies





INFLUENCER

FRIESLAND STYLE 



GENERAL INFORMATION

SUPTEMBER

NON STOP

Registration: Friday - September 6th - 7:00 pm

Location: The Prinsentuin, Wissesdwinger 1, Leeuwarden

After the skippers meeting at 7:00 pm in the crew boat 'It Beaken'. The start of the SUP tour is between 5:00 am and 12:00 am depending on the weather conditions. We expect the paddlers back the next day between 12:00 am and before 5:00 pm. Massage will be waiting for you. For those who have earned it by the blisters on their hands: the SUP11 City Tour Cross.

PROLOGUE & RECORD ATTEMPT

Start: Tuesday - SUPtember 10th - 4:00 pm

Location: The Prinsentuin, Wissesdwinger 1.

We start the SUP11 City Tour with a record attempt through the canals of Leeuwarden. At the registration you will receive a personal sticker to put on your board. Everybody can join in on their own or a rental board, the tour will take a little over an hour. You can still dress well and represent your country during the record attempt. After the opening tour there is a dinner.

5 DAY RACE

Registration & check in boats: Tuesday - SUPtember 10th - 2:00 pm & 4:00 pm

Location: The Prinsentuin, Wissesdwinger 1.

Every morning the registration desk is open for the participants who paddle that day. Wednesday morning the tour will start in the Prinsentuin, Wissesdwinger 1. The daily schedule will be: eat, paddle, eat, paddle, eat and sleep, repeat 5 days! All the volunteers will have a similar schedule without paddling, like preparing dinner, sail the safety boat, set up the camp, prepare lunch, prepare breakfast, check the route. We usually get a routine going by the end of the tour and get everything perfectly right. After hitting Scharnegoutum, also the first resting point and Sneek the first city after Leeuwarden we will ring the bell there and in IJlst and finish in Sloten. Stavoren is the resting point of day 2, Hindeloopen will be city number 5 and you'll finish in Workum. Day 3 takes us through Bolsward for a bell, with the race paddlers doing a time trial, Witmarsum as resting place for the tour paddlers and more bell ringing in Harlingen before we finish in Franeker. Day 4 brings us to the last of the 11 cities Dokkum with 'klunen' in Wier at the locks and rest at the second locks in Oude Leije. The last day brings us back to Leeuwarden with an optional resting place at the 'Tegeltjesbrug' and a time trial for the race paddlers.



NON STOP: 7 – 8 SUPtember
PROLOGUE: 10 SUPtember
5 DAY RACE: 11 – 15 SUPtember
WORLD RECORD ATTEMPT: 10 SUPtember

WORLD RECORD ATTEMPT SUP

Start: Tuesday - SUPtember 10th - 4:00 pm

Location: The Prinsentuin, Wissesdwinger 1.

We invite everyone to join us for a 3km tour with 1111? suppers on the water at the same time. We want to break the record of 844!

ADRESSES OF THE BOATS

Leeuwarden: 10 - 11 SUPtember
Wissesdwinger 1 in Leeuwarden

Sloten: 11 - 12 SUPtember
De Runwei in Sloten

Workum: 12 - 13 SUPtember
Kaeidyk in Workum

Franeker: 13 - 14 SUPtember
Zuiderkade in Franeker

Dokkum: 14 - 15 SUPtember
Van Kleffenstraat in Dokkum

Leeuwarden 15 - 17 SUPtember
Wissesdwinger 1 in Leeuwarden
(Only It Beaken)

ADRESSES OF SUP VILLAGES

Leeuwarden: 7 - 11 SUPtember
Wissesdwinger 1 in Leeuwarden

Sloten: 11 - 12 SUPtember
Jachthaven 7 in Sloten.

Workum: 12 - 13 SUPtember
Sud 37 in Workum

Franeker: 13 - 14 SUPtember
Spaarbankstraat in Franeker

Dokkum: 14- 15 SUPtember
Van Kleffenstraat in Dokkum

Leeuwarden: 15 SUPtember
Wissesdwinger 1 in Leeuwarden



SCHEDULE

Day 1	Start	Resting place	Finish
48,2 km	<u>Leeuwarden</u>	<u>Scharnegoutum</u>	<u>Sloten</u>
Address	<u>Prinsentuin, Wissesdwinger 1 Leeuwarden</u>	<u>Zwettewei 7</u>	<u>Jachthaven Lemsterpoort Jachthaven 7 Sloten</u>
	8:30 am Tour, Team Tour, Red Dragon, Big SUP		2:00 – 5:00 pm
	9:00 am Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 5:00 pm
	9:10 am Grand Masters		2:00 – 5:00 pm
	9:20 am Team Men Comp.		2:00 – 5:00 pm
	9:30 am Masters & Prone		2:00 – 5:00 pm
	9:40 am Men Solo Comp.		2:00 – 5:00 pm
Day 2	Start	Resting place	Finish
45,5 km	<u>Sloten</u>	<u>Stavoren</u>	<u>Workum</u>
Address	<u>Jachthaven Lemsterpoort Jachthaven 7 Sloten</u>	<u>Stadsfenne 21</u>	<u>Sud 37, Workum</u>
	8:30 am Tour, Team Tour, Red Dragon, Big SUP		2:00 – 5:00 pm
	9:00 am Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 5:00 pm
	9:10 am Grand Masters		2:00 – 5:00 pm
	9:20 am Team Men Comp.		2:00 – 5:00 pm
	9:30 am Masters & Prone		2:00 – 5:00 pm
	9:40 am Men Solo Comp.		2:00 – 5:00 pm
Day 3	Start	Resting place (Tour athletes only)	Finish
41,3 km	<u>Workum</u>	<u>Witmarsum</u>	<u>Franeker</u>
Address	<u>Sud 37, Workum</u>	<u>Molenweg 21</u>	<u>Elfstedenbruggetje, Spaarbankstraat, Franeker.</u>
	8:30 am Tour, Team Tour, Red Dragon, Big SUP		2:00 – 5:00 pm
	9:00 am 12 km time trial: Divas, Ladies Comp. & Team Ladies Comp.		
	9:20 am 12 km time trial: Masters & Team Comp, Prone, Men Solo Comp.		
	10:00 am Last time trial start		
	11.15 am Re-start Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 5:00 pm
	11:30 am Re-start: Masters & Team Comp, Prone, Men Solo Comp		2:00 – 5:00 pm

