

# COPENHAGEN SUP



## COMPETITOR GUIDE







# SCHEDULE

## Friday, September 20th

4.00pm - 5.00pm: Copenhagen SUP Warm Up: Paddle the World Championship Course with Casper Steinfath / Sign up required

4.30pm - 8.00pm: Copenhagen SUP Check-in: Race bib + T-shirt + Rawbite

7.00pm - 7.30pm: Surfers meeting: Optional in-person briefing and Q&A session

## Saturday, September 21st

6.30am - 8.30am: Board drop-off-closes (Will open again after the race to 6 PM)

7.00am - 8.15am: Race bib pick-closes

8.00-8.45am: Check-in closes

9:30am: Official race start (Easy Explore (2K) shortly after)

12:00pm Cut-time, everyone must leave the water

11.00am - 2.00pm: Fruit pick-up

11:45pm: Award ceremony for Copenhagen SUP

1.00pm - 6.00pm: Long Distance (SUP & Prone) World Championship

7:00pm: Latest pick-up at board zone

4:00am: Latest pick-up at bag storage



# NEED TO KNOW

## We recommend race bib pick-up on Friday 20th

If you picked up number on Friday, you need to go to "check-in" otherwise, your time will not be recorded

### ARRIVAL

#### Arrival on SUP board

- **Race Number Pick-Up:** Race numbers must be picked up on Friday, the 20th. Make sure to wear your race bib on race day when enter competition area.
- **Entry Points:** You can enter the water through the floating barrier at Lille Langebro (Islands Brygge) or at Broens Gadekøkken. After entering, paddle to the main venue to check in and confirm your participation.

#### Arrival by Car without race bib

- **Drop-Off Zone:** Drive to the official drop-off zone, which closes at 8:30 am. Here, you can drop off your board and bags. Afterward, find a parking spot.
- **Parking:** Parking in the drop-off zone is not allowed.
- **Proceed to Main Venue:** After picking up your belongings, walk to the main venue to pick up your race bib.

#### CHECK-IN (only if you picked up your bib Friday)

- **Friday Check-In:** If you picked up your race number on Friday, remember to check in on Saturday.
- **Latest Check-In:** Check-in closes at 8:45 am on Saturday.

#### Race Bib Pick-Up on Saturday

- **Saturday Pick-Up:** If you pick up your race bib on Saturday, there is no need to check in separately.
- **Latest Race Bib Pick-Up Times:**
  - "Pro Explorer (9k)": 8:00 am
  - "Fun Explorer (5k)": 8:10 am
  - "Easy Explorer (2k)": 8:15 am

### BOARD STORAGE

- **Board Zones:** You can drop off your board in one of our two board zones (see map below).
- **Operating Hours:** The board zones are open from 6:30 am to 7:00 pm.
- **Rule:** It is not allowed to place your board outside the designated board zones.
- Leaving your board is at your own risk

### Bag storage

- Bag storage available at the venue, so you can safely store your bag while participating
  - You can only store your items if they are in a bag
  - Operating Hours: 7:00 am to 4:00 pm

### START OF THE RACE

- **Check-In Reminder:** If you picked up your race number the day before, you must still check in; otherwise, your time will not be recorded.
- **Be Ready in the Start Zone:**
  - "Pro Explorer (9k)": 9:10 am
  - "Fun Explorer (5k)": 9:15 am
  - "Easy Explorer (2k)": 9:20 am
- **Start Position:** Refer to the map below to find your position at the race start.

### SAFETY

- **Mandatory Equipment:** A leash and PFD (Personal Flotation Device) are mandatory.
- **Water Safety:** Water safety personnel will be present.
- **Harbor Status:** The harbor will be closed to other traffic during the event.

### RULES

- Participants must be able to complete their registered distance within the allotted time.
- "Pro Explorer" competitors must finish the first lap by 10:45 am (Starting at Kayak Bar).
- Access to the competition area (water) is only allowed with a race bib.
- The event follows the Surf & SUP Denmark rules, available here: [Surf & SUP Rules](#). However, the following exceptions apply for Copenhagen SUP:
  - §3.1.1: Attendance at the "surfers meeting" or "race briefing" is not mandatory; a guide will be provided for you to read.
  - §3.3: The athlete's position on the SUP board is not enforced.

### MORE INFORMATION

- The venue will offer the following facilities:
  - Toilets
  - Changing rooms
  - Various food and beverage options
- A few days before the event, you will receive another information email. It will include details about weather and possible changes.

