Port Macquarie
Maroro
Outrigger Canoe Club

AOCRA
AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

2018 AOCRA

OC1/OC2/V1 NATIONAL TITLES

PORT MACQUARIE NSW

Saturday 1st December 2018

Sunday 2nd December 2018

PORT MACQUARIE
HASTINGS

Welcome from Leslie Williams MP

On behalf of the people of the Port Macquarie-Hastings area, I would like to welcome you to the wonderful and beautiful seaside town of Port Macquarie for the OC1/OC2/V1 Outrigging National Titles.

Port Macquarie has been home to the Birpai Aboriginal people for tens of thousands of years.

In 1821 following European settlement a penal colony was established on the shores of the Hastings River contributing a rich and colourful history to our region.

Our town, which boast 17 beaches, a lush hinterland, a large variety of attractions including the Koala Hospital, river cruises and jet boat rides and a diverse range of dining experiences, is now a thriving tourist destination and has recently been voted the most liveable place in Australia thanks to our warm, tempered summers and mild winters.

I know everyone will be busy racing over the weekend, but I hope that you can stay a little longer to enjoy our unique lifestyle.

I commend the Port Macquarie-Maroro Outriggers, who have been working hard to ensure that these National Titles and your stay in Port Macquarie are memorable and I congratulate all of you on your commitment and dedication to your sport.

It will be a wonderful sight to see so many paddlers racing in our river and along our coastline.

Enjoy your stay, laugh with your friends and paddle hard!

Yours sincerely

Leslie Williams MP
Member for Port Macquarie

President's welcome to the 2018 OC1/2/V1 National Titles

Welcome competitors and supporters to the 2018 OC1/2/V1 National Titles.

This year sees the event being hosted by Port Macquarie-Maroro OCC on the Mid North Coast of NSW, an area known for its beautiful beaches and deep blue waters. Racing individual or dual craft on the Big Blue provides a thrill that not many other sports can offer, so we look forward to seeing many familiar faces from previous years coming back to pit themselves against the nation's best paddlers.

It is also fantastic to see newer paddlers stepping up to the plate and training hard for their first tilt at this National Title event. What you get out of this sport is directly proportional to the effort you put in, and this is even more true on these smaller craft. So, paddle hard, have fun, laugh and smile when the job is done.

I look forward to seeing you all at Port Macquarie in December.

Kind regards ... Grant

President, AOCRA

Race Rules

All AOCRA rules and regulations will be enforced, as per the AOCRA Regatta Rules available under the Administration tab on the AOCRA website.

- **All outrigger paddlers** must be current AOCRA members AND member of an affiliated Club
- **Novice Rule:** paddler in their first 2 years of paddling
- **National Title Division**: must have minimum of 2 to make a Title division and be awarded a medal.
- **ALL** paddlers must be checked as they enter the water through a designated gate.

Safety

- All paddlers MUST wear a Non-Inflatable PFD vest whilst racing (pictured)
- All paddlers WILL be allocated a GPS Unit at Registration
- All paddlers MUST carry hydration for Long Course 'Downwinder'
- Each Canoe MUST carry the following
    - **Ultra Short Course –**
        - Leg Rope, Spare paddle
    - **Short Course –**
        - Leg Rope, Mobile Phone, Spare Paddle
    - **Long Course (Downwinder) –**
        - Leg Rope, Mobile Phone, Flare, Spare Paddle

NB: All paddlers must adhere to the instructions provided by the Race Director for entering and exiting the Bar crossing at Port Macquarie and Dunbogan.

Nomination Information

Nominations will be on-line via the www.aocra.com.au site before cut off date.
If you are having trouble with the online registration through AOCRA please email support@aocra.com.au or Connie cwithrington64@gmail.com
It is not possible to register on the day.

Ultra Short Course = **$25** per paddler (this is **NOT** a National event)
Long Course 'Downwinder'= **$60** per paddler
Short Course = **$45** per paddler

Flouro AOCRA Racing cap included in fee (1 per paddler entering in National Title events).
Bus Transport = $10 per paddler (if required)
Presentation Meal = $25 per person. Saturday night presentations are open to all participants and supporters however please note the dinner is an optional extra and NOT included in any race fees.
NOTE: Bus and Meal tickets can be purchase as "club extras" via nomination process on the AOCRA website.

Nominations due: 5pm (AEST) Friday, 23th November, 2018 (Late fee will apply)

A fee of $50 per paddler for late nominations will apply. The RACE DIRECTOR will have the discretion to not allow paddlers to race if they are concerned of the paddlers ability and weather conditions. No refunds will be given if you decide to scratch your race, no matter what the excuse.