Day 4	Start	Resting place	Finish
42,6 km	Franeker	Oude Leye	Dokkum
Address	Elfstedenbruggetje, Spaarbankstraat, Franeker	Leljeester Hegedyk, sports field	Dokkumer EE, in front of the Wind Mill Zeldenrust, Dokkum
	8:30 am Tour, Team Tour, Red Dragon, Big SUP		2:00 – 5:00 pm
	9:00 am Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 5:00 pm
	9:10 am Grand Masters		2:00 – 5:00 pm
	9:20 am Men Team Comp.		2:00 – 5:00 pm
	9:30 Masters & Prone		2:00 – 5:00 pm
	9:40 am Men Solo Comp		2:00 – 5:00 pm
Day 5	Start	Resting place (Tour athletes only)	Finish
27,2 km	Dokkum	Giekerk	Leeuwarden
Address	Dokkumer EE, in front of the Wind Mill Zeldenrust, Dokkum	11 Stedenbrug, Canterlandse weg	Prinsentuin, Wissesdwinger 1 Leeuwarden
	9:30 am Tour, Team Tour, Red Dragon, Big SUP	Historical bridge	13:00 – 3:30 pm
	10:00 am time trial Divas, Ladies Comp. & Team Ladies Comp.		13:00 – 3:30 pm
	10:30 am time trial Masters & Team Comp, Prone		13:00 – 3:30 pm
	11:00 am time trial Men Solo Comp		13:00 – 3:30 pm

PARKING

Parking on registration day in Leeuwarden:

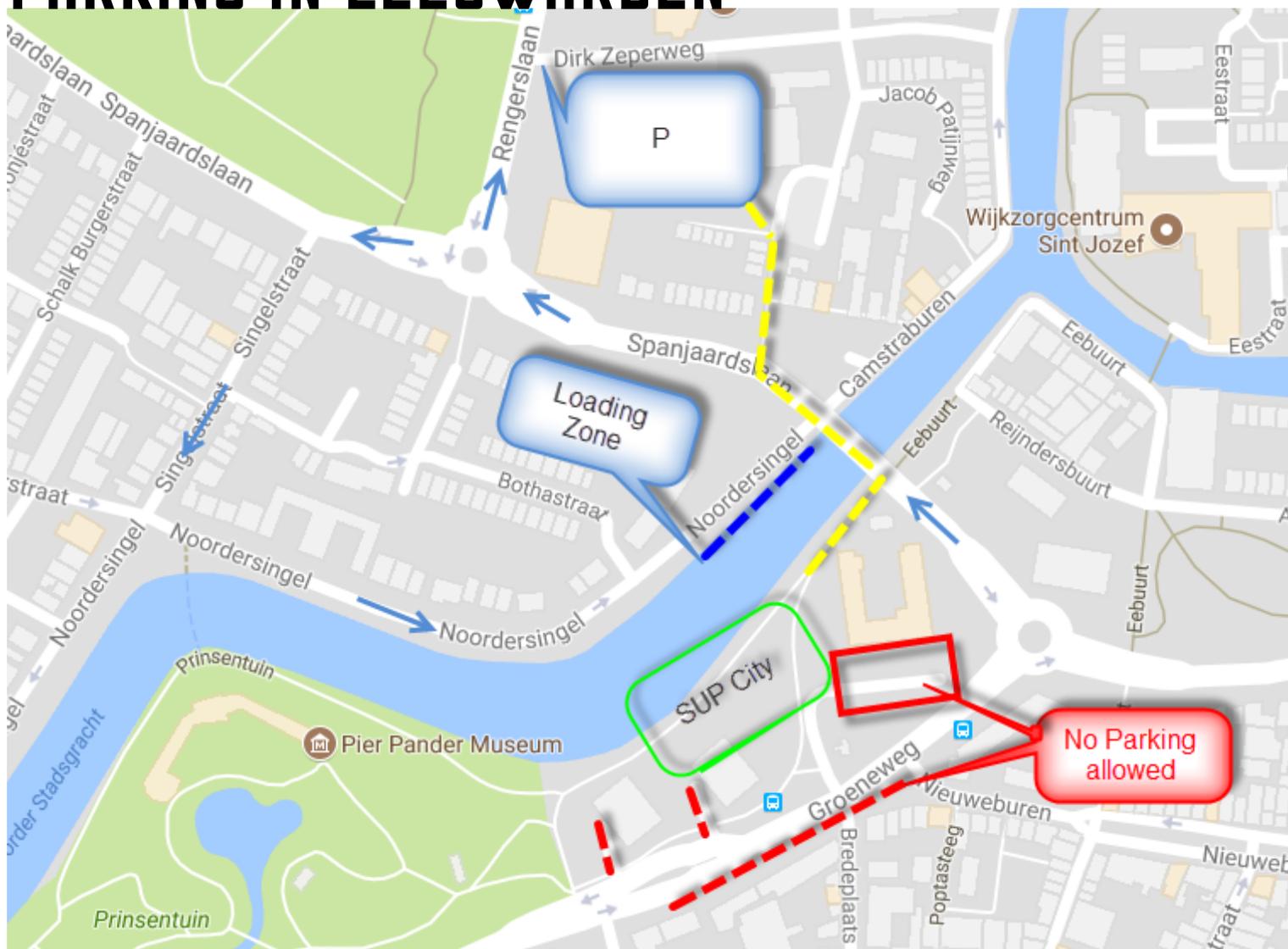
Dirk Zeperweg, Leeuwarden (you have to buy a ticket at the machine). Please check map on the next page carefully.