#### For additional information, you can:

- Visit the FAQ section:
  - [About online registration](#)
  - [About event](#)
- Email [viktor@surfsup.dk](mailto:viktor@surfsup.dk)

SEE ALL MAPS BELOW 

The map shows the harbor area of Copenhagen, including the Nyhavn canal and the Slotsholmen peninsula. Various streets and landmarks are labeled. A legend on the right side of the map explains the symbols used:

- Metro arrival:** A blue 'M' icon. Text: "If you have picked up race bib and are wearing it. You can access water right at Gammel Strand metro."
- Road block:** A red rectangle.
- Harbor closed to other traffic:** A yellow dashed line.
- Race bib pick-up:** A yellow square.
- Check-in:** A pink 'X' icon. Text: "For safety reasons, everyone must confirm their participation on the raceday at check-in. This is also a requirement and necessary to receive your time; otherwise, your time will not be recorded"
- Access point to competition area on SUP board:** A green arrow pointing towards the water.
- Board drop-off zone:** A light blue rectangle. Text: "Because of permission is board zone place a bit away from venue"
- Board storage zone:** An orange rectangle.

On the map, these symbols are placed as follows: A blue 'M' is at Gammel Strand metro. A red rectangle is on the bridge over the Nyhavn canal. A yellow dashed line runs along the Nyhavn canal. A yellow square is on the bridge over the Nyhavn canal. A pink 'X' is on the bridge over the Nyhavn canal. A green arrow points towards the water. A light blue rectangle is on the bridge over the Nyhavn canal. An orange rectangle is on the bridge over the Nyhavn canal.

## Metro arrival

*If you have picked up race bib and are wearing it. You can access water right at Gammel Strand metro.*

## Road block

## Harbor closed to other traffic

## Race bib pick-up

## Check-in

For safety reasons, everyone must confirm their participation on the raceday at check-in.

*This is also a requirement and necessary to receive your time; otherwise, your time will not be recorded*

### Access point to competition area on SUP board

*If you have picked up race bib and are wearing it. You may enter competition area on a SUP board*