Race Divisions:

Ultra Short OC1/V1/OC2 & National Short Course OC1/V1/OC2:
Novice Women, Novice Men, Novice Mixed, U21 Women, U21 Men, U21 Mixed,
Open Women, Open Men, Open Mixed, Master Women, Master Men, Master Mixed,
Senior Master Women, Senior Master Men, Senior Master Mixed, Golden Master Women,
Golden Master Men, Golden Master Mixed, Platinum Master Women, Platinum Master Men,
Platinum Master Mixed, Adaptive Men, Adaptive Women, Adaptive Mixed.
National Long Course OC1/V1/OC2: Open Women, Open Men, Open Mixed, Master Women,
Master Men, Master Mixed, Senior Master Women, Senior Master Men, Senior Master Mixed,
Golden Master Women, Golden Master Men, Golden Master Mixed, Platinum Master Women,
Platinum Master Men, Platinum Master Mixed, Adaptive Men, Adaptive Women, Adaptive Mixed.

Sign-in & Wrist Bands:

ALL Registration will take place at the Regatta Site – **Port Macquarie Marina** (Park St, Port Macquarie).
Registration times will be:

Friday, 30 November 3pm to 6pm
Saturday, 1st December from 6.30am
Sunday, 2nd December from 7.00am

As this is a National titles event, **photo ID will be mandatory**. Please ensure you bring your ID with you when you register. Each paddler must register individually and will receive a colour-coded wrist band depending on their division. No-one can register on your behalf. Wrist bands must stay on your wrist for the duration of the weekend.

Race Registrations:

All Paddlers must sign in at registration PRIOR to **EACH RACE**.
All Paddlers will be issued with a GPS Unit at registration- It is the responsibility of each paddler to return their allocated GPS unit after the race. All Paddlers must enter the water through the marshalling area where you canoes will be checked and marked off prior to entering the water. Paddlers who fail to enter via marshalling will be issued a DNS result. All paddlers are responsible to ensure that their crafts are suitable for all possible conditions.

Race Start:

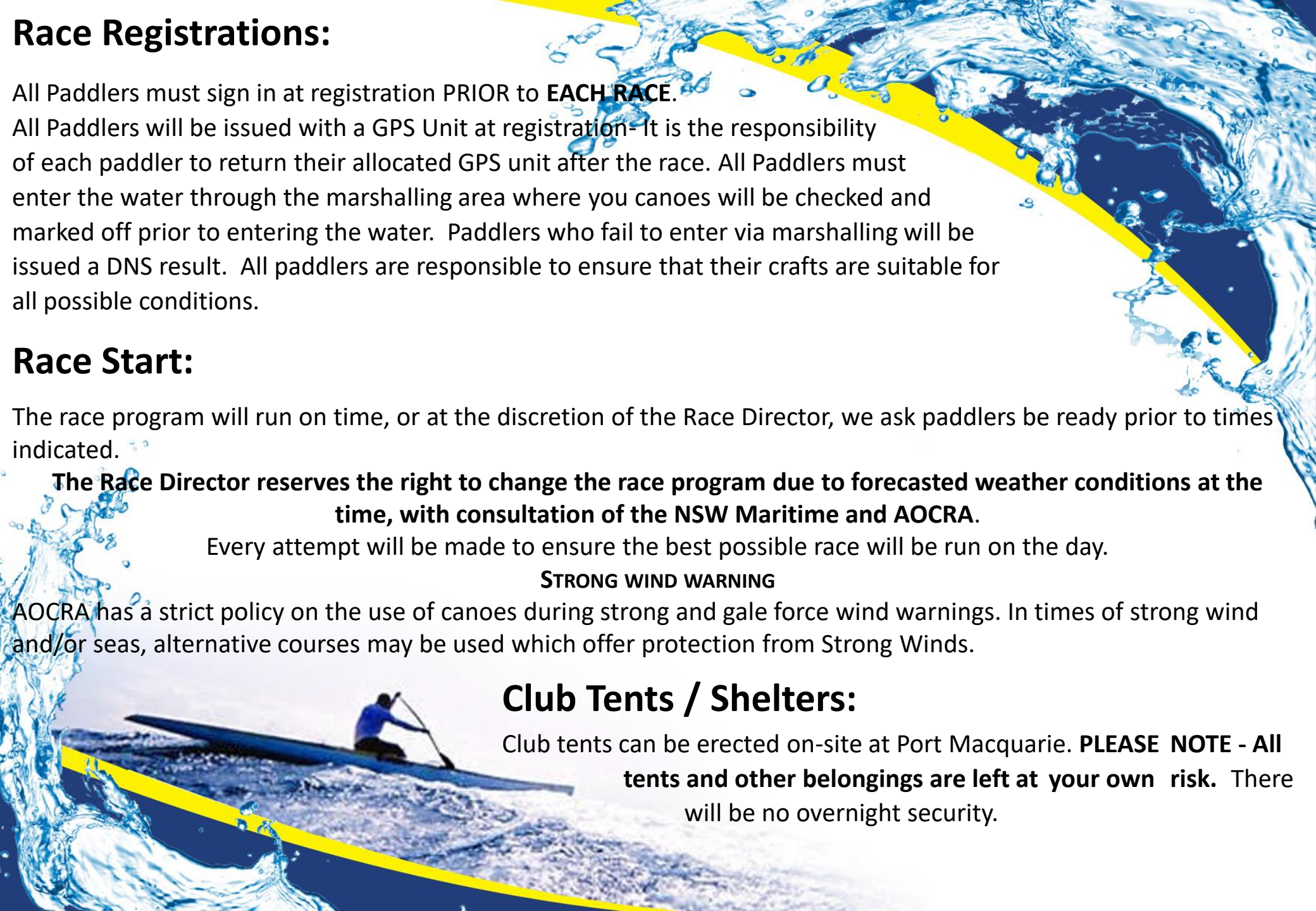
The race program will run on time, or at the discretion of the Race Director, we ask paddlers be ready prior to times indicated.