Parking is only possible in the free parking space on the other side of the bridge. For loading the board there is a loading zone.

Parking on other days:

In all other cities you are able to park near the SUP City.

PARKING IN LEEUWARDEN



BOARD STORAGE

Your board will be at the SUP Village during the nights, there is enough space to store all the boards. At every finish the volunteers will know where you can put the board. Storing your board is at your own risk.

RESTING WATERPROOF BACKPACK

You can give a small waterproof backpack with your own food/ drinks, extra set of clothing to fuel yourself up during the break at the half way point. Note; there will be food/water/soup prepared for you by the orga-nization.

Every morning during the Skippersmeeting we'll point out where you can put the bag. **Please label your bag with your name.**



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20



TAKE FIVE

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DAILY SCHEDULE

THE GENERAL DAILY SCHEDULE

Breakfast: 7:00 am - 8:30 am (Last day 8:00 am till 9:30 am)

Registration for 'day athletes': 7:30 am - 8:30 am

GPS Pickup: 8:00 am - 9:15 am

Skippersmeeting: 8:00 am (Tour) and 8:45 am (All competitions)

Lunch: at resting places

Dinner at foodtruck: 3:00 pm - 7:00 pm

Award ceremony & mandatory pre-skippers meeting: 5:00 pm (Last day at 4:00 pm)

Every day paddlers will need to pick up their GPS tracking device. Without a GPS tracking system, you are not allowed to start. GPS is for tracking and safety. People with an internet connection can follow the athletes LIVE. Losing or getting your GPS wet will cost you 200 euro!!

SKIPPERSMEEETING

The 'Skippersmeeting' will take place every day during the award ceremony and in the morning before the start. Athletes receive crucial information about the course to paddle of the next day during the award ceremony and last information about passing times and weather during the morning skippers meeting at 8:00 am (Tour) or 8:45 am (Competition).

Registration Day

2:00 pm - 4:00 pm Registration 5 day event

4:00 pm - 6:00 pm Start of Prologue & Record Attempt

7:00 pm Official opening on the water SUP11 City Tour

7:15 pm Opening dinner

DAY 1:

48.2 km Leeuwarden - Sloten

8:00 Skippersmeeting tour

8:30 Tour, Team Tour, Red Dragon

8:45 Skippersmeeting competition

9:00 Divas, Ladies Competition & team Competition Ladies

9:10 Grand Masters

9:20 Men Team Competition

9:30 Masters & Prone

9:40 Men Solo Competition

FINISH between 2:00 pm - 5:00 pm

Resting post: Scharnegoutum (12:00 pm - 2:30 pm)

DAY 2:

45.5 km Sloten - Workum

8:00 Skippersmeeting tour

8:30 Tour, Team Tour, Red Dragon

8:45 skippersmeeting competition

9:00 Divas, Ladies Competition & team Competition Ladies

9:10 Grand Masters

9:20 Men Team Competition

9:30 Masters & Prone

9:40 Men Solo Competition

FINISH between 2:00 pm - 5:00 pm

Resting post: Stavoren (12:00 pm - 3:00 pm)



DAILY SCHEDULE

DAY 3:

41.3 km Workum – Franeker

8:00 Skippersmeeting tour
8:30 Tour, Team Tour, Red Dragon
8:15 Skippersmeeting competition
9:00 12K Time trial Divas, Ladies Competition & team Competition Ladies
9:20 12K time trial Masters & Team Competition Men, Prone, Solo Men
10:00 last time trial start
11:15 Restart Divas, Ladies Competition & team Competition Ladies
11:30 Restart Masters & Team Competition Men, Prone, Solo Men

FINISH between 2:00 pm – 6:00 pm

Resting post (tour athletes only): Witmarsum (12:00 pm – 3:00 pm)

Resting post (time trial): Bolswardl

DAY 4:

42.6 km Franeker – Dokkum

8:00 Skippersmeeting tour
8:30 Tour, Team Tour, Red Dragon
8:45 Skippersmeeting competition
9:00 Divas, Ladies Competition & team Competition Ladies
9:10 Grand Masters
9:20 Men Team Competition
9:30 Masters & Prone
9:40 Men Solo Competition

FINISH between – 2:00 pm – 6:00 pm

Resting Post: Oude Leye – (12:00 pm – 3:00 pm)

DAY 5:

27.2 km Dokkum – Leeuwarden

9:00 Skippersmeeting tour
9:30 Tour, Team Tour, Weekend, Red Dragon
9:45 Skippersmeeting competition
10:00 27K Time trial Divas, Ladies Competition & team Competition Ladies
10:30 27K Time trial Masters & Team Competition Men, Prone
11:00 27K Time trial Men Competition

FINISH between – 2:00 pm – 4:00 pm

Resting post (Tour Athletes only): Elfstedenbruggetje

Canterlandseweg in Giekerk (12:00 pm – 3:00 pm)

FOOD & DRINKS

Athletes will be provided with food & drinks during the competition.

