



## **Mighty Unc SUP and Kayak Cross**

**Registration Fee:** \$20.00

**Race Times:** Saturday, August 10, 2024

- Prelims: 1:30 P.M.
- Finals: 2:30 P.M.
- River Bottom Park (start and finish)

### **Description:**

Stand-up paddle Boarding (SUP) and Kayak Cross races combine sport with the adrenaline rush of navigating challenging river rapids and obstacles head-on. Athletes race downriver around buoys in heats, aiming to cross the finish line ahead of their opponents. Whitewater Kayak and SUP cross events blend the excitement of river rapids with skill, technique, courage, and luck.

### **Classes and Required Gear:**

Classes: Men's SUP Cross, Women's SUP Cross (All ages), Men's Kayak Cross, Women's Kayak Cross (All ages)

- All competitors must wear a PFD and a helmet.
- Leashes: Only releasable leashes are allowed.

- Athletes must wear competitor bibs outside their PFDs at all times.

**Important Instructions/Notes:**

- Participants can register at Montrose Water Sports Park and MUST be ready by 1:30 P.M. sharp.
- The competition is for experienced paddlers comfortable in class 3 whitewater environments.
- Event organizers and whitewater support teams are not responsible for equipment rescue and/or equipment removal from the whitewater course should athletes lose their equipment during practice or competition. Please add your name and phone number to all of your equipment before entering events.