The Race Director reserves the right to change the race program due to forecasted weather conditions at the time, with consultation of the NSW Maritime and AOCRA.

Every attempt will be made to ensure the best possible race will be run on the day.

STRONG WIND WARNING

AOCRA has a strict policy on the use of canoes during strong and gale force wind warnings. In times of strong wind and/or seas, alternative courses may be used which offer protection from Strong Winds.



Club Tents / Shelters:

Club tents can be erected on-site at Port Macquarie. **PLEASE NOTE - All tents and other belongings are left at your own risk.** There will be no overnight security.

Schedule of Events:

Please note: times are approximate and we ask paddlers be ready prior to times indicated.

The 'Downwinder' Long Course race will be determined by the Race Director upon consultation with AOCRA and NSW Maritime.

There will be a bus available for transportation of paddlers ONLY between the Marina and Dunbogan. Times of Bus transport will be notified at the Race briefing.

Day	Time	Event	Distance
Friday	3.00pm – 6.00pm	Early Wrist Band Registration at Regatta Site	
Saturday	7.00am	Registration Open	
	8.00am	**Greeting and Blessing of Regatta**	
	9.00am	Ultra Short Course Briefing	6km
	9.30am	USC Race Start	6km
	10.30am	USC Race Finish	6km

Tide Times:

Saturday 1st December 2018 - 11.14am 0.41m, 17.34pm 1.26m

Sunday 2nd December 2018 - 06.38am 1.13m, 12.30pm 0.38m

Long Course/ Downwinder Event

Port Macquarie Start

Day	Time	Event	Distance
Saturday	Midday	OC1/OC2/V1 Long Course Briefing	25km
	12.30 – 1.00pm	Long Course entry to water	25km
	1.30pm	OC1/OC2/V1 Long Course 'Downwinder' Start	25km
	3.30 – 4.30pm	OC1/OC2/V1 Long Course 'Downwinder' Finish	25km
	5.00pm	Bus transport from Dunbogan to Marina – 30 minutes	25km

Dunbogan Start

Saturday	Midday	OC1/OC2/V1 Long Course briefing	25km
	12.30pm	Bus transport from Marina to Dunbogan – 30 minutes	25km
	2.00pm	OC1/OC2/V1 Long Course 'Downwinder' Start	25km
	4.00 – 5.00pm	OC1/OC2/V1 Long Course 'Downwinder' Finish	25km
	6.30pm	**Presentation at Rydges, Town Green**	

Short Course Event:

Day	Time	Event	Distance
Sunday	7.00am	Registration Opens	
	9.30am	OC1/OC2/V1 Short Course Briefings	12km
	10.00am	V1 Race Start	12km
	10.10am	OC1/OC2 Short Course Start	12km
	11.30am	OC1/OC2/V1 Short Course Finish	
	1.00pm	**Presentation at Registration Area**	

Canoe Rigging:

Please rig/derig your canoes in the designated area at the Westport Boat Trailer Car Park on Park St and the designated area at Pilot Beach, Dunbogan.