COINS & TOKENS

Dinner coins/tokens will be used for dinner and separate coins/tokens will be used for drinks. You will get these at the registration, you are always able to buy more at the office. One dinner coin is good for one portion of food. As an athlete you get 2 dinner coins a day. Please put them in your bag!

Dinner coin: 5 euro & Drink coin: 1,50 euro

GO GREEN!

Please take your own drink bottle, coffee cup to have less waste!

We use plastic cups you can borrow from us.

DINNER TIMES

Food and drinks will be available from 3:00 pm until 7:00 pm. Eat well, stay happy and keep them in your bag! So you have them with you all the time.



NOTE WITHOUT COINS/TOKENS YOU WILL NOT BE ABLE GET FOOD OR DRINKS, MAKE SURE YOU HAVE THEM!

FOODTRUCK MENU

All days have sidedishes with bread and salads

WEDNESDAY (green dinner coins)

Foodtruck:

Yogurtly kebab, rice, salad

Mujadara (veggie)

Italian dish with
zucchini, mushrooms, bacon and rice

Grill tent:

Marinated chicken kipskewer with *

Vegetarian skewer with *

*Herbs potatoes and paprika, mushrooms
and onion

THURSDAY (grey dinner coins)

Foodtruck:

Hussal Rakott Burgonya (Hongarian
potato dish with meat)

Sweet potato stew with rocket and feta
(veggie)

Spaghetti Bolognese with meat and
grated cheese

Grill tent:

Bradwurst with *

Beetroots burger (veggie) with *

*Reibekuchen

Krautsalat

FRIDAY (dark blue dinner coins)

Foodtruck:

Tikka Masala with rice and green beans

Massaman Curry with rice (veggie)

Spinach dish with cheese (veggie)

Grill tent:

Bread with kebab

Bread with falafel (veggie)

SATURDAY (red dinner coins)

Foodtruck:

Chicken curry with rice and green peas

Chili con carne

Beans with brown rice (veggie)

Taco's, sour cream, coleslawbit

Grill tent:

Kottbullar with cream sauce

Filled mushrooms (veggie) with

Pasta met garlic, tomatoes

SUNDAY (blue dinner coins)

