

# ARE YOU READY?



## TE IKA NUI OUTRIGGER CANOE CLUB

Invites you to compete in the



### 50km HEAD2HEAD OC6 RELAY

PATONGA – TERRIGAL – PATONGA

Saturday 29<sup>th</sup> January, 2022



Register **NOW** for the opportunity to experience an Ocean Challenge along the Central Coast's spectacular coastline.

Entries are **limited** and **CLOSE** Wednesday 26<sup>th</sup> January, 2022

**This is a Covid Safe Event**



## RACE PROGRAM

Welcome and Blessing

### Patonga

6:30am Race opens for Team Registration and Canoe Safety checks

7:20am Race and Safety Briefing

Steerer plus 1 crew member for each race **MUST** attend

### Staggered Race Relay Start for North Leg, Patonga to Terrigal Haven

7:40am Women's and Mixed crews

8:00am Men's crews

### Terrigal Haven

On arrival at Terrigal Haven, team times will be recorded and crews will change for the South Leg back to Patonga

Canoes must pull into the beach and notify the timekeeper of your club team name and canoe number for your time to be recorded.

Exit the Haven Beach as quickly as possible.

### Patonga Race finish

Returning crews will have their time recorded by the timekeepers on the beach when their canoe crosses the orange start/finish buoys at Patonga

## ALERT!

**Club Coaches must sign off on the capability of the crews and verify their competence to participate in this event.**

**There will be a cut off time of 50 minutes at Box Head. If you have not arrived at Box Head within this time you will be directed to turn back.**

## COVID RESPONSIBILITIES

This is a COVID safe event run in line with current Public Health Orders.

<https://www.nsw.gov.au/covid-19/stay-safe/rules/people-in-nsw#toc-sport-exercise-and-outdoor-gatherings>



## RACE RULES

***This race is designed for experienced paddlers. It provides an opportunity to test your skill and endurance over a longer distance than the usual OC6 marathon races.***

***It is a relay of two separate races. The first leg is 25km north and the second leg is 25km south. Ideally the two teams will be from the same club in any combination of crews.***

If a club doesn't have enough experienced paddlers to form two crews please connect with another club to make up the numbers for two crews or contact Race Organizer Yvonne Walters 0403 738 922 or Race Director Bob King 0414 668 262

## TEAMS

Teams **must consist of 12 paddlers** as per the following divisions.  
(Enter the relay of 2 races with 1 crew for each race.)

