

2019



Ready Set Glow...

GCOCC Twilight Sprints & Paddle Party with DJ Kirby!

JOIN GOLD COAST OUTRIGGERS AS WE CELEBRATE OUR 5TH BIRTHDAY FROM 830AM SATURDAY 19TH JANUARY, 2019

COOMERA LAKE | Watersports Lane, Oxenford



Gold Coast Outrigger Canoe Club

Bringing the FUN back into outrigger.....

It's been 5 years since the Gold Coast OCC club formed, since our inception we have endeavoured to be the Paddle Event Innovators and this one is no exception! GCOCC are super excited to bring you the first ever Twilight Sprint Regatta.

Clubs will bring and race in their own canoes on the Oxenford Sprint Course. This event will focus on OC6 Sprint Racing. One fee per person will cover as many events as you can enter all day, with a fun filled program!

Club uniforms are not compulsory on the day and teams are encouraged to go wild with fancy dress themes and crazy team names to add to the fun... prizes will be given for best dressed crew so let your imagination run wild....team up with other clubs to get as many crews on the water as possible!

On the serious side, the heats and finals will be run under normal race conditions based on fastest times, so it's a good opportunity for club crews to get practice in before National sprints.

Gold Coast's fabulous Master Chef's will be whipping up a storm in the BBQ Tent and the Southport Yacht Club (Oxenford) Café will be open to serve up your favourite hot beverages!

Based on the number of entries, approximate start times for each of the races will be advised two days prior to racing. It's envisaged that all racing will be completed by 7.30/8pm and then GCOCC Resident Race Announcer, DJ Kirby will rock the night away with the best dance tunes until 10pm.

Gold Coast OCC will also be donating a portion of the race day profits to a local charity, Life Without Barriers. We hope to raise \$1,000 and Thank you in advance for supporting this event.

Look forward to seeing you all there!

Glenn Pynne
President of GCOCC



Program of Events

Saturday 19th January 2019

Age Categories – have been combined for increased participation!

- **Minnows**
- **Mighty Midgets** – 12U/14U
- **Future Stars** – 16U/19U
- **Premier Division** – Opens
- **Legends** – Master / Senior Master
- **Immortals** – Golden / Platinum

The following is a guide only – a detailed program will be updated once nominations are received:

Time	Event	Format	Details
0930	Briefing	For All Paddlers/Coaches	Meet in front of the Registration Tent for the official race day briefing
1000	Event 1	3000m Time Trial	Pursuit Format - Canoes leave 1 minute apart - fastest time wins in each division * Minnows 1000m - Shorter Distances same format * Mighty Midgets 2000m - Shorter Distances same format
1100	Event 2 - Round 1	1000m Sprint Turns	All Divisions will be racing together in the heats (Minnows separate)
1100	Heat 1	1000m Sprint Turns	
1110	Heat 2	1000m Sprint Turns	
1120	Heat 3	1000m Sprint Turns	
1130	Heat 4	1000m Sprint Turns	
1140	Heat 5	1000m Sprint Turns	
1150	Heat 6	1000m Sprint Turns	
1200	Event 2 - Round 2	1000m Sprint Turns	All Divisions will be racing together in the heats (Minnows separate)
1200	Heat 1	1000m Sprint Turns	
1210	Heat 2	1000m Sprint Turns	
1220	Heat 3	1000m Sprint Turns	
1230	Heat 4	1000m Sprint Turns	
1240	Heat 5	1000m Sprint Turns	
1250	Heat 6	1000m Sprint Turns	
1300	Event 2 FINALS		Combined Aged Divisions
1300	Immortals	1000m Sprint Turns	Golden and Platinum Masters
1310	Legends	1000m Sprint Turns	Master and Senior Masters
1320	Premier	1000m Sprint Turns	Opens
1330	Future Stars	1000m Sprint Turns	16U/19U
1340	Mighty Midgets	1000m Sprint Turns	12U/14U
1350	Event 3 - FINAL	500m Straight Sprint	Minnows