Hamburger

Pokebowl

Ribs with potato wedges and sauce

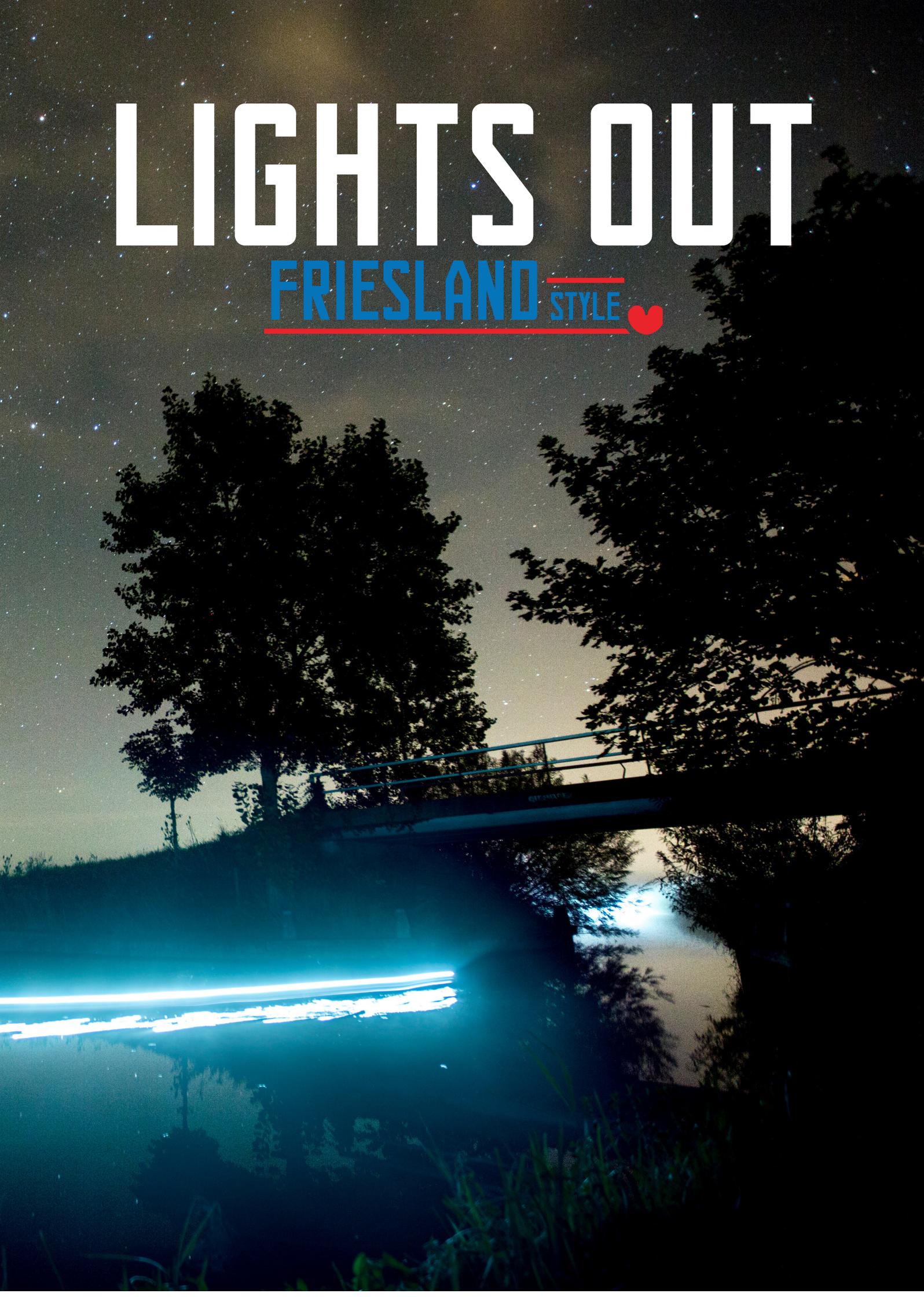
Pizza



ACCOMMODATION

LIGHTS OUT

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DID YOU BOOK A BED?

Then you will be sleeping on a historical Frisian Sailboat organized by the SUP11 City Tour Ohana.

This chapter is for the ones who booked a bed on one of our sleeping boats.

- ♥ Accommodations are 2-5 persons per room in small quarters with minimal space to store luggage. Therefore, pack as light as possible. SUP board cover and paddles can be stored on boat.
- ♥ Pack your own: towels, toiletries, earplugs, blanket/comforter.
- ♥ Provided: pillow case, duvet with cover.
- ♥ Clothing does not dry quickly in Dutch weather on boats. While some boats may have dryers, this should not be relied upon.
- ♥ Check-in Time: from 2:00 pm on registration day.
Check-out Time: 9:00 am on the last day of the race – all luggage must be off the boats. Location will be published.
- ♥ General boat rules. Boats are not a luxurious hotel where you have housekeeping. Every athlete is responsible for cleaning up after themselves including doing dishes, stripping beds, emptying trash, etc.

SLEEP

CHECK IN

All boats will have a 'Captain meeting', the time will be on your door, when you check in your room! So they can introduce you to the boat and review general boat rules.

DAILY

If you are a fast paddler, you might be quicker than the boat in the finish city. Please therefore pack something extra in your 'rest bag' so you can keep yourself warm, plus the eat/drink coins!

CHECK OUT

9:00 am is the check-out of your boat. So if you stay till Sunday, this means you leave all your luggage in Dokkum on the allocated boat that will go to Leeuwarden. If you stay till Monday, your check-out is in Leeuwarden at 9:00 am. On your last morning, you return your linnens to the allocated spot on the boat. You have to leave the room clean, incl. the kitchen and bathrooms.

ABANDON SHIP

Please be aware you might need to change boats. If you are staying till Monday morning in Leeuwarden you might need to move to the boat that will stay one night longer. Of course we try to plan this as best as possible and you will be notified if this is the case.

TIGHT!

GUIDELINES

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RACE & TOUR INFORMATION

RULES & REGULATIONS

SUP11City Version: 2019-2, 5 August, 2019 REV HS

Modifications:

1. C-5: only a cross if paddler completes the tour.
2. C-6: addition of boat wakes
3. C-7: assistance will be penalized instead of disqualification
4. C-19: Return to tour event after stopping in race
5. G-10: 100 km mark added.
6. K-12: Timing of tour athletes



A. Event rules

1. Race packets must be picked up at the registration day in Leeuwarden, if you are paddling less than the 5 days you will be allowed to pick up the race packet on your paddle day before the Skip-pers meeting at the registration office.
2. All solo paddlers and Team captains must attend the registration. Please send an e-mail to info@sup11citytour.com to make arrangements if you cannot show up at the registration.
3. Paddlers must follow instructions of racing committee and support boats at all times.
4. The organization has the right to change the route, cancel part of the route or temporarily stop the race in case of severe weather. Changes will be communicated as soon as possible.

B. Equipment rules

1. Solo competition: SUP boards must be 14 feet or under. Rudders and/or foils are not allowed.
2. Team competition: SUP boards must be 14 feet or under. Rudders and/or foils are not allowed.
3. Solo tour, team tour, day stages and weekend stages: SUP boards must be between 12 and 16 feet.
4. Only single hull boards are allowed. There are no weight restrictions on the boards.
5. Prone boards must have a minimum length of 12 feet.
6. All paddlers must wear official SUP 11-City Tour race jersey during the entire race.
7. A paddle shall be a single blade design, with one blade on one end and a handle on the other end. The length of a paddle may be adjustable. Only a single paddle may be used while racing.
8. A replacement paddle may be securely fixed to the board. You may switch paddle during the race.
9. You may switch boards when you have an equipment failure. The broken equipment must be presented to race officials to verify the failure.
10. All paddlers must be securely tethered to the boards (with a leash).
11. All paddlers have the responsibility to read the signs along the route and complete the course of the day. A wrong turn or miss turn is hereby also the responsibility of the paddler.
12. Any 5 day paddler must check in with race directory at the finish each day and return GPS tracking device to race directory in able to be charged for the next race day. When you lose or get your GPS tracking wet, this will cost you € 200,-.
13. You can switch categories up to 2 weeks before the event start. Be aware of the refund policies <https://sup11citytour.com/entry-fees>