**Women's Division** 2 female crews of 12 women

**Men's Division** 2 crews of up to 12 men

**Mixed Division** 2 Mixed crews of 12 paddlers;

3 Women and 3 Men in each crew **OR**

1 Male crew and 1 Female crew **OR**

1 Mixed crew (3 Women & 3 Men) and one Male OR one Female crew

## RACE FEES

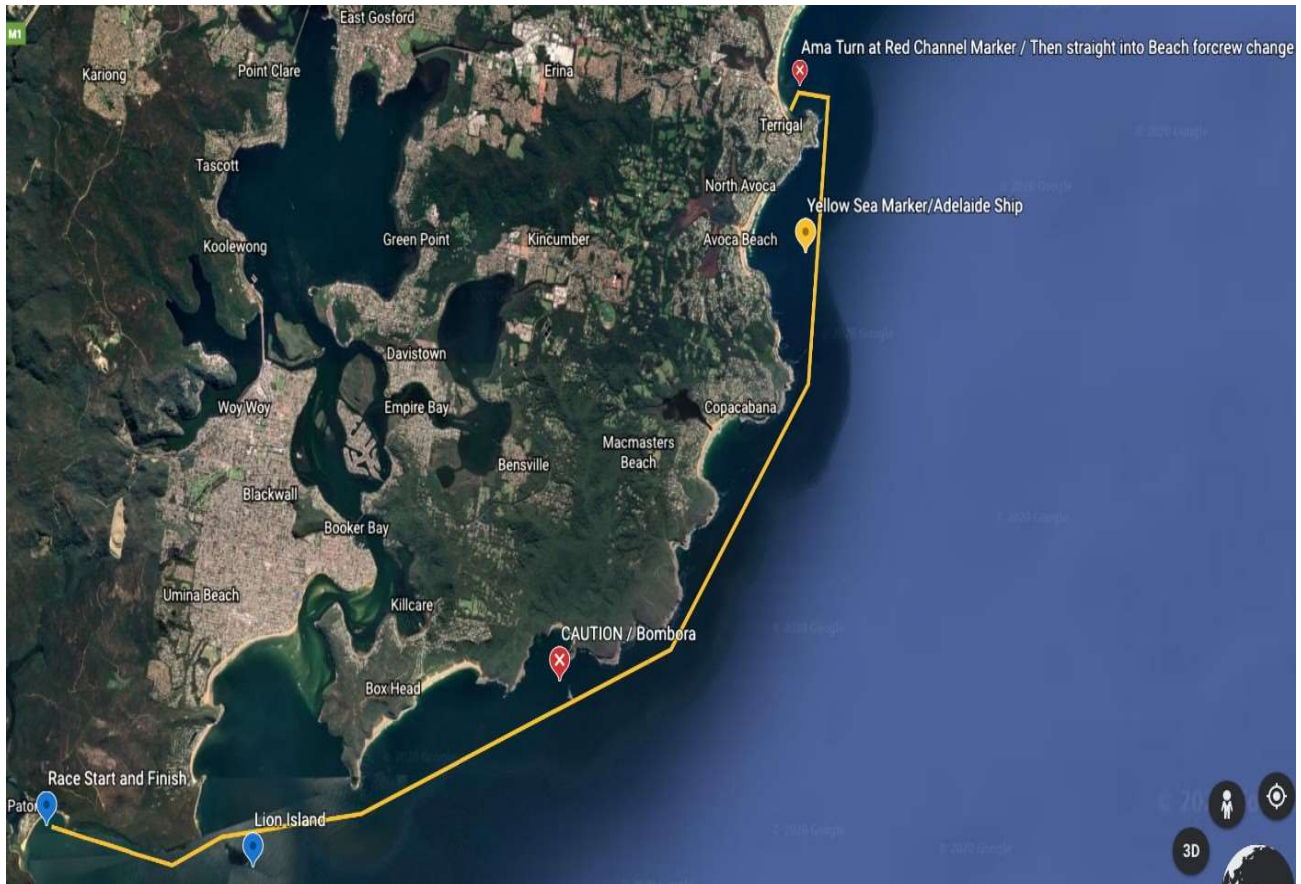
**OC6 race 25km**

**\$65.00 per person per race**

**Registration and Race fees must be paid online at the AOCRA website**

**Club and Team Nominations close **Wednesday 26<sup>th</sup> January 2022****

## RACE COURSE - 25KMS



### RACE START AT PATONGA

Crews are to line up between 2 orange buoys and race will start as per AOCRA ruling.

Head East towards Lion Island, following the coast line.  
Travel round the Western Side of Lion Island and then make your way to Big Box Head. From here follow the coastline north.

**CAUTION BOMBORA!! At Maitland Bay.** You **must** remain well clear of this to avoid endangering your crew and craft.

Keep heading North around Maitland Bay to Cape 3 Points and Avoca.  
On rounding the Cape you will see a **big yellow sea marker** indicating the Adelaide Ship Wreck. Paddle across the wreck towards Terrigal Skillion.

**Do not get too close to the Skillion** Terrigal, the next Head.

**Stay Clear! Shallow Rock Platform all around the Skillion to Terrigal Point**



You must round the Red Channel Marker to the north west of Terrigal point / AMA TURN before heading in to change the crew.  
PLEASE PROCEED WITH CAUTION ON TERRIGAL POINT

## TERRIGAL HAVEN

**Caution!** Terrigal point is shallow with breaking waves - **stay clear**  
Head northwest of the point and ama turn around the red channel marker Head into the beach to the control tent. Approach the beach with **care**.

