



4 Islands SUP-er race, Poreč

22.11.2025 Poreč, Croatia



Notice of race

We kindly invite you to participate on international 4 Islands SUP-er *race on stunning location Poreč, Croatia.*

Organizer: Sportska zajednica grada Poreč with SUP racing League

Venue: Poreč centar, Croatia

Date: 22.11.2025



Discipline: Hardboards & iSUP

- Distance 5km
- Sprint 150m / knock out system
- Juniors Approx 2,3km; compete on iSUP boards till 14feet

Is based on knock out system. Competitors will be in heats of 4-8 paddlers, where the first half will qualify for the next round and the rest will have another chance in lucky loser group, from which the number of paddlers will progress according to the number of groups in the next round (at least one lucky loser paddler will be placed in each group).

Categories, Prizes & rankings: There will be 2 different prize givings:

1: 4 Islands Poreč:

The first three in each category for overall ranking. Overall ranking is based on combined overall position in sprint + distance discipline together. In case of the same points, the better ranking in the distance is taken into account.

- 1st -3th iSUP Men
- 1st -3th iSUP Women
- U18 Junior: Boys & Girls iSUP
- 1st -3th Men
- 1st -3th Women
- 1st -3th over 50 overall Men
- 1st -3th over 50 overall Women
- 1st Sprint Hardboards
- 1st Sprint iSUP



2. SRL overall CHAMPIONSHIP TOUR

- The first three in each category
- Prizes:

PRO or Open

- PRO – Open Men: Male of any age
- PRO – Open Women: Female of any age

JUNIOR

- U18 Junior: Boys 18 years and younger
- U18 Junior: Girls 18 years and younger

AGE GROUP

- Master: Male or Female 40 years and older
- Grand Master: Male or Female 50 years and older
- Kahuna: Male or Female 60 years and older
- Grand Kahuna : Male or female 70 years and older
- Legendary Kahuna: 80 and over

Please note that there must be 3 competitors in category and must have at least 2 starts in the season to get an award. If there are not enough athletes in an age group or junior category to create meaningful competition, categories may be combined.

IMPORTANT :

If you don't have your board the organizer will provide few iSUP boards.

"First come, first serve" (email reservation)



Rules:

Stand-UP Stand-up means paddling standing up. After a fall, a maximum of five paddle strokes may be made while sitting or kneeling. Prolonged paddling in a sitting or kneeling position may result in disqualification.

Equipment:

"Fourteen foot board" or "14'0" Class is defined as any **board up to 14 feet in length.**

"Leash" is the safety device connecting the Competitors to their board. This is mandatory during all races, failure to use it will result in immediate disqualification.

The Race Director may specify other mandatory equipment.

TIMELINES: 22.11

9.00-10:00 am Registration

10:15 am Skipper meeting iSUP

10:30 am Start Long distance iSUP

11:45 Skipper meeting Hardboards

12:00 Start Long distance Hardboards & juniors

13:30 pm Start sprints hardboards followed by iSUP



Registration form:

<https://forms.gle/6bPtPUtRcWk5YLRb7>

The registration form is open until 19.11.2025 .

On-site registration is possible but entry fee is higher.

Entry fee: Entry fee: till 19.11; 20€ on a race day 30€

Single entry fee covers participation in both disciplines (iSUP & Hardboards)

Details for bank transfer

IBAN: HR8123800061110008506

BANK: Istarska kreditna banka Umag

SWIFT: ISKBHR2X

ADRESS: Sportska zajednica Grada Poreča

Nikole Tesle 16, 52440 Poreč

Purpose of payment: **SUP 4ISLANDS**



Race course:

Long distance : race around 4 islands: Sveti Nikola, Barbaran, Karbula and Regata. Approx 5,1km





Juniors race around island: Sveti Nikola Approx 2,3km and start together with hardboards.





Sprint: In front of the City center Approx 150-200m



In case of windy conditions race will held between city center in island Sveti Nikola.

