

HEKILI OUTRIGGER CANOE CLUB

Is proud to present the ninth

Great Barrier Reef Ocean Challenge & 2019 National Changeover Titles and Mini G



Saturday 24th – Sunday 25th August 2019





Hekili Outrigger Canoe Club presents- GBROC & 2019 National Changeover Titles and Mini G

Invitation

The members of Hekili Outrigger Canoe Club invite you to compete in our ninth GBROC, Australia's longest distance race 45km, **incorporating the 2019 National Changeover Titles** – starting at Yorkeys Knob and finishing at Port Douglas 4 Mile Beach. This course gives all competitors a continuous downwind run and should make for some fast times and exciting racing. Crews should anticipate average race times of between three and five hours.

This year GBROC will be raced on Saturday 24th August and Mini G will be raced on Sunday 25th August.

Experienced OC1, OC2, V1, V3 and Ski paddlers who like a challenge, are invited to come along and paddle in the 45km iron race. OC6 crews have the option of paddling as an iron race or in a changeover race – including eligible crews in the 2019 National Changeover Titles.

Not up to paddling such a long distance, then come along and paddle in Mini G. This course starts near the Marlin Marina and finishes at Yorkeys Knob and is suitable for all paddling abilities, offering novices and Under 19's a chance to get a feel for the GBROC experience. It is open to OC6 crews, OC1, OC2, V1, V3, Ski and SUP board paddlers. This race is also a downwind run and should take between ninety minutes and two hours to complete.





Program of events

Saturday 24th August 2019: GBROC 45km Iron and OC6 Changeover – incorporating the 2019 National Changeover Titles

Time	Event	Location
Friday 23rd August 5pm – 7pm	Registration for GBROC	Yorkeys Knob Main Beach, Northern End of Sim's Esplanade
Saturday 24th August 7:00am	Sign on, allocation of tracking device & scrutineering	Yorkeys Knob Main Beach, Northern End
8:00am	Race briefing	Yorkeys Knob Main Beach
8:40am	Small craft race start	Between two buoys in front of rock wall at Northern end of Yorkeys Knob
8:50am	OC6 Divisions start	
Conclusion of race	Presentation	Port Douglas Life Saving Club

Participating craft of Iron race:

- OC6, OC1, OC2, V1, V3 paddlers
- Double Skis/ Ocean Skis/Spec Skis paddlers

Participating craft of Changeover race:

- OC6 – National Titles – MUST BE ALL CLUB CREWS except for Platinum & Golden Master (as per Regatta & Training Rule B.2.1.1. d)
- International and Combined Club Crews



Program of events

- The race program will run on time, or at the discretion of the Race Director.
- The Race Director will not wait for crews to get to the Start Line.
- If the weather deems it necessary, it is at the race director's discretion to change the course at the start of the race.
- Course distance may be varied according to weather conditions and start times may change. Please ensure you check with race officials on the day and attend all race briefings prior to the event.
- AOCRA Regatta rules apply. Support boats will be at a ratio as prescribed in the AOCRA Regatta rules.
- AOCRA National Title Regatta rules will apply to the OC6 National Changeover Titles.

Sunday 25th August 2019: MiniG

Time	Event	Location
6:00am	Registration for Mini G opens & scrutineering commences	Sugar Terminal Boat Ramp, Trawler Base Rd Portsmith Cairns
7:30am	Race briefing	
8:30am	Mini G commences Ensure you allow enough time to paddle to the start line.	Eastern end of Marlin Marina approximately 2.4km from boat ramp.
After racing is completed	BBQ and Presentation of Mini G	Yorkeys Knob Main Beach Northern End

Participating craft of Half Iron race:

- OC6, OC1, OC2, V1, V3paddlers
- Double Skis/ Ocean Skis/Spec Skis/SUP Board paddlers

NOMINATION FEES:

Please be aware that our late fees are set high to encourage everyone to pay by 9th August 2019. Due to the logistics of organizing safety boats per paddler ratio, late nominations can cause organisational problems.

International Outrigger Competitors- Must confirm they hold valid travel insurance and MUST complete a '2019 International Paddler Indemnity Form' for each paddler prior to race day. This will be emailed to your team manager once identified. Note the \$8 AOCRA Sports insurance day fee is NOT available.