This is a high traffic area of moored boats, swimmers/divers and beach goers. **Te Ika Nui members** will be on the beach for assistance.

A nominated person from the canoe must sign in and give the canoe number and Team name. Your time will then be recorded.

The next crew will leave the beach and continue the race back to Patonga.



A canoe can only be picked up from Terrigal in an emergency situation. The person towing the trailer must approach the Haven Parking area from the North and also leave to the North.

## SOUTH RETURN 25KM

Your new crew will start from Terrigal Haven, head North, round the red channel marker (non ama turn) and take care of incoming canoe's to follow the same route home in a Southerly direction to return to Patonga.

**CAUTION: BOMBORA** at Maitland Bay you must stay clear of this on the seaward (eastern) side.

Next major Landmark is Lion Island. Keep the western tip of Lion Island (on your left) and follow coastline (on your right) around to Patonga Beach. An incoming tide will favor the finish run into Patonga Waterway.

You must cross the finish line between the 2 orange buoys.



## ALTERNATE RACE COURSE

The alternate course will consist of

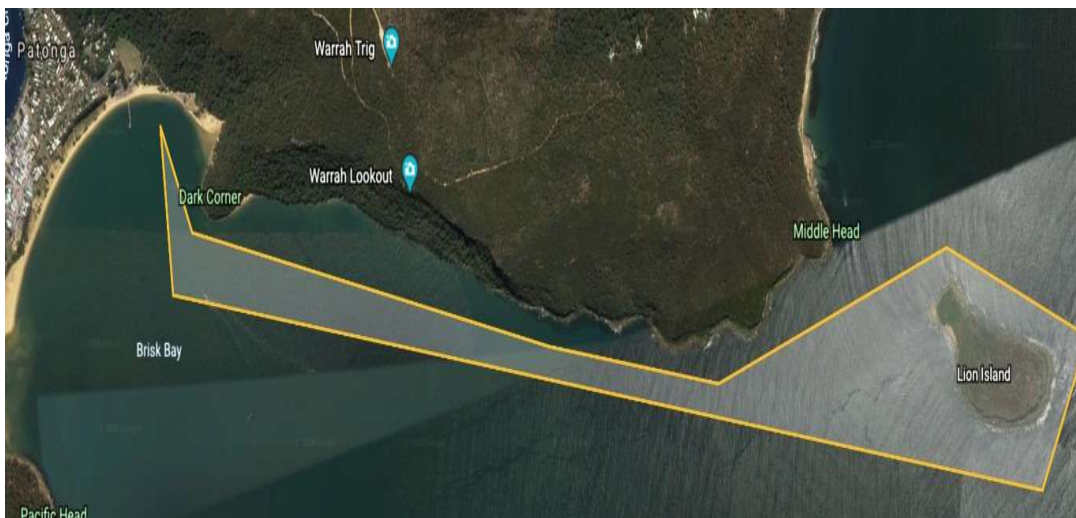
**2 Races: A total of 4 Laps of Lion Island = 1 Crew = 2 Laps.**

In a clockwise direction, depending on conditions on the day.

There will be 2 separate race starts

1st Crew will complete **Race 1** = (2 laps) and finish on the beach.

Once the last canoe has finished, 2nd Crew will line up for start of **Race 2**





## **SAFETY**

**Paddlers' nutrition and hydration are at the top of this list.**

Please ensure you are carrying sufficient hydration.

**Paddler safety is our number one concern.**

## **CANOES**

All canoes will be fitted with the following

- Storm Covers
- 6 Life Jackets, to be worn or carried
- A Tow Rope of 25 metres minimum length (tied to the forward wa'a or spreader) secured outside the covers
- At least 1 Spare Paddle
- At least 2 bailers
- A mobile phone for tracking with Race Director's phone number

## **SAFETY INSPECTIONS**

A TINOCC Safety officer will perform safety inspections on all canoes. If a canoe fails to meet the required AOCRA safety guidelines, the canoe will be ineligible to take part in the event.