C. Racing rules

1. Solo competition and team competition stand up paddlers must complete the entire race standing up. Kneeling or sitting for more than one minute at a time for competitors will result in a time penalty to be determined by race officials. Exceptions may be made for bridges and weather conditions.
2. Participant in solo tour, team tour, weekend-category and day-participants are allowed to kneel or sit for more than one minute.
3. No team or solo participant can have their own boat as their escort. The only boats that are allowed in the field of competitors are from the organization. Any other boats have to be behind the last boat of the organization, the end of the participant-field. When you organize your own boat during the event, this will result in a time penalty to be determined by race officials.
4. The race director will set out cut off times during the course. If an athlete does not make a certain limit in able to make the finish line in time, the athlete will be picked up by an escort boat or car. The cut off time depend each day on the weather conditions.
5. DSQ or DNF during a race or stage results in not getting the famous '11 city cross'. This does not apply if the race is stopped or postponed by the organization. In the case of a stopped or postponed race, finish time will be determined by the race committee. Day participants receive a day medal. Only paddlers who paddle the complete tour receive a '11 city cross'.
6. A paddler shall only use the paddle, waves and wind to propel the board forward during the race. No outside assistance from boats, boat wakes, sails, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.
7. A competitor shall not receive external assistance during a race from another competitor or non-competitor. A competitor providing the external assistance may also be disqualified from the race. Any assistance from boats or people other than passing food or liquids will be penalized. This rule also covers help during "klunen" (getting out of the water, take board, walk and getting back in the water).
8. Willful misconduct from participants amongst each other or towards the organization will be charged with a time penalty or disqualification.
9. Any competitor who attempts to win a race by any other than appropriate means, or who does not follow racing regulations, may be disqualified or may receive a time penalty.
10. Any competitor who behaves in an excessively aggressive way through their conduct or speech towards the competition officials, other competitors, sponsors or spectators, may be disqualified or may receive a time penalty.
11. Any competitor that displays unsportsmanlike conduct before, during or after an event may be disqualified or given a time penalty per infringement. Unsportsmanlike conduct includes, but is not limited to:
 1. excessive physical harm using any part of the body, paddle or board;
 2. yelling at the start in order to create a false start;
 3. deliberately impeding the ability of a competitor to paddle, turn, draft, dismount, overtake, start or finish, by using the board, paddle or body (alone or together with other athletes);
 4. rubbing is not racing and shall be treated as unsportsmanlike behavior.

RULES & REGULATIONS

12. The gentlemen's rule applies when it comes to overtaking you opponent. When your opponent stops to eat or drink, you should not sprint away.

13. Drafting is allowed in the 5 day race:

1. Drafting is only allowed in the same class.
2. Drafting is defined as being in the wake behind or next to any SUP board of any category in a distance of maximum 1.5 m.
3. Drafting is not allowed behind any boat or other motorized device on the water.
4. Deliberate bumping is considered unsportsmanlike behavior.

14. In a case of emergency competitors assist others who need help.

15. All racers must be respectful of the rules on the water, around the contest area and on board of ships and in local restaurants and facilities. Failure to comply with local rules may result in a penalty. This covers, but is not limited to, paddling on the right hand side of canals, passing bridges on the right hand side, giving right of way and waiting for red lights at bridges.

16. Prior to the start, a pre-start meeting is held. Race officials will inform paddlers about last minute changes, weather update, route information, race rules updates/changes and other event specific information.

17. The race committee has the right to switch a participant between categories. The participant shall be notified immediately if this occurs. Racing times from the previous day(s) will be transferred to the new category.

18. If the race is (temporarily) stopped for safety reasons, GPS tracker data can be used to determine exact location, distance paddled and time of athletes at time of stopping.

19. Any athlete who decides to leave the race can only return in the tour-class.

D. Individual Time trial

1. The starting order for the individual time trials is the following: Starts are in 1 minute intervals. De-partures are made in reverse order of the general classification established at the end of the pre-vious stage.

1. The time interval may be reduced or increased for all or some of the riders following a decision by the race management.

2. The starting order may be changed if there appears to be a risk of this affecting the fairness of the race.

3. Any rider arriving late for his starting time incurs a time penalty equal to the time between the allot-ted starting time and the actual starting time.

4. If one rider catches up with another rider, neither rider is allowed to lead the other or benefit from the other's slipstream: ie no drafting allowed. A rider who catches up with another must maintain a lateral distance of at least three metres from the other rider. The caught rider must remain at least 2 boardlengths from the other rider.

5. Riders are forbidden to help each other. Any assistance may only be rendered when riders have stopped. Food and drink will be supplied by the team staff in the designated feeding area.

E. Additional team race rules

1. Athletes paddle the 220 kilometers together (2,3,4 or 5 pp) in 5 days. Fastest team (when entered in the team-competition) will be rewarded.
2. Each team member paddles the entire stage (start to finish) for that day (no changing allowed). Team members can support each other, but there's no physically help allowed.
3. Team members can decide themselves who will paddle which day but all team members who enter will all need to paddle at least once.
4. At the end of each day between 7-8 pm (19:00 – 20:00h) the organization must be informed who will paddle the following day.
5. Teams who compete in the Mixed competition, start in the Team competition ladies starting time.
6. Team athletes are allowed to draft only within their class.

F. Additional Prone rules

1. Paddlers shall be allowed to use chin rests, splash guards chest pads, compasses, time pieces, and such over apparatus as will promote the ends of safety, comfort, and navigation; provided however, that the apparatus shall in no manner contribute to, mechanically, manually or otherwise assist the paddler to propel himself in the water by any other manner than agitation of the water with his hands and arms.
2. No drafting of any kind is allowed except within own category.

