

# Information and rules.

The Baltic SUP Cup takes place once a year.

Competition contains 2 disciplines:

- 200m sprint
- 5000m technical distance
- 1500m technical distance (U14/U18)

Categories:

- Open Men
- Open Women
- U14/U18 (if there are enough participants)

Registration:

Coming soon.

Schedule:

OPENING

10:30 gathering, registration, distribution of numbers, competitors' briefing

SPRINT 200m

11:00 sprint pre-heats

11:30 sprint heat

13:00 finals

TECHNICAL DISTANCE

14:00 technical distance ~5km/~1,5km

(pro in the front row,  
amateurs and U14/U18 in the second row)

REWARDING

15:00 SPRINT - - Men, women, children

TECHNICAL DISTANCE - pro (men, women),  
hobby (men, women), children

AFTER PARTY

16:00 People's ride - FUN ride to Paljasaare Rannakas Bar

16:30 Good time and party

Rules:

Lifejacket or floating device 50N is mandatory for all

Amateur/hobby class limitations:

All inflatable boards are compatible.

Hardboards up to 12'6"(381cm) and at least 30"(76cm) wide

All people's ride:

All boards are allowed.