All crews are to be efficient at righting their canoe should there be a HULI and should know how to attach a towrope for towing.

All paddlers must have been signed off as competent at swimming and canoe recovery as per AOCRA Rules 2021

## **Contact phone numbers to be added to your contacts**

**Race Director Bob King 0414 668 262**

**Race Organizer Yvonne Walters 0403 738 922**

**Marine Rescue: 94502468**

## **CONDITIONS OF ELIGIBILITY**

All competitors are required to be financial members of a club affiliated with AOCRA Inc. and registered with AOCRA Inc. to be eligible to nominate and compete in this event.

Composite teams from different clubs can be entered in the event if a club is short a paddler/s and would otherwise be unable to race.

These entries will be subject to case submission and must be granted permission by AOCRA NSW Zone, **prior** to the regatta.

AOCRA Inc., the Race Director, or the Race Committee reserves the right to request proof of identity or age (i.e. identification card with photograph) of a competitor



## AGE DIVISIONS

Open	20 years and over	Masters	40 years and over
Senior Masters	50 years and over	Golden Masters	60 years and over

## REFUNDS AND CANCELLATION POLICY

In the event of the regatta cancellation due to weather conditions, other unforeseen circumstances (including border closures) or COVID-19 restrictions, Te Ika Nui OCC will refund 75% of the race fee portion. A refund of AOCRA and NSW Zone portion of fees will be at their discretion.

## FOOD

Food and beverages will be available to purchase nearby at the Boathouse Hotel Patonga

## RAFFLE

Please bring cash for some amazing prizes.

## TOILETS

Public toilets are situated across the road from the beach and Regatta site

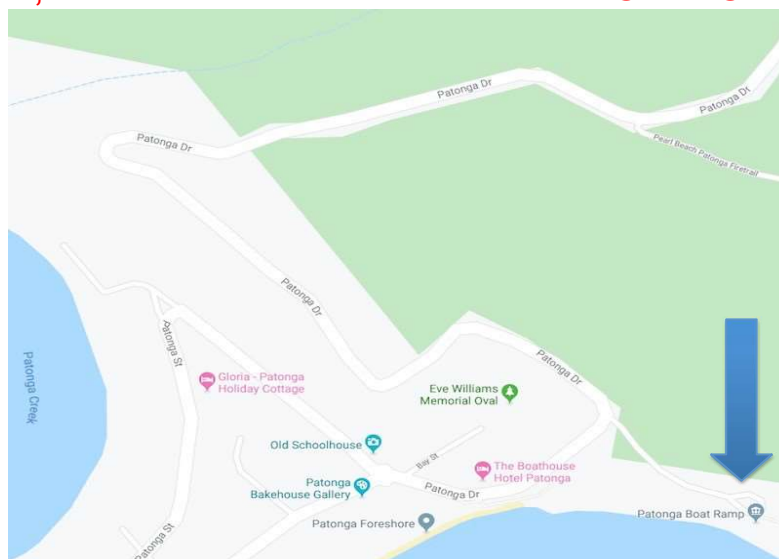
## CANOE TRAILER PARKING AT PATONGA

Please try and share trailers with fellow clubs to minimize canoe trailer numbers entering the parking area. There is limited trailer parking.

Care must be taken at the Hairpin corner on Patonga Drive at the top of the hill leading down to Patonga

Canoe Trailer Parking will be directed by **TE IKA NUI Members**. At the bottom of the hill take the exit left into the boat ramp car park.

**DANGER, 2 SHARP BENDS – PLEASE SLOW DOWN!!**



**THERE WILL BE 'CASH PRIZES' PLUS MORE**