Facilities on the Day:

The Registration area, BBQ food, coffee, merchandise, briefings and Sunday's Presentation and awards will be located in the one location at the East Side of the Boat Ramp over the entire weekend. First Aid will be onsite and on the water throughout the event.

Bus Transport:

Buses will be available for paddlers **ONLY** to be transported between the Marina, Port Macquarie and Pilot Beach, Dunbogan. Please ensure you select Bus Transport when registering online. A fee of $10 will apply.

Port Macquarie start. Buses will be available to transport paddlers back to the Marina at Pilot Beach, Dunbogan. Please ensure you leave a bag with a change of clothes on the bus before the start of the race.

Dunbogan start. Buses will leave the Marina at 1230pm. Bags may be left on the bus for pickup at the Marina at completion of race.

Trailer/Car Parking:

Trailer parking will be in the Westport Boat Trailer car park (next to the Marina) on Park St. Please park considerately and obey all Council signs. If it's particularly good boating weather, this car park can fill up quickly with recreational boaties. Parking will also be available at Kmart, Settlement Point Shopping Centre as well as the Marina Car Park. At Dunbogan, parking will be available along the Pilot Beach Reserve Playground. See maps attached.

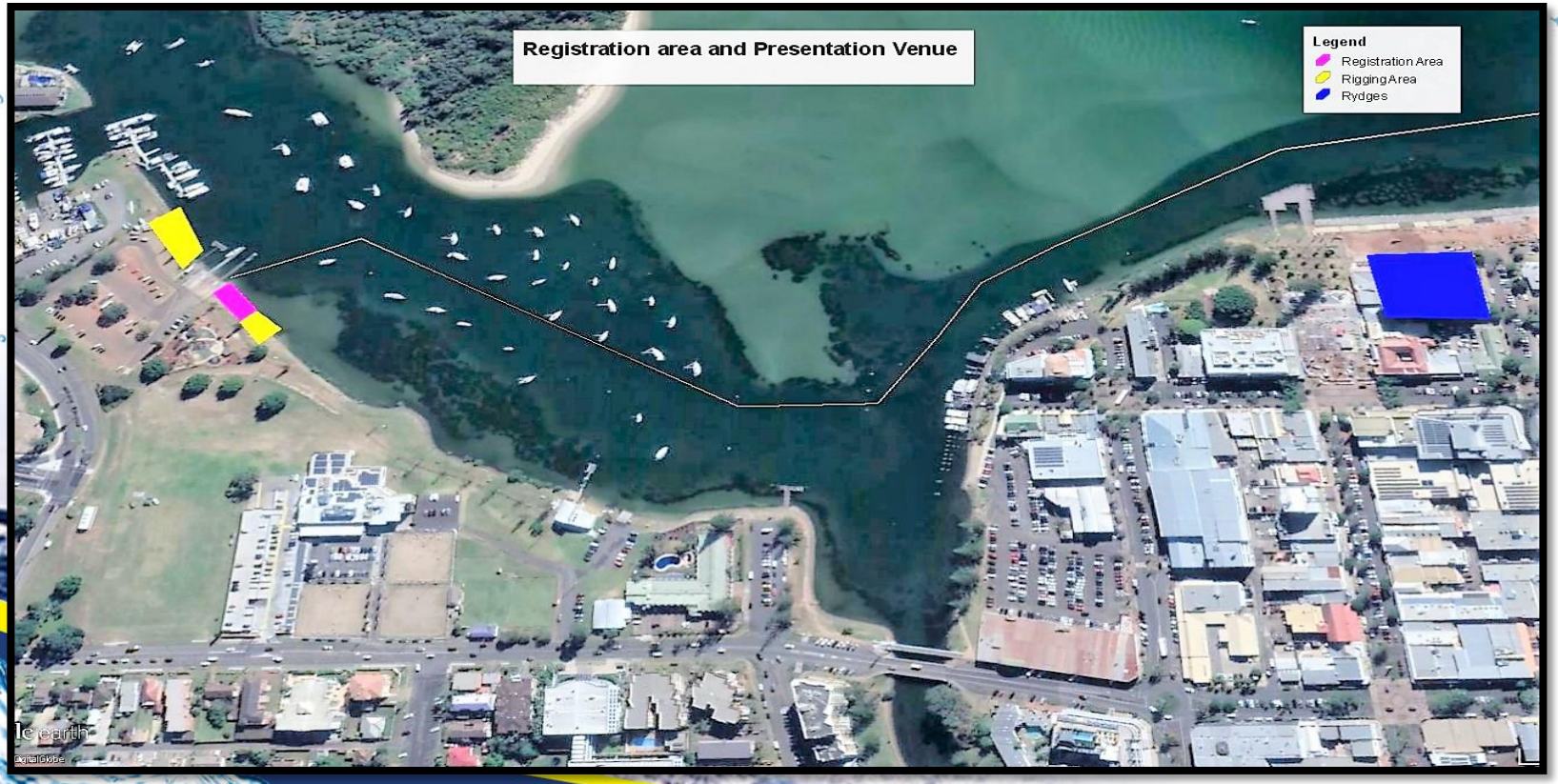
Presentation Night:

The Presentation will be at Rydges, Town Green in the upstairs auditorium starting at 630pm on Saturday night. Meals will be available – tickets can be purchased at the time of nominating (you can purchase for your partner and family at this time as well).

Sunday's presentation will be held at the Registration Area.

Meal Tickets will be $25 per person. This will include Platters of food and Entertainment.

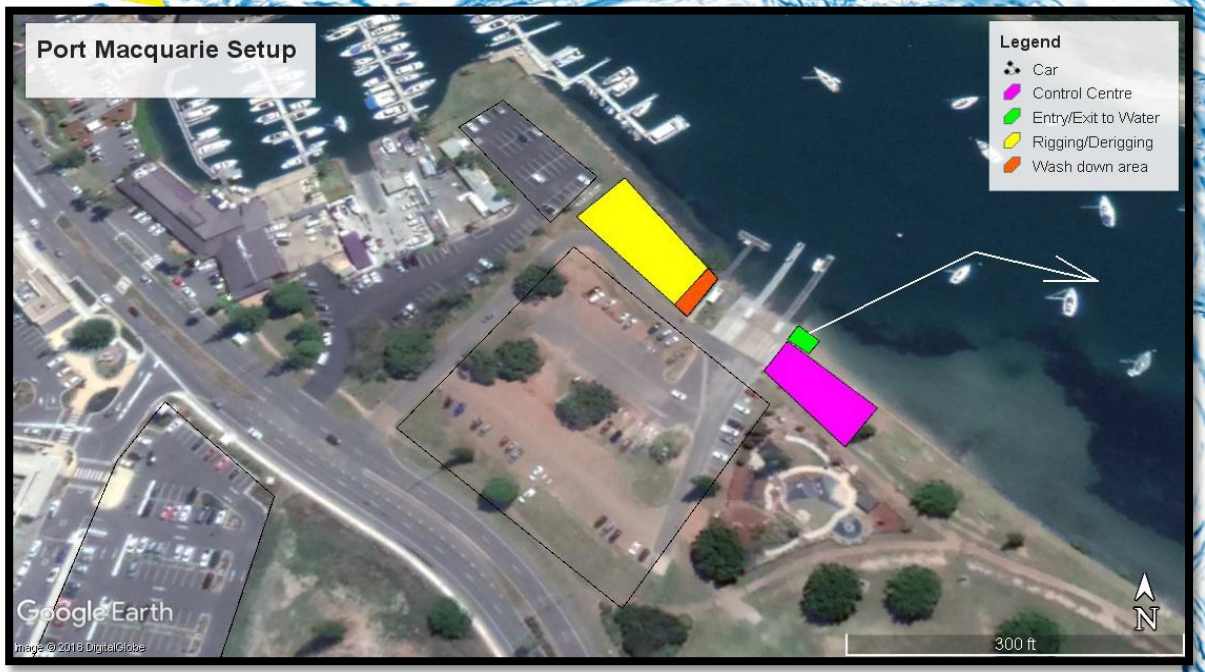
Accommodation packages are available. Please call Rydges on 6589 2888 and mention 'Outrigging Nationals'.