Non AOCRA Members- May only race in non-outrigger craft, ie. SUP & Ski and MUST pay the \$8 AOCRA Sports Insurance day fee. This excludes the international Paddlers (see above). Non AOCRA Members must lodge an "Individual Nomination" with credit card payment online.

Mini G:

- **Nomination is \$45 for AOCRA members, \$55 for Non-AOCRA members paddling on non-outrigger craft per person (includes \$8 Day licence fee) if lodged with payment by 6pm Friday 9th August 2019 online at www.aocra.com.au**
- Late Fee is \$100 per person if paid after 6pm 9th August 2019.
- Final nominations must be lodged with payment by 6pm Friday 16th August 2019.
- Note: Double ski Paddlers must nominate twice for each craft = \$110. ** Includes AOCRA sports insurance.
- Note: V3 Paddlers must nominate three times for each craft = \$135

45Km GBROC Iron & Changeover:

- **Iron Nomination is \$120 for AOCRA members, \$130 for non-AOCRA members paddling on non-outrigger craft per person (includes \$8 Day licence fee) if lodged with payment by 6pm Friday 9th August 2019.**
- Late fee is \$200 for all paddlers if paid after 6pm Friday 9th August 2019.
- Note: Double ski Paddlers must nominate twice for each craft = \$260. ** Includes AOCRA sports insurance.
- Note: V3 Paddlers must nominate three times for each craft = \$360

- **OC6 Changeover team fees – National Title & Combined Clubs: \$60 per paddler (\$540 Men's crews 9 paddlers / \$600 per Women & Mixed crews 10 paddlers) if lodged with payment by 6pm Friday 9th August 2019.**
- Late fee for OC6 Changeover team will be \$65 per paddler.
- Final nomination must be lodged with payment by 6pm Friday 16th August 2019.
- **OC6 Changeover crews will also have to pay the cost of their personal support boat.**

- Clubs must lodge a "Club Nomination"
- Individuals can also lodge a race nomination with payment via credit card.
- Non AOCRA Members must lodge an "Individual Nomination" with credit card payment online.
- This is a combined club event - crews can consist of paddlers from various clubs.
- **OC6 National Changeover Title crews MUST NOMINATE via 'Club Nomination' under the SEPARATE NATIONAL CHANGEOVER TITLES Event.**
 - **Open, Master & Senior crews must only have members registered with the same AOCRA clubs**
 - **Golden & Platinum Crews can combine members from different AOCRA clubs as per Regatta & Training Rule B.2.1.1 d)**
 - **THERE MUST BE TWO CREWS NOMINATED IN ORDER FOR A DIVISION TO GO AHEAD. Single crews will be asked to paddle down to a lower division**
 - **AOCRA Ltd will be offering towing assistance to clubs that tow OC6 canoes that are being used in the National Changeover Titles. A paddler fact sheet with more information will be sent closer to the date**

- GBROC 45km is an ultra-endurance event, therefore the Race Committee require that no paddler 16 and under can participate; paddlers aged 17, 18 and 19 wishing to nominate in the Open Division must provide written approval from their club coach prior to nominating to NQ Zone Secretary, email: nqzoneaocra@outlook.com and the Event Manager, Rhys Morgan.





GREAT BARRIER REEF OCEAN CHALLENGE MINI G DETAILS

Race Director for this event will be **TBA**. Medical Director for this event will be **Pauline Greer**.

RACE REGISTRATION: Sunday 25th August, from 6:00am Sugar Terminal Boat Ramp, Trawler Base Rd. Portsmith)

RACE BRIEFING: Sunday 25th August, 7:30am (Sugar Terminal Boat Ramp, Trawler Base Rd) A minimum of your steerer plus one crew member must attend the briefing.

RACE START: 8:30am—Eastern end of Marlin Marina, Cairns approximately 2.4km from boat ramp.