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1400	Event 4 - Round 1	500m Team Pursuit	All Divisions will be racing together in the heats
1400	Heat 1	500m Team Pursuit	Start at the 250m mark in opposite directions 1 turn - first crew back wins
1410	Heat 2	500m Team Pursuit	
1420	Heat 3	500m Team Pursuit	
1430	Heat 4	500m Team Pursuit	
1440	Heat 5	500m Team Pursuit	
1450	Heat 6	500m Team Pursuit	
1500	Event 4 - Round 2	500m Team Pursuit	All Divisions will be racing together in the heats
1500	Heat 1	500m Team Pursuit	Start at the 250m mark in opposite directions 1 turn - first crew back wins
1510	Heat 2	500m Team Pursuit	
1520	Heat 3	500m Team Pursuit	
1530	Heat 4	500m Team Pursuit	
1540	Heat 5	500m Team Pursuit	
1550	Heat 6	500m Team Pursuit	
1600	Event 5 - FINAL	125m Straight Sprint	Minnows
1610	Event 4 - FINALS	500m Team Pursuit	Combined Aged Divisions
1610	Immortals	500m Team Pursuit	Golden and Platinum Masters
1620	Legends	500m Team Pursuit	Master and Senior Masters
1630	Premier	500m Team Pursuit	Opens
1640	Future Stars	500m Team Pursuit	16U/19U
1650	Mighty Midgets	500m Team Pursuit	12U/14U
1700	Event 6 - Round 1	500m Straight Sprints	All Divisions will be racing together in the heats - winners will be best times
1700	Heat 1		Two opportunities to post your best time
1710	Heat 2		
1720	Heat 3		
1730	Event 6 - Round 2	500m Straight Sprints	All Divisions will be racing together in the heats
1730	Heat 1		Two opportunities to post your best time
1740	Heat 2		
1750	Heat 3		
1800	Event 7 - Tug of War		Only three Paddlers Per Club to Represent - 3 Male / 3 Female in each Category
	Immortals	Tug of War	Golden and Platinum Masters
	Minnows	Tug of War	Minnows
	Premier	Tug of War	Opens
	Future Stars	Tug of War	16U/19U
	Mighty Midgets	Tug of War	12U/14U
	Legends	Tug of War	Master and Senior Masters
1845	Event 8	250m Straight Sprint	Minnows
1900	Event 9	250M Sprint Eliminator	Eliminator Format
			Mass Start - Last five crews eliminated - turn around and go again until we have final three crews

Registration opens at 830am for a 10am Start



Notes:

- The number of heats and time of events may be altered at Race Directors discretion on the day. Estimated race times will be posted once all nominations are received.
- Races 7,8 & 9 will be run under lights on the Car Park end of the Lake!

Racing Canoes, Rigging and Trailer Parking:

- Clubs are to supply their own race canoes – any style / type of craft can be used. Due to clubs upgrading their fleets of canoes, it is no longer feasible for Gold Coast OCC to source 16 canoes of the same style, from clubs that are willing to loan / hire, therefore, we appreciate your understanding in bringing your own craft to race in, just like any other regatta.
- Trailer Parking will be designated on the day, please follow our traffic volunteers.
- Clubs can commence rigging from 08300 on Saturday 19th January, please rig craft in the allocated rigging areas.



Site Map

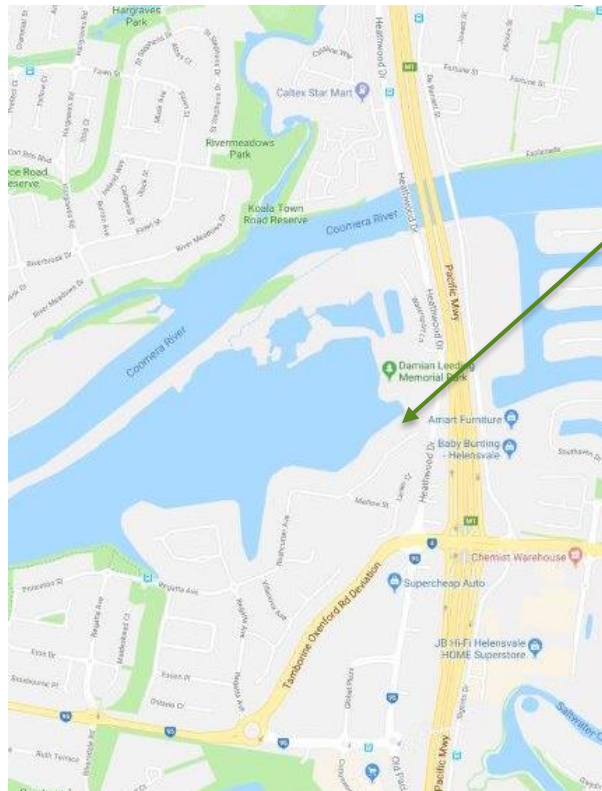
- ★ Trailer Parking & Rigging Areas
- ★ Toilets
- ★ After Party
- ★ Car Parking – Paddlers / Spectators

Club Tents can be set up along the side of the Lake bank.