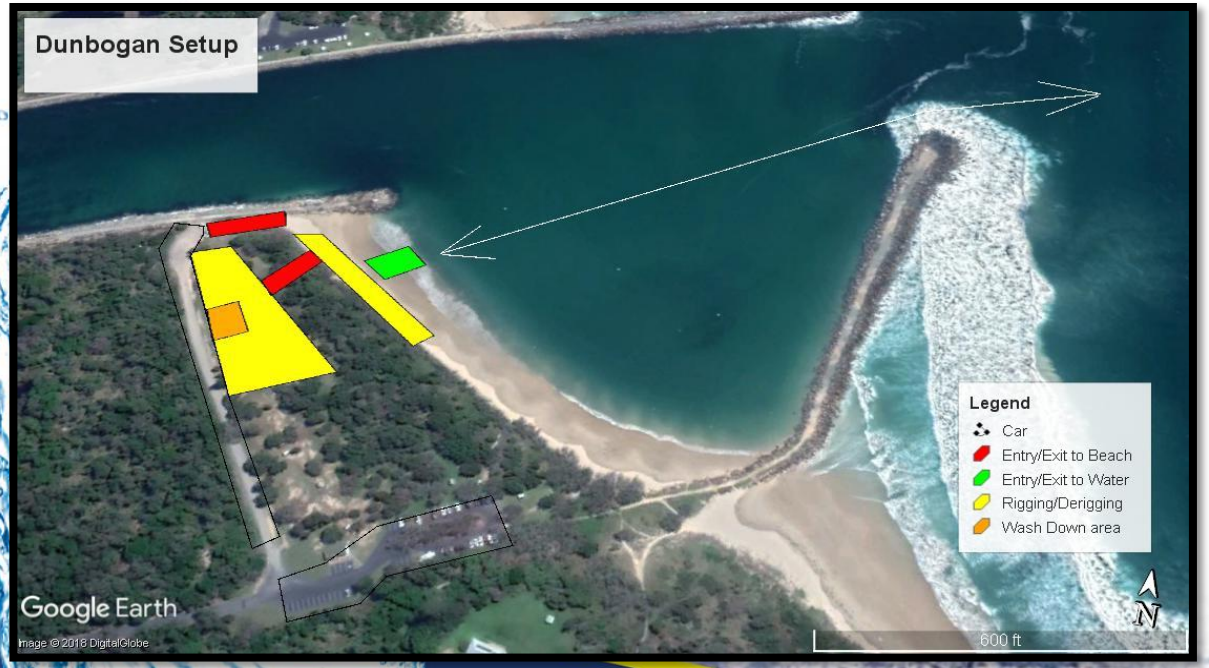


Entry/Exit Points:

Port Macquarie

All paddlers to enter/exit water at Westport Boat Ramp through designated gates. All paddlers/canoes will be checked and marked off as they enter the water. Please allow time and be aware of cars loading/unloading their boats at the ramp. There will be a wash bay area to clean canoes and shower





Dunbogan

All paddlers to enter/exit water at designated gates on Beach. All paddlers/ canoes will be checked and marked off as they enter the water. Please allow time for this to occur. There will be a wash bay area and showers to clean canoes at completion of race. Car parking is limited at Pilot Beach, please ensure your canoe is
loaded/unloaded from your car/trailer as soon as practical.

Race Courses:

All Races include OC1, OC2 and V1

OC1 Ultra Short Course

A 700m paddle to start line. Start will be alongside ‘Lady Nelson Wharf’, head West to River mouth and ama turn around Buoy. Head up river for 2km (against tide), ama turn Buoy, head down river to first Buoy (with tide), non-ama turn then paddle direct to Finish Line at ‘Lady Nelson Wharf’.