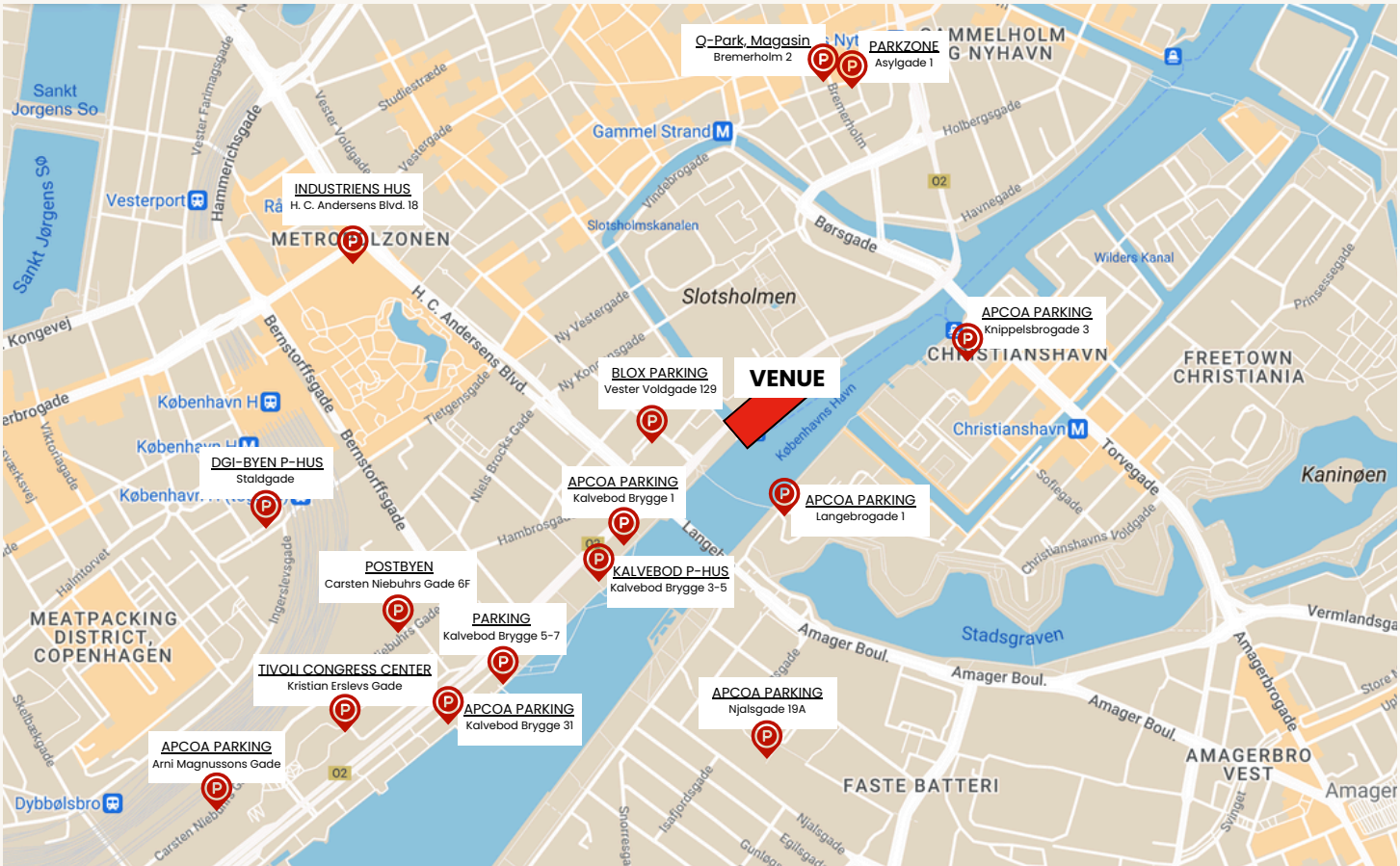
### Board drop-off zone

Because of permission is board  
zone place a bit away from  
venue

### Board storage zone



# RECOMMENDED PARKING OPTIONS



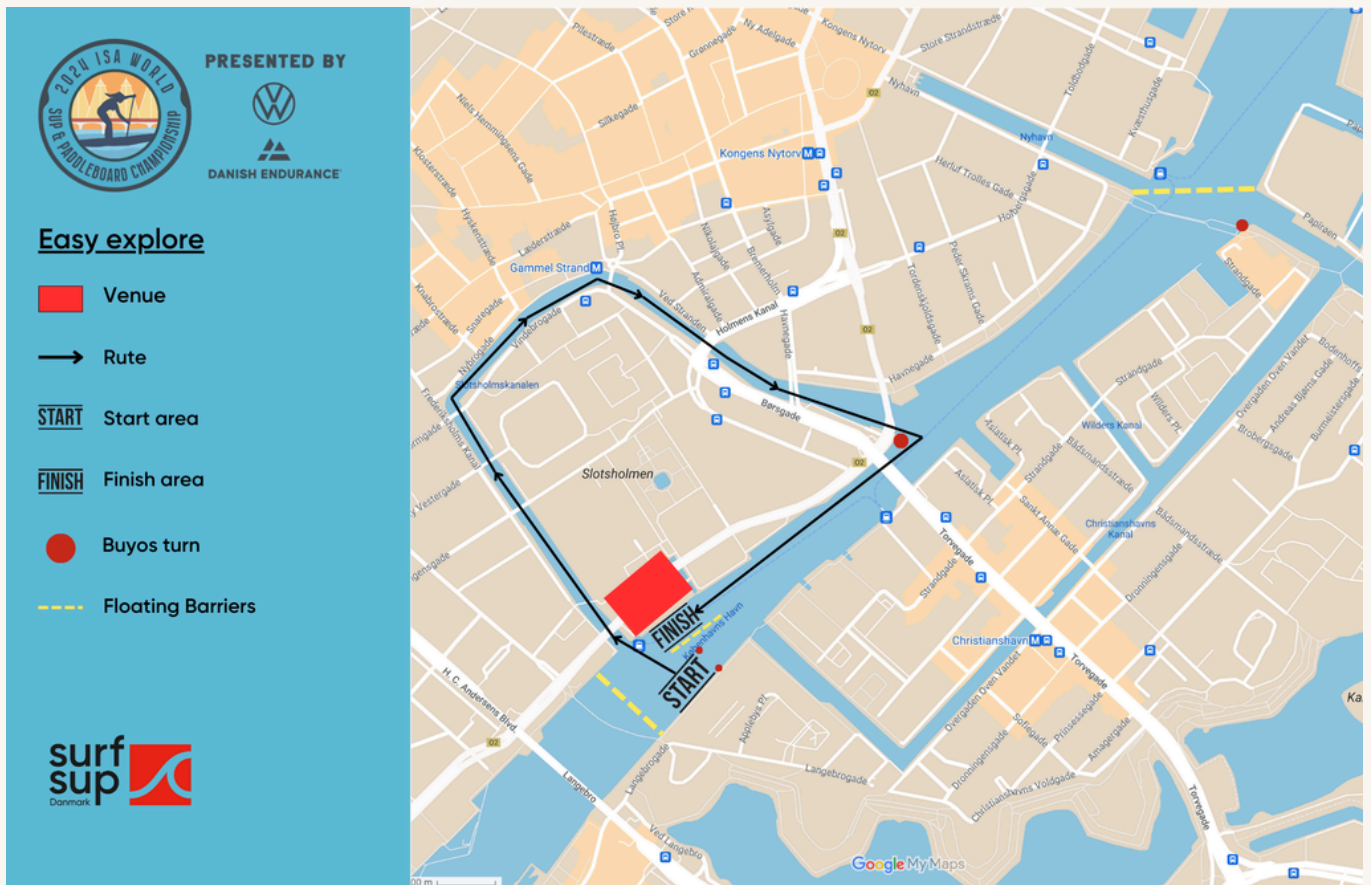