G. Additional solo and team non-stop rules

1. Registration in Leeuwarden is mandatory for all participants.
2. The starting time depends on the weather and will be communicated 10 hours before the start on the website, through email and social media. Start will take place in the morning in Leeuwarden. Start will take place between 8 AM and 12 AM. Race start time will depend on weather conditions and will be communicated at the skippers meeting the evening before the start.
3. All participant must collect a gps prior to start. The gps is used for track and trace purposes. If a gps is malfunctioning or empty it will be switched by the organization.
4. The start takes place between 2 buoys. Prior to the start there will be a 5 minute and a 1 minute notification.
5. All competitors start at the same time. However, the organization reserves the right to change individual starting times.
6. Drafting is not allowed in the solo non stop race. Drafting is defined as being in the wake behind or next to any SUP board of any category. Drafting is not allowed behind any boat or other motorized device on the water. A minimum distance of 2 boardlengths or between boards is required, except when overtaking takes place. Once overtaken, a distance of 2 boardlengths must be observed.
7. The routing is with yellow/black arrows before a turn or crucial point. After the signed point, a rib-bon is visible to confirm the arrow.

RULES & REGULATIONS

8. In the dark there will be lighted arrows to show the way, a red flickering light will be the validation that you are on the right track after a turn.
9. An athlete must provide means of visibility above and beyond regulatory compliance, according to the demands of the safety environment. A white light must be visible (on paddlers head) from 360° and must be used between sunset and sunrise.
10. 1. Closing time of Bolsward (or the 100 km mark if the start takes place in another city) is 16 hrs after start. If the athlete does not make Bolsward in time, the paddler is taken out of the race. It is not allowed to continue once the closing time is missed.
11. Maximum racing time is 34 hours for men and 36 hrs for women.
12. Athletes are allowed to get on land for stops (besides the stations the organization offers).
13. Athletes are allowed to have assistance and encouragement from land (car, bicycle, skate board etcetera).
14. Support at the 5 day start/ finish stops can be provided for the non-stop athlete by the organization at the request of the athlete. Food and drinks will be available at the Finish/start cities of the normal 5 day tour if requested by the athlete. Personal assistance is the athletes responsibility.
15. There need to be a minimum of 5 non-stop athletes (in the male or female division) for this category to take place.

H. Additional Red Dragon Rules

1. Only 22ft Red Dragon boards are allowed.
2. Boards may only have 1 fin
3. A team comprises of no more/no less than 4 persons on the board
4. A team must stay the same for the duration of 1 stage
5. All team members must be on the board when starting and finishing
6. Kneeling participants must stand up after 10 strokes
7. Teams can substitute 2 paddlers between stages.

I. Starting procedure 5 day tour and race

The start will occur in separate groups.

Each start has the following signals:

- 5 minute mark (3 whistles)
- 2 minute mark (2 whistles)
- 1 minute mark (1 whistle)
- Start (loud signal)

A race clock will be visible with countdown to the start. Once the clock is at zero, the starter determines the exact time of start. Start is between 0 and 10 seconds after 0. Race starts at the sound (the "bang") of the starting pistol, not at the clock.

The starting line is made up of 2 buoys. The body of the paddler may not cross the starting line 1 minute prior to the start.

Based on weather conditions, an additional pre-starting line may be put in use. The pre-starting line cannot be crossed before the starter releases the line.

In case of a false start, a second shot can be heard and the starting procedure will immediately be re-started. Countdown clock is set at 5 minutes. False starter(s) may receive a penalty or will be informed about their start.

The organization may modify the starting times. Changes will be announced as soon as possible.

J. Stamping

The SUP 11-City Tour keeps most 'elevencity traditions' in tact like the 'stamping posts'. Collect all your stamps in each of the historical – authentic Eleven Cities and receive your SUP 11-City 'cross' – your medal of honor. When you miss a stamp from a city it will seem as you missed a city and there-fore not completed the entire 220 kilometers. So be aware of these posts and get all your stamps to keep your place in the overall ranking.

Since it is hard to stamp with a 14 ft board on a location on the shore, we introduced an alternative 'stamp' which is a bell. You will need to ring the bell and shout your participant number and your name.

1. In every city you pass you have to collect a stamp
2. Stamping is automatic at the start, rest and finish location.
3. Stamping means: Ring the bell and shout your number and name for registration.
4. A stamping location does have one bell only
5. Stamping location will be on shore.
6. Missing a stamp will result in time penalty.
7. Stamping posts have a closing time. Look at the daily board for exact times.

K. Resting places

Approximately halfway each stage, there is a resting point.

1. Every competitor must rest at the resting point 15 min (minimum).
2. When a competitor leaves before the 15 minutes are over, there will be a time penalty
3. It is allowed to rest longer, but it will cost you time.
4. Rest time is clocked with a stopwatch. As soon as the competitor crosses the buoy and flag on land (preferably closest to shore) the stopwatch will start.
5. The stopwatch is handed to competitor when he/she gets on shore.
6. The competitor is responsible for the time. Leaving too soon results in time penalty, to late is own responsibility.
7. When the 15 minutes are almost over the competitor gives the stopwatch to one of the organization.
8. The competitor is allowed to get ready on his/her SUP 3 minutes before restart.
9. The competitor leaves when the organization gives a GO, not the shouting of the crowds.
10. Leaving too soon, results in time penalty.
11. For individual competition and team competition participants the resting point on day 5 is not mandatory.
12. Tour athletes receive a paper with the time of entry at the resting place. The tour athlete is allowed to leave the resting place after 15 minutes. Leaving the resting place must be coordinated with the designated starter.