NOTE: This is **NOT** a National Titles Event

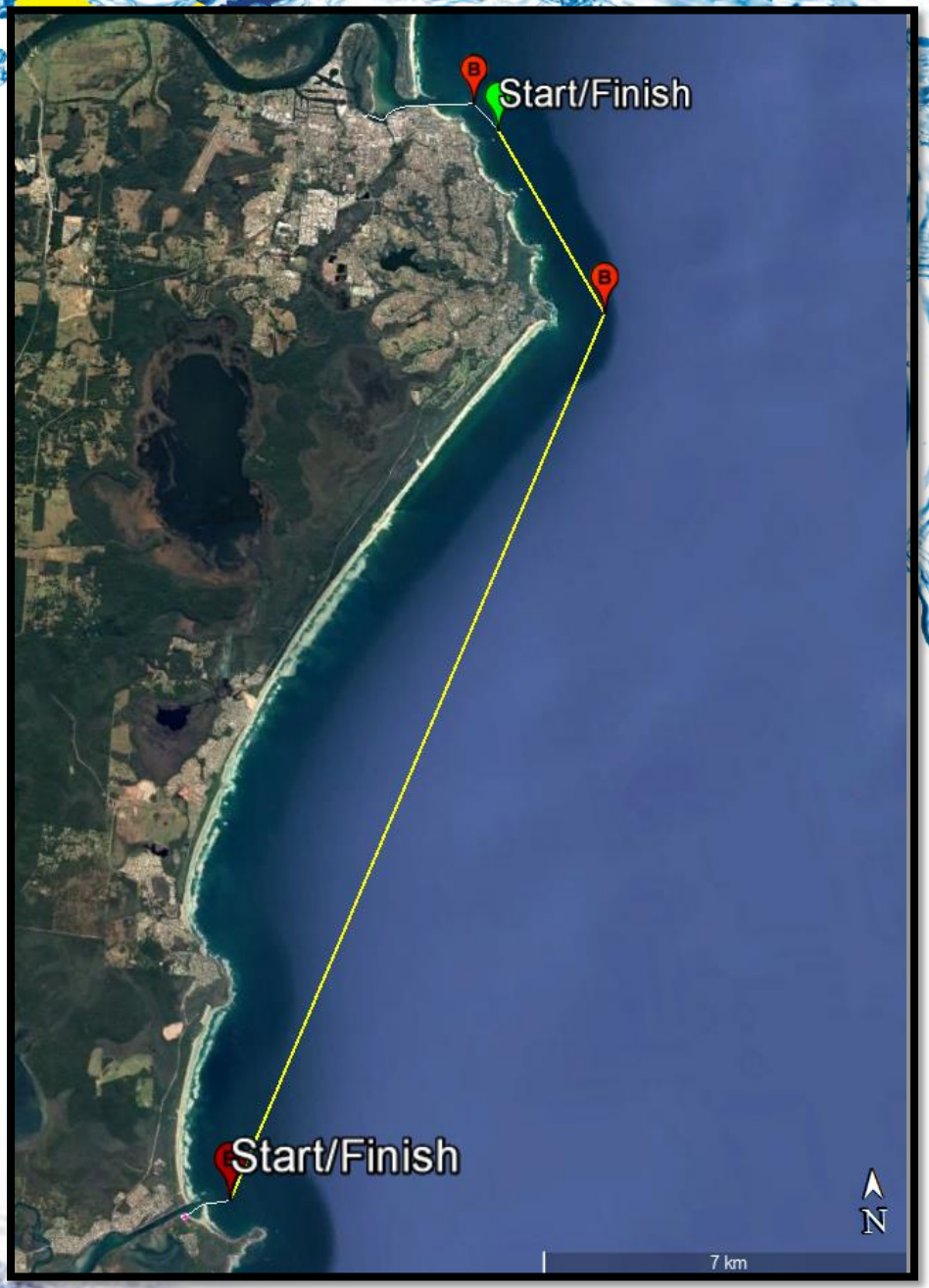
25km ‘Downwinder’ Long Course:

PMQ to Dunbogan – Northerly Winds

A 3km paddle to start line due East of ‘Bird Rock’. Follow Coastline for 5km keeping East of all rocky outlets. A non-ama turn at Buoy 500m East of Lighthouse then direct run to finish line at Dunbogan 200m outside of river mouth between a Buoy and Lead Boat. Paddle to Pilot Beach just inside river mouth.

Dunbogan to PMQ – Southerly Winds

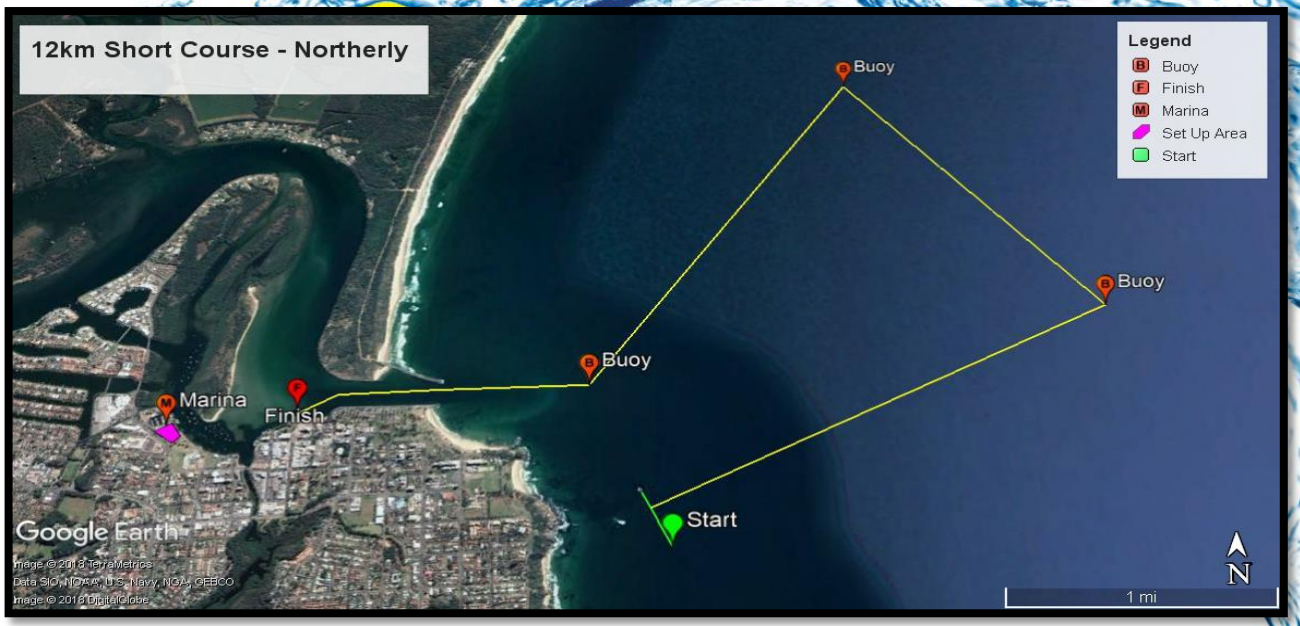
A 300m paddle to start line. Paddle 20km to Lighthouse, ama turn around Buoy located 500m due east of lighthouse, paddle to finish line between ‘Bird Rock’ and Buoy. Decision will be made on Race day if finish line will be at Lady Nelson Wharf.