# HOW TO GET AROUND AT VENUE



# START OF RACE



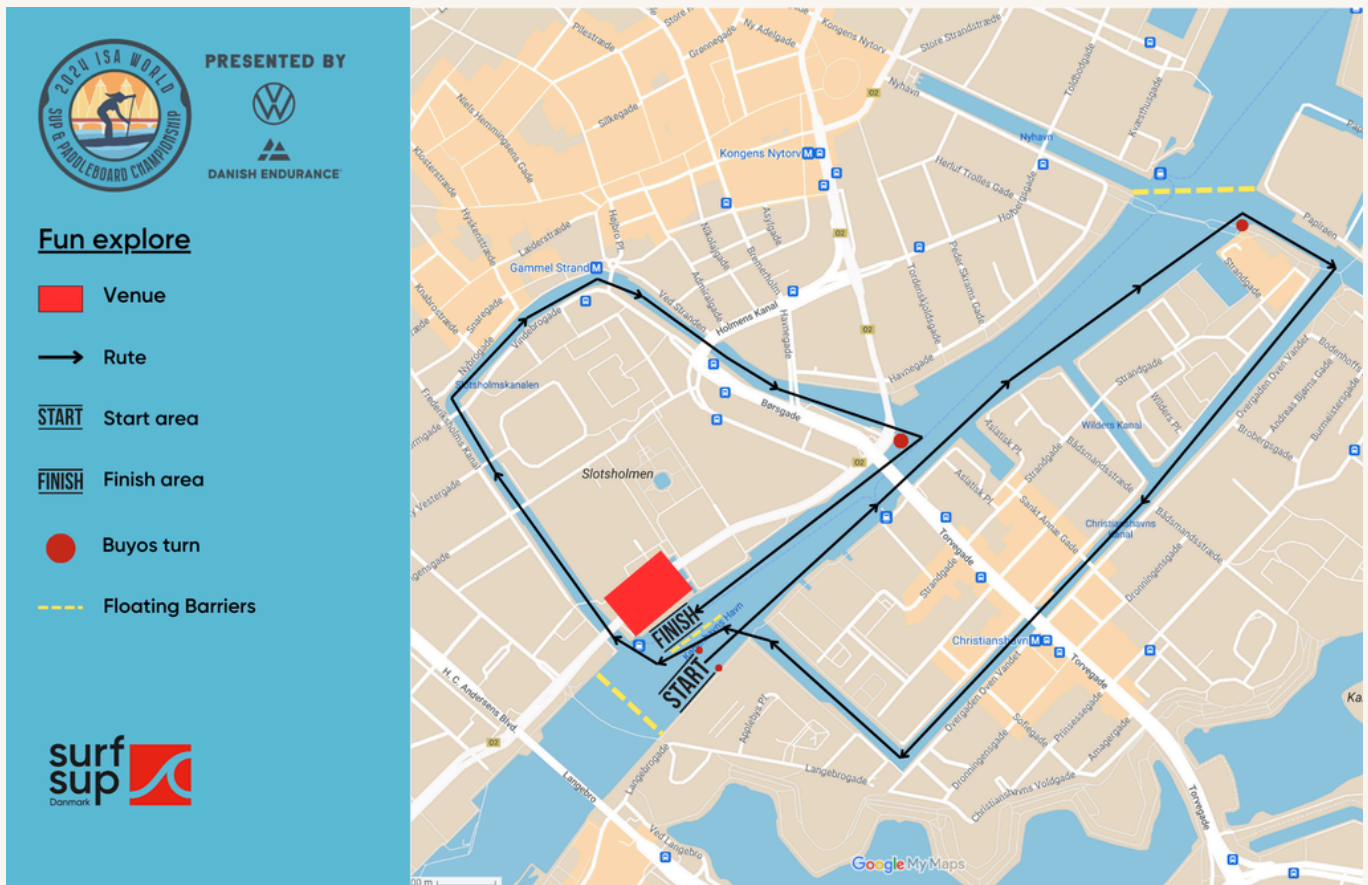
# RACE MAP - EASY EXPLORE



In this route, you paddle around Frederiksholm Canal and Slotsholm Canal, and then you paddle to the finish at Søren Kierkegaards Plads.