Divisions:

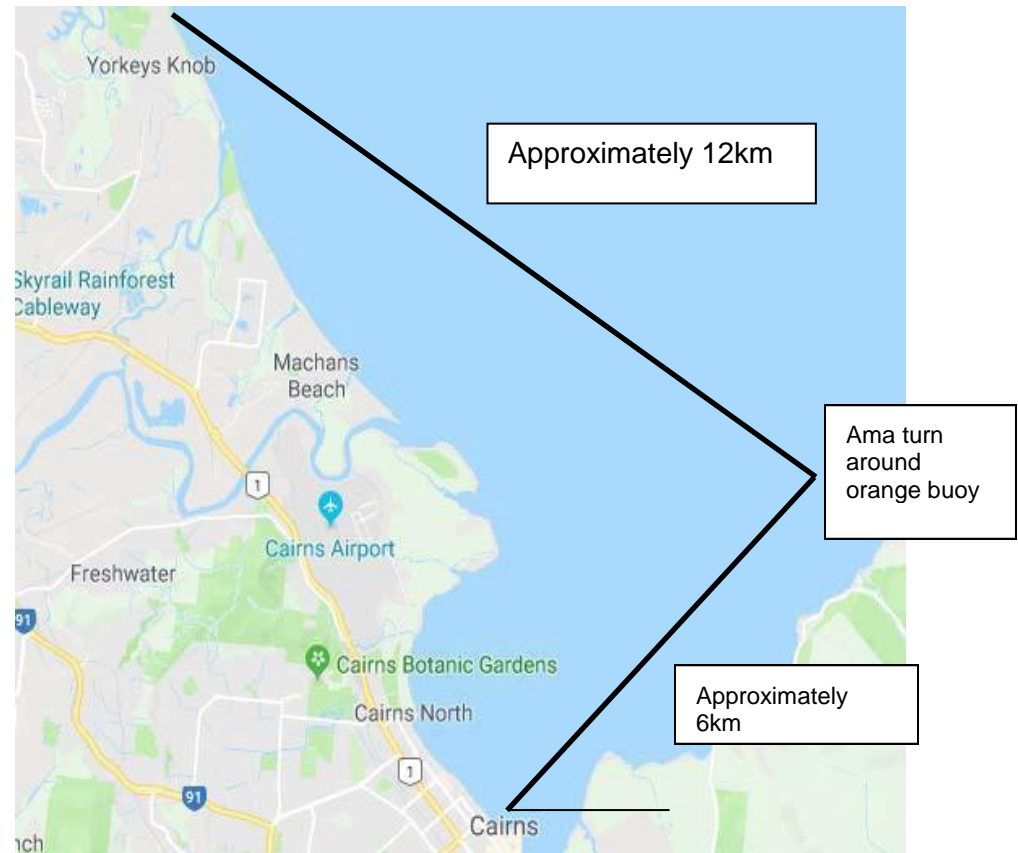
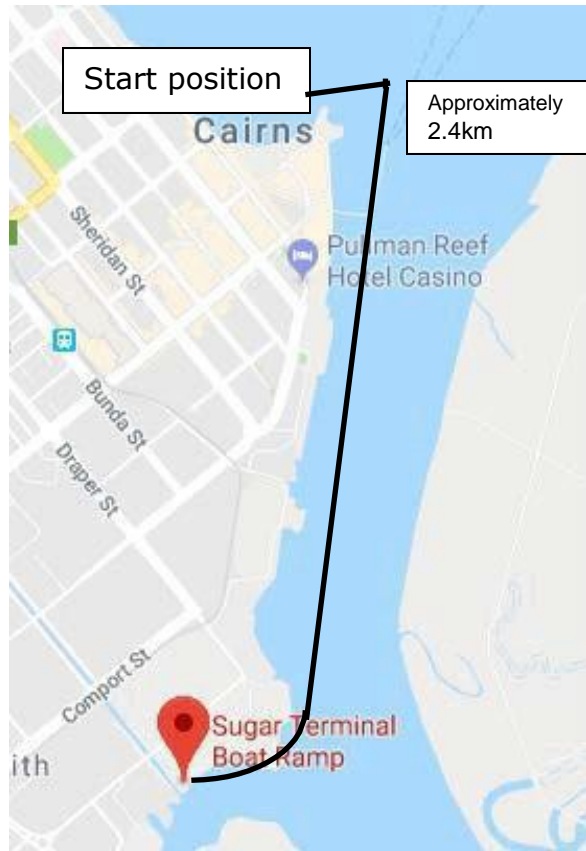
OC6	19U Boys Open Men Master Men Senior Men Golden Men Platinum Men	19U Girls Open Women Master Women Senior Women Golden Women Platinum Women	19U Mixed Open Mixed Master Mixed Senior Mixed Golden Mixed Platinum Mixed
OC2	Open Men Master Men Senior Men Golden Men Platinum Men	Open Women Master Women Senior Women Golden Women Platinum Women	Open Mixed Master Mixed Senior Mixed Golden Mixed Platinum Mixed
OC1	Open Men Master Men Senior Men Golden Men Platinum Men	Open Women Master Women Senior Women Golden Women Platinum Women	
V1	Open Men	Open Women	
V3 (nom. X 3 for each craft)	Open Men	Open Women	Open Mixed
SUP boards	Open Men	Open Women	
Double Ski (nom. X 2 for each craft)	Open Men	Open Women	Open Mixed
Ocean Ski	Open Men	Open Women	Master Men
Spec Ski	Open Men	Open Women	

