

Race program Queen and King of the Fjord 2019

11.00 Met up at Gårda Brygga/Ölmanäs

See (1) on the map <https://kartor.eniro.se/m/r0bnt>

Registration, loading of surfskis, get dressed for success (neoprene)! Bibs/stickers on right side of the ski. If already a number on your ski pls let us know. Don't forget to check out the finish line. DON'T FORGET to have your phone fully charged!

11.30 Rollin' to start.

Get in to a car with a driver, squeeze together as many as possible, turn the volume up and roll to the start - 40min drive to 'Röda Holme'.

12.30 Skipper's meeting

We'll go through the course, the starting procedure and finish. Between 12.15-13.00 everyone to race needs to see one of the crews (Emma or Anki) to get a golden star in the protocol. You get a golden star if you are visible on the web tracking, have a leash, a fluorescent life jacket or vest and enough neoprene for the day. Leave change in one of the cars going back to the finish.



13.15 approx. Let's rock'n roll! (start)

One safety boat will be on the water. Make sure to add phone number o the boat:
+46768707050

14.15 First person to finish - probably the King

Food, coffe and cake will be served. Mingel, brag about your maximum speed etc. Prize giving ceremony. **1000SEK** to the winners of each class.

No toilets at the start. There are toilets at the finish, 'should' be unlocked if someone doesn't wake up on the wrong side. Bring your own water!

Check <http://emmalevemyr.se/kingqueenofthefjord/> for rules, course etc.

Varmt välkomna!

Other phone numbers:

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Michelle +46 70 2548168



REMEMBER!