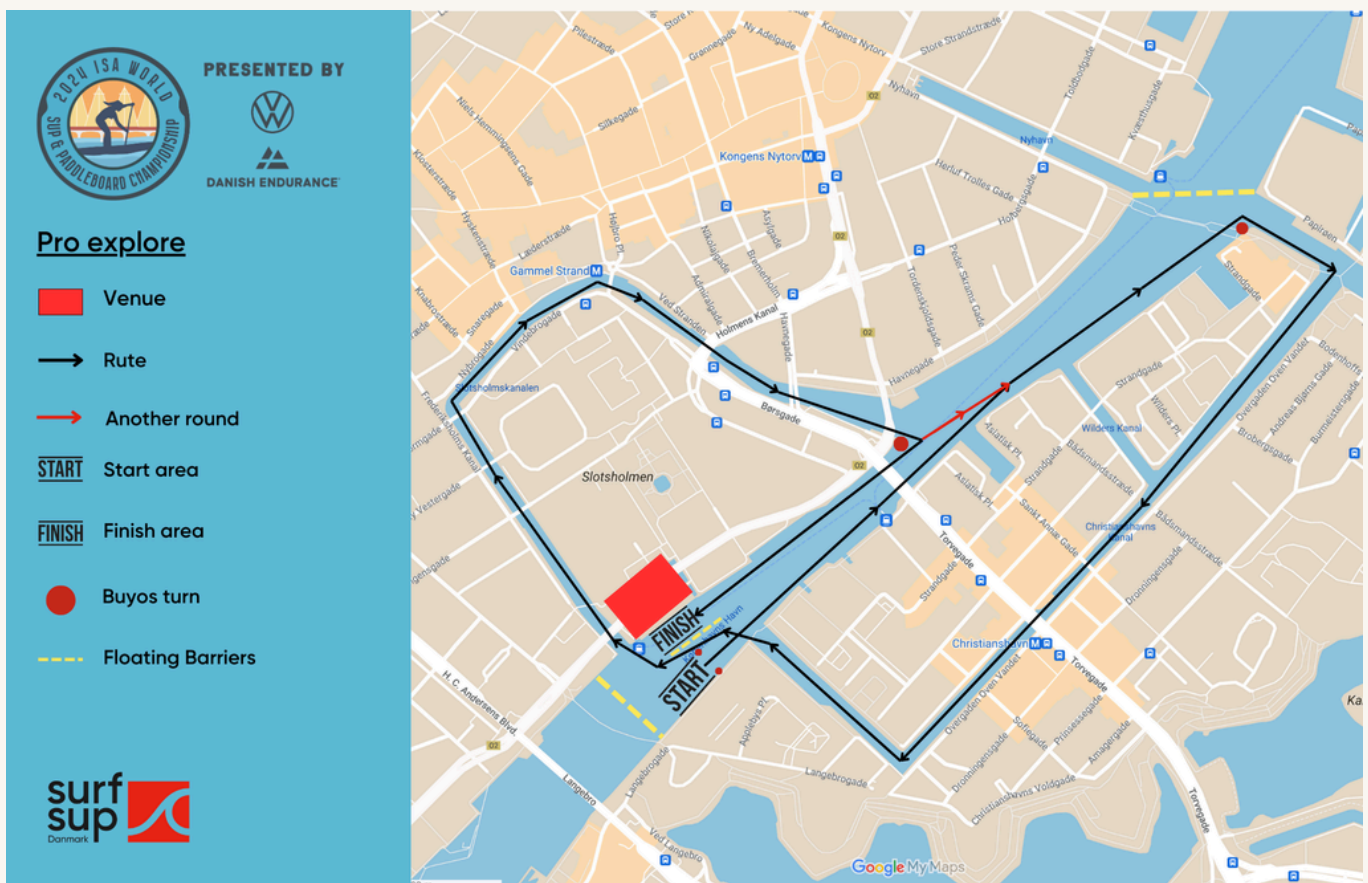


# RACE MAP - FUN EXPLORE



In this route, you paddle a single lap on the World Championship long distance route. Therefore, the first time you pass Kayak Bar, you paddle to the finish at Søren Kierkegaards Plads

# RACE MAP - PRO EXPLORE



In this route, you paddle two laps on the World Championship long distance route. Therefore, you paddle to the left to start a new lap the first time you pass Kayak Bar, and to the right the second time, to then paddle to the finish



# SEE YOU THERE!



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