- Crews are required to enter the water at the Sugar Terminal Boat Ramp, Trawler Base Rd, Portsmith, then paddle 2.4 km to the race start at the Eastern end of the Marlin Marina, Cairns.
- This is the closest boat ramp to the race start. There is sufficient parking and rigging areas for all craft and trailers.
- Crews will paddle out of Trinity Inlet for approximately 6km in a NE direction towards False Cape, make an ama turn around the orange buoy and continue in a NW direction approximately 12km towards the finish line between two buoys at Yorkeys Knob. Total race distance approximately 18km.
- If you are the only nomination in your division, you may be asked to move down into a lower division.
- Competitors outside of NQ Zone requiring a canoe, please contact us and we will provide you with details of local clubs willing to hire canoes.



Mini G Course:

Map showing course to get from Sugar Terminal Boat Ramp, Trawler Base Rd Portsmouth to race start at Eastern end of Marlin Marina.



Mini G race course from Eastern end of Marlin Marina to Yorkeys Knob Northern End.





GREAT BARRIER REEF OCEAN CHALLENGE - 45km

OC6 Changeover and Iron Marathon— RACE PROGRAM

Race Director for this event will be TBA. Medical Director for this event will be Pauline Greer.

RACE REGISTRATION: **Friday 23rd August, between 5pm and 7pm** @ Yorkeys Knob Main Beach Northern end of Sim's Esplanade. You will need to provide your canoe number and an emergency contact number.

RACE SIGN ON: **Saturday 24th August**, from 7:00am Yorkeys Knob Main Beach. One person from each crew will be given a tracking device to wear while racing.

RACE BRIEFING: **Saturday 24th August 8:00AM** (Yorkeys Knob Main Beach, Northern end of Sim's Esplanade)

RACE START: **8:40am Wave One- OC1/OC2/ V1/ Ski's (45km Iron only)**

8:50am Wave Two- OC6 Iron and OC6 Changeover

Divisions: *Maximum 3 men in canoe racing at once.

**Plastic Craft Not Acceptable

45km Changeover race & 2019 National Changeover Titles:			
OC6	Open Men	Open Women	Open Mixed*
OC6	Masters Men	Masters Women	Masters Mixed*
OC6	Senior Master Men	Senior Master Women	Senior Master Mixed*
OC6	Golden Master Men	Golden Master Women	Golden Master Mixed*
OC6	Platinum Master Men	Platinum Master Women	Platinum Master Mixed*
45km Iron marathon:			
OC6	Open Men	Open Women	Open Mixed
OC6	Master Men	Master Women	Master Mixed
OC6	Senior Master Men	Senior Master Women	Senior Master Mixed
OC2	Open Men	Open Women	Open Mixed
OC2	Senior Master Men	Senior Master Women	Senior Master Mixed
OC1	Open Men	Open Women	
OC1	Master Men	Master Women	
OC1	Senior Master Men	Senior Master Women	
OC1	Golden Master Men		
V1	Open Men	Open Women	
V3	Open Men	Open Women	Open Mixed
Double Ski**	Open Men	Open Women	Open Mixed
Ski	Open Men	Open Women	
Ski	Master Men	Master Women	Senior Master Men