12km Short Course:

Northerly Winds

Start at ‘Bird Rock’, head NE direction for 5km, ama turn at Buoy head NW direction for 2km, ama turn at Buoy, head to River Mouth, non-ama turn at Buoy, head to finish line at ‘Lady Nelson Wharf’.



Southerly Winds

Start at ‘Bird Rock’, head South for 4km, ama turn at Buoy, head NE for 2km, ama turn at Buoy, head to River Mouth keeping ‘Bird Rock’ to your left, ama turn at Buoy head to finish line at ‘Lady Nelson Wharf’.

Alternate Course:

In consultation with the Race Director, Maritime and AOCRA, if weather and/or swell conditions do **NOT** allow safe passage through the Hastings River Bar, race courses will be held inside the River. Start and head up River, pass Buoy on ama side then head towards Ferry, a non-ama turn at buoy and head across river. Non-ama turn again at Buoy then head down river along rock wall until Buoy located at River Mouth, non-ama turn this buoy then head back towards start line. Turn at start buoy and complete another lap for Short Course and 2 more laps for Long Course. Finish will be non-ama turn at Buoy at River Mouth and then paddle directly towards finish line at Lady Nelson Wharf.

Prizes:

First Male and female Australian Paddler over the line in the Long Course 'Downwinder' will be awarded prizes as per paddler information sheet that will be provided – Conditions will apply.

Travel and Towing Assistance:

AOCRA Travel & Towing Assistance will be available – please see Paddler information sheet that will be provide for further information. Conditions will apply.

National Travel Assistance Rules:

www.aocra.com/Off the Water/Administration/National travel Assistance Rules

AOCRA Towing Assistance:

www.aocra.com/Off the Water/Administration/Request for Towing Assistance

AOCRA travel assistance:

www.aocra.com/Off the Water/Administration/Request for Travel Assistance Form

Submit to AOCRA Secretary within two weeks of the event.

Cancellation Policy:

In the very unlikely event of a total abandonment Port Macquarie-Maroro Outrigger Canoe Club will not be in a position to refund race fees. It is our understanding that AOCRA National would refund their portion of the race fee.

Getting to Port Macquarie:

Car

4.5 hours drive from Sydney. 6 hours drive from Brisbane. Exit is from the Pacific Highway, located 6km South of Hastings River. Turn off at Oxley Highway (Donut). McDonalds, Subway, Oliver's Highway stop. Signs will indicate Wauchope/Tamworth/Port Macquarie.

Plane

Virgin and QANTAS return flights from Sydney and Brisbane. Virgin Flights leaving Port Macquarie on Sunday evening to both cities.

Accommodation:

Fantastic selection of accommodation in Port Macquarie. Please lookup www.portmacquarieinfo.com.au for further details.

For further event information contact:

Race Director :

Wes Byrnes on 0417643336 or wbyrnes40@gmail.com

AOCRA Operations Team Manager:

Emma Harding emhard66@gmail.com

AOCRA Operations Team:

Connie Withrington cwithrington64@gmail.com

Thank you to our Sponsors

PORT MACQUARIE HASTINGS

AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

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