RULES & REGULATIONS

L. Finish

1. The finish line is between the top or middle of the top of the finish buoys and the water surface. Racing time will stop when the body of the paddler crosses the finish line.
2. It is the responsibility to ensure the race number on the jersey is visible. If the race number is not visible, accurate timing is not guaranteed. The race committee will assign a finish-time to the paddler based on gps data and visual information.
3. A finished paddler must stay clear of the finish area to ensure safe and honest finishes for incoming paddlers.
4. At the finish, the clock will display the time elapsed after the latest start.

M. Award ceremony

1. The award ceremony takes place after dinner. Timing will be announced during the skippers meeting in the morning.
2. Athletes who finished at place 1, 2 or 3 of their respective categories will be honored and awarded.
3. Prizes may also be awarded to other athletes.
4. It is the responsibility of the winning participants to be present or be represented at the award ceremony. Failure to do results in a 1 minute time penalty for the missing person.

N. Protests

1. Competitors are allowed to file a protest.
2. A protest must be filed before 6pm. A protest can only be filed on the day the issue occurred. Pro-test forms are available at the registration desk.
3. Only complete filled in protest-forms will be assessed by the protest committee.
4. A protest will be taken care of on the day of filing by the protest committee. The conclusion of the protest committee is definitive.
5. The protest committee consists of at least 3 persons, including 1 paddler of a different category. Conflict of interest must be avoided.
6. The organization and athlete included will discuss the issues separately. Then and there will be decided whether to make the matter public or not.
7. When the issue concerns the entire competition, the race director will discuss the matter open after the prize giving each day after dinner.

O. Penalties

1. Forgetting a stamp : 1 minute
2. Breach of equipment rules: time penalty (minimum 5 minutes, to be determined by race committee) or disqualification
3. Leaving too soon from rest location : 1 minute for every 10 sec to soon.
4. 2 False starts : 5 minutes
5. Failure to follow local water and sailing rules : 5 minutes
6. Unsportsmanlike behavior, such as verbal or physical aggression, blocking a paddler, yelling before a start: time penalty (minimum 1 minutes, to be determined by race committee) or disqualification
7. Getting help of a boat to complete race results in a automatic place behind the last finished competitor in the same group, including an additional time penalty of 30 minutes.
8. Outside assistance : disqualification or time penalty (to be determined by race committee)
9. Failure to follow instructions from the organization may result in a time penalty or disqualification (to be determined by race committee).
10. Drafting outside class or during time trial : 5 minutes

MASSAGE

After every finish day there is the option to get a massage! Fill in your name on the list and relax in the meantime before you get your well deserved massage. Massage will be 2:00 pm - 6:00 pm (on Sunday till 4:00 pm), according to weather circumstances.

PADDLING RECOMMENDATIONS

Clothing

The weather in Friesland can vary from windless sunny warm weather to stormy with all types of rain accompanied with colder temperatures. Think about thin sportswear (layers) like runners and bicyclists, that is comfortable to wear that dries fast (when falling in the water). A wind jacket or extra shirt is recommended to prevent cooling off.

SUP Fin

We recommend the use of a `weed fin` due to grass and weeds in the canals.

Backpack

Sportsbag recommended! Before the skippersmeeting paddlers can drop of their "lunch – and finish bag". This bag will be taken by organization SUP 11-City Tour from the start location to the lunch (resting post). Pack some extra energy drinks + snacks so you can fill up your supplies for the 2nd half of the day. We also recommend a warm sweater/ jacket and a set of dry clothes in case you fall in the water or when you need to wait for your support crew/ or your accommodation. Don't forget to put your name on your bag and bring your dinner coins! No coins means no dinner!

Food/Drinks

Bring sufficient food during the race. Water for preparation of sports-drinks is available before the start and after the finish.



JEWELLERY

FRIESLAND

 STYLE 

AWARD CEREMONIES

At the end of every day there will be an award ceremony. We hand out special prizes for the amateur athletes like "best behaviour" "Good Sportsmanship" and such. Tour participants will not receive an award for their ranking, but can be nominated as a 'day-winner'.

The overall Elite-winners in the following divisions:

solo male

solo female

solo junior (only with enough juniors participating)

will receive cash prizes.

All the other categories can win a wonderful product as a prize.

At completion of the tour you will receive the coveted cross medal "Elfstedenkruisje"

LIVE TRACKING AND MEDIA

The SUP 11-City Tour aims to keep everybody on the route and at home up to date about the entire tour. This is done by using various social media channels and the website: www.sup11citytour.com.

For those who are unable to be at the tour, the website offers great opportunities to follow your favorite athlete. Such as the GPS-tracking system, which will show all athletes as it is mandatory to carry the GPS when participating in the event.

HASHTAGS

#sup11citytour #frieslandstyle #lofefryslan

UPDATES

Keep up to date at the website www.sup11citytour.com and click in the menu on: LIVE.

Don't forget our Facebook page & Instagram account: sup11citytour. This will be mainly our way of communicating with you!



Sharing is caring!
#sup11citytour #lofefryslan #frieslandstyle





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GIESING WORKWEAR

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DE STUDIO



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SUP
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SEE YOU IN 2020

5-6 SEPTEMBER - NON-STOP EVENT

9-13 SEPTEMBER - 5 DAY EVENT

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