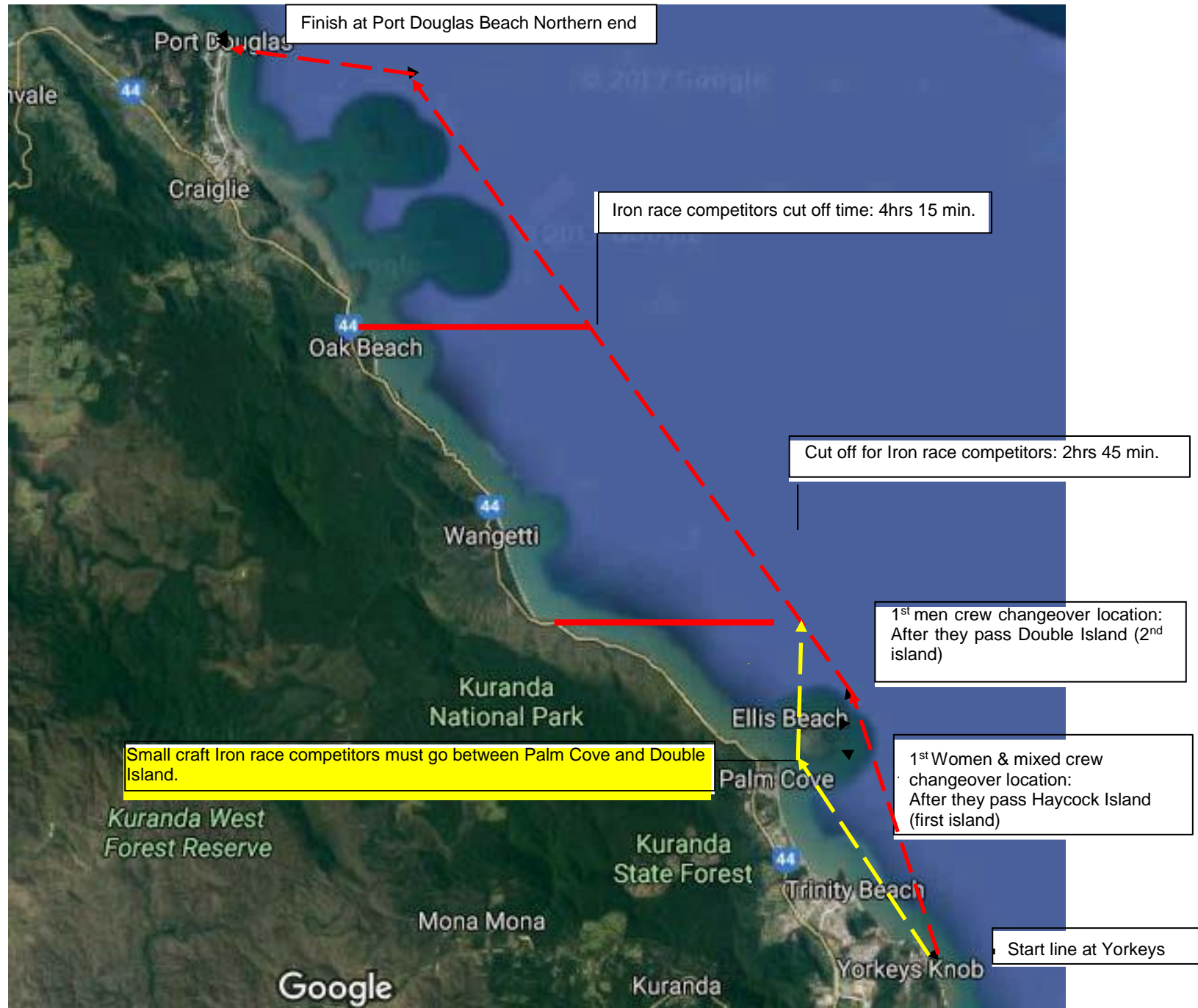
The Course:

- All competitors will compete a 45km course, commencing from Yorkeys Knob Main Beach, 18km north of Cairns.
- The start line will be set between two buoys in front of the rock wall at the northern end of Yorkeys Knob Main Beach.
- OC6 Changeover competitors will paddle NNW (340') rounding the southern side of Haycock Island, keeping Double Island on the left for 10.2km (5.5nm).
- Iron marathon competitors will paddle between Palm Cove and Haycock Island, keeping Double Island on the right of them.
- Canoes will then head NW (315') direct to Port Douglas. The large buoy north of Alexandra Reefs will mark the final 3km (1.4nm) leg into Four Mile Beach, Port Douglas. Crews commence their approach to the finish line by passing between two buoys directly in front of the Port Douglas Surf Life Saving Club on the northern end of Four Mile Beach.





