

TLDR:

If possible, arrive Friday afternoon at the Newport Dunes to help with rigging
Women need Friday night lodging in Newport Beach and a return ferry ticket either Saturday after the race or Sunday Morning

Men either take Saturday ferry over and stay the night on the island or ferry over Sunday morning, then race back

Pre-order merch

- <https://www.scora.org/shop/>

Friday - Rigging

See messages from coaches regarding what time to be at the Newport Dunes for rigging (generally sometime early afternoon ~3pm)

Can also pick up pre-ordered merch Friday

- <https://www.scora.org/shop/>
- Merch often sells out

Saturday - Women's Race - Newport to Avalon

Morning Pre-Race:

- Open women need to be parked, unloaded and ready to go at 6am Saturday at the dunes. There will likely be parking lines to enter. Plan on getting everywhere early as there can be last-minute delays.
- Double-check you have all your racing gear, uniform, hydration, race food ready to go for your race day, and remember your paddle!
- You should all have your travel and accommodations arranged and sorted on the island. Men, if you are taking the Sunday ferry and driving down, check the Caltrans site for closures on the 405.

Race Start

- Women who are starting on the support boat often do not get a warm-up in the canoe - recommend bringing parkas and bands to warm up body

After Race:

- If not staying the night in Avalon, women need to have a ticket back on the Catalina Flyer or the Wahine Express (leaves Avalon 9pm)
- <https://www.scora.org/catalina/travel/>
- <https://www.scora.org/wahine-express-ferry/>
- Check in to Airbnb

Sunday - Men's Race - Avalon to Newport

Wahine

- If women stay the night in Avalon, they should have a ferry ticket booked that leaves ~10 a.m. This gives you time to see the men's race start and get to Newport in time for the finish. Plan to be at the beach all day to help with de-rigging after the men's race.
- The ferry from Avalon to Newport often sells out, or men may have to take the ferry from Long Beach → Avalon on Sunday morning. Coordinate with men for car pickups from Long Beach if needed.

Kane

- Make sure you know what time you need to be in Avalon per your coaches
- If you parked a car in Long Beach, you should also have coordinated with someone to pick up your car and bring it to Newport Beach