First Aid will be adjacent to the registration tent

Regatta Location

The Regatta will be held at the Damien Leeding Memorial Park (Coomera Lake). There is designated free car parking available on site. Please follow the directions given by the Parking Attendants.



Damien Leeding
Memorial Park
(Coomera Lake)
Watersport Lane, off the
M1 at Oxenford

Contact Information

GCOCC Race Director	Leigh Paine <u>familypaine@bigpond.com</u>	0429 093 662
Club Secretary	Lavinia Taukalau <u>GCOCC_secretary@outlook.com</u>	0424 431 140



Refreshments

GCOCC will have catering available for sale at the event. No BBQ's are permitted on site due to permit regulations. The BBQ will run all day into the early evening. Deb's famous Hamburgers, Protein Wraps, Ham/Salad Wraps, Pasta Salads and Fruit Salads will all be on the menu!

Southport Yacht Club will also be open for awesome Coffee and snacks!

Nominations

Close Monday 14th January, 2019

Late Registrations

Late registrations after advertised cut off day incur a \$20 late fee per paddler. RACE DIRECTOR has the discretion to disallow late registrations.

Entry Race Fees

	Snr	Jnr	Minnows
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Race Fee V6 per person	\$60	\$35	\$20
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(One fee for as many races as you choose to participate in)

Online Entries

All individuals must register online at www.aocra.com.au before 14th January. It is not possible to register on the day. Individuals must sign-in to confirm their registration and club registrars are to confirm team names – **see last page for TEAM ENTRY LIST.**

If you are having trouble with the online registration through AOCRA please email sqregistrar@gmail.com

Cancellation Policy

In the very unlikely event of a total abandonment Gold Coast OCC will not be in a position to refund race fees.



After Paddle Party

DJ Kirby will be rocking the lake with tunes until 10pm - Estimated finish time of the racing will be around 8pm – stay and mingle with all your Paddling friends!

The venue for the after party is the Southport Yacht Club function room, upstairs. There is no cover charge – free entry for all paddlers and supporters. Drinks will be available for purchase and the GCOCC BBQ will be running until late.



Life Without Barriers

Gold Coast OCC has developed a relationship with a local organization Life Without Barriers, holding an annual paddling day in conjunction with them for their Youth division.

Part of the profits from the 2019 Sprint Regatta will be donated to Life Without Barriers.

Life Without Barriers purpose is to partner with people to change lives for the better. We believe a society where everyone can participate is a stronger, more resilient and more connected society.

We are a leading social purpose organisation working in more than 300 communities across Australia. Our services currently support over 14,500 people living in their own homes or in residential houses that we manage. We partner with people with disability; children, youth and families; older people; Aboriginal and Torres Strait Islander people; refugees, asylum seekers and others who are vulnerable to social exclusion (including isolation, socio-economic disadvantage, mental health, and homelessness).

Your contribution helps us to provide extra resources and opportunities for the people we partner with, and supports us in making a positive impact in society.

For more information on Life Without Barriers: www.lwb.org.au

A presentation will be made to Life Without Barriers at our next event in February – the Wavebreak Weekend. It is hoped that \$1,000 will be donated from this event.



TIMES -	Event	Format	Club Name	Division	How many Crews	Team Names	Team Names	Team Names	Team Names
1000	Event 1	3000m Time Trial	Eg: Gold Coast OCC	Immortals Legends Premier Future Stars Mighty Midgets Minnows	1	Immortal /d/s			
1100	Event 2	1000m Sprint Turns		Immortals Legends Premier Future Stars Mighty Midgets					
1350	Event 3 - FINAL	500m Straight Sprint		Minnows					
1400	Event 4	500m Team Pursuit		Immortals Legends Premier Future Stars Mighty Midgets					
1600	Event 5 - FINAL	125m Straight Sprint		Minnows					
1700	Event 6 - Round 1	500m Straight Sprints		Immortals Legends Premier Future Stars Mighty Midgets					
1800	Event 7 - Tug of War	Tug of War		Immortals Minnows Premier Future Stars Mighty Midgets Legends					
1845	Event 8	250m Straight Sprint		Immortals Legends Premier Future Stars Mighty Midgets					
1900	Event 9	250m Sprint Eliminator		Immortals Legends Premier Future Stars Mighty Midgets					

TEAM ENTRY LISTS MUST BE COMPLETED AND RETURNED TO: events@goldcoastoutriggers.com by 14th January, 2019. Email for an excel version for ease of completion – this will enable us to run an efficient event on the day. Thank you