Iron marathon and OC6 Changeover Course- Yorkeys Knob to Port Douglas





GREAT BARRIER REEF OCEAN CHALLENGE 45KM CHANGEOVER & IRON MARATHON RULES

- All competitors must register on Friday 23rd August and MUST provide the canoe number, the names of each team member and an emergency contact number otherwise you will be deemed NOT signed in.
- Race Singlets will be handed out at registration. They are not compulsory to wear.
- All local clubs, if you are arriving the morning of Saturday 24th August, one of your team members will still need to register your team on Friday 23rd August.
- One person from each crew must sign in on Saturday and they will receive a tracking device to be worn in the race. It is important that this tracking device is handed back to an official at the end of the race. Please do not turn off the tracking device.
- Any paddler or crew requiring emergency assistance will not be disqualified, providing they complete the course within the time limit of 5.5hours.

OC6 CHANGEOVER TEAM:

- Each changeover crew must have their own support boat on the water. You are required to provide the Hekili secretary, Jude Kennedy contact details of support boat crew by Friday 16th August. The support boat driver is required to attend the race briefing.
- The women teams may have a maximum of ten paddlers.
- The men teams may have a maximum of nine paddlers.
- Mixed crews must have a minimum of three women paddling at all times and may have a maximum team of ten paddlers.
- Hekili will endeavour to allocate support boats to international and inter-zone crews, if required.
- Each team will be responsible for paying their support boat crew the negotiated fee.

Changeover positions:

- The first changeover for all women and mixed crews must not be made until after passing Haycock Island (Scout Hat).
- The first changeover for all men's crews must not be made until after passing Double Island.



GBROC IRON MARATHON IMPORTANT NOTES:

- Each paddler or crew must carry all necessary food and water for the duration of the race. All iron competitors are to be completely self-sufficient. Paddlers are to carry additional food, water and spare paddles on their individual support craft.
- This is an iron distance race- substitution of a crew member is not allowed at any time. The paddlers who commence the race must complete the entire distance. Substitution of a crew member will result in immediate disqualification of your entire crew.
- In the event that your craft is incapacitated or voluntarily withdrawn from the race, a safety vessel will escort your craft and crew to the nearest safe beach for landing. The safety vessel operator will notify the Race Director, who will advise a road support crew of your location for pickup.
- Cut off times will apply for Iron competitors.





SAFETY REQUIREMENTS:

- All OC1/V1/Ski/ SUP board paddlers must wear leg ropes. One paddler per OC2/V3/Double ski must wear a leg rope.
- All canoes are required to carry one PFD per paddler.
- All OC6 canoes must carry at least one additional paddle on the craft.
- All OC1/OC2/V1 and V3 canoes must carry an additional paddle. Safety boats may carry a limited range of spare paddles for emergency use.
- OC6 canoes must carry at least two bailers and a towrope.
- All craft competing in the Iron marathon and changeover marathon are required to carry a tracking device that will be provided when paddlers sign-in.
- Before racing, each canoe will be checked to ensure all safety equipment is carried.

CANOE TRAILER PARKING:

Tides:

Saturday: GBROC 45km

High tide 04:13am 1.77m

Low tide 10:36am 1.12m

High tide 17:36pm 2.23

Sunday: Mini G 18km

High tide 05:06am 1.88m

Low tide 11:18am 0.93m

High tide 18:07pm 2.47m

- **Mini G Race:** Canoe trailer parking is available at Trawler Base Rd Portsmith. This is next to the Cairns Rowing Club. Toilets are available close by.
- **45km GBROC Race:** Canoe trailer parking is available at the Yorkeys Knob Boating Club, 25 Buckley St, Yorkeys Knob.
- Car parking is available at the race start on Sim's Esplanade (northern end) of Yorkeys Knob Main Beach) and adjacent streets.
- Canoe parking in Port Douglas will be in the designated parking area at Reynold Park of Garrick Street.
- Car parking in Port Douglas is at the rear of the Port Douglas Shire Life Saving Club along the roadsides and at Reynold Park.



CONTACTS FOR SPONSORSHIPS & ALL ENQUIRIES TO THIS GREAT EVENT

Rhys Morgan

Hekili OCC President and Race Co-ordinator

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SUGGESTED ACCOMMODATION LOCATIONS:

- Yorkeys Knob
- Palm Cove
- Port Douglas



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