



**2016 AOCRA SQ ZONE RACE SERIES**  
**23<sup>rd</sup> /24<sup>th</sup> April 2016 – MOCC Sprints**  
**Lake Kawana, Sunshine Coast**





On behalf of Mooloolaba Outrigger Canoe Club committee I would like to welcome you back to Lake Kawana for this event.

This will be a 2 day regatta, with OC6s racing on Saturday and V1s on the Sunday, in all age groups. With the 2016 Va'a World Sprints, taking place only 2 weeks later, it will be the last opportunity to test your teams in preparation for this epic occasion. There is also opportunity for the juniors and novices to experience the thrill of Sprint racing.



Although we race against each other at this event, soon we will stand together as a strong Australian team taking on the World for titles that only come around every 2 years. So let's 'nail those turns', 'smash those straights' and be the best we can be, only by pushing each other to the limit can we get the best to shine.

Encouragement, camaraderie and sportsmanship – that will be the mantra of the day.

Good luck to all participants.

Skinn Off It!!!

**Ron Grabbe**

President

Mooloolaba OCC

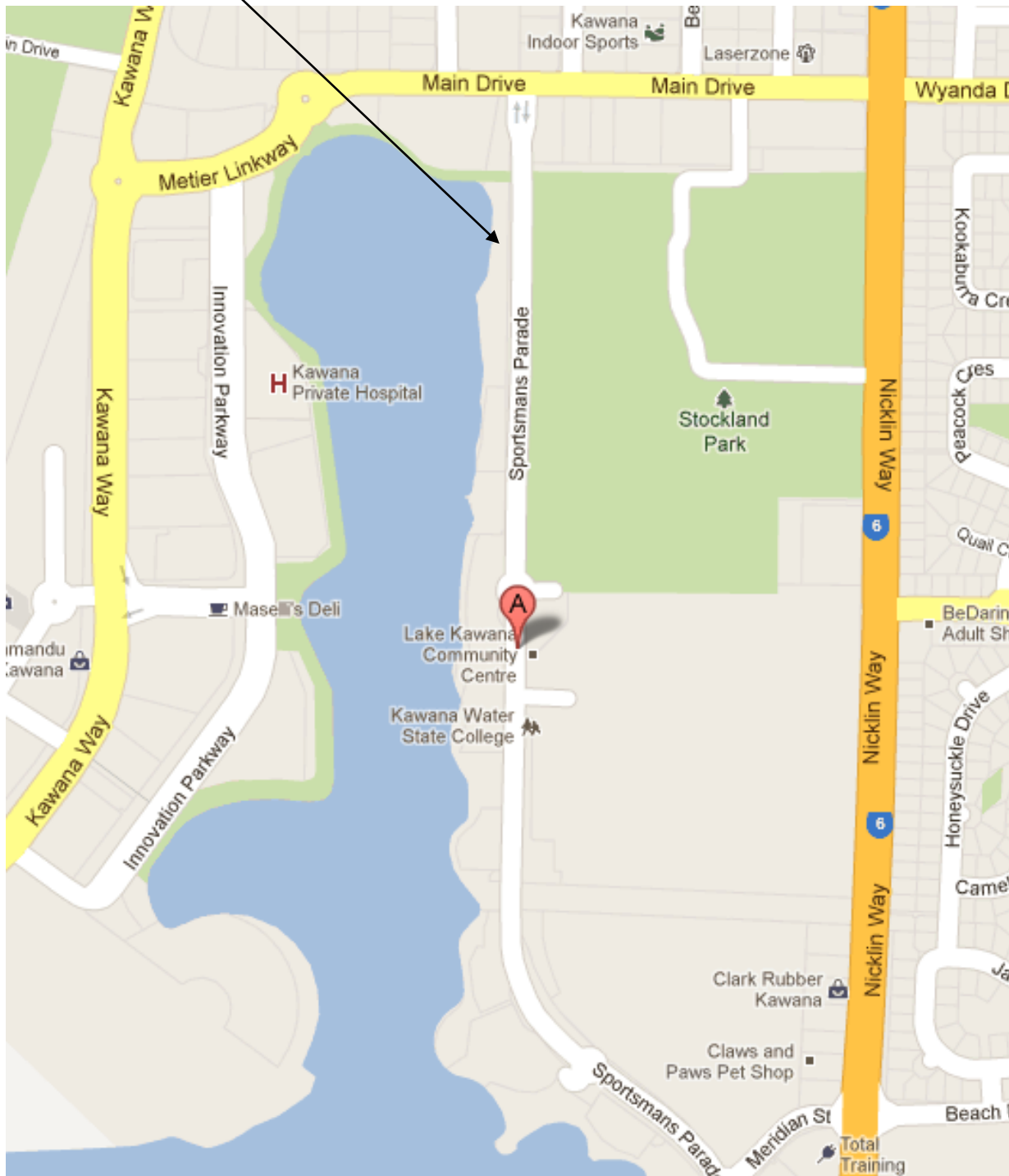


## Important Information

- Events:** **Minnows** OC6 250m Straight  
OC6 500m straight + OC6 500m /1000m with turn at 250m mark  
V1 250m / 500m
- Race Divisions OC6:** **Women:** Open, Master, Senior Master, Golden Master, Platinum Master, Novice, Adaptive  
**Men:** Open, Master, Senior Master, Golden Master, Platinum Master, Novice, Adaptive  
**Mixed:** Open, Master, Senior Master, Golden Master, Platinum, Novice, Adaptive  
**Junior:** Minnows, 12U Mixed, 14U Mixed, 16U Mixed, 19U Mixed, U16 Girls & Boys, U19 Girls & Boys
- Race Divisions V1:** **Senior Men & Women:** Open, Master, Senior Master, Golden Master, Platinum, Adaptive  
**Junior Boys & Girls:** 12U, 14U, 16U, U19
- Saturday 16<sup>th</sup> April 2016:** Club & Team nominations close via AOCRA website
- Saturday 23<sup>rd</sup> April 2016: Race Day! OC6 Events**  
Registration on-site: from 7.30am  
First race briefing: 8.30am  
First race start: 9.00am
- Sunday 24<sup>th</sup> April 2016: V1 Events**  
Registration on-site: from 6.00am  
Race briefing: 7.00am  
First race start: 7.30am
- Race Fees:** \$15 per Senior paddler per race  
\$10 per Junior paddler per race
- Canoes:** All OC6 Canoes will be provided. We have a limited supply of V1 crafts that will be available, you are welcome to bring your own V1 to race.
- Food & Drink:** There will be an on-site BBQ & coffee van
- Medals:** Will be awarded to Junior & Novice OC6 divisions only.

## Location

The regatta site will be at the northern end of Lake Kawana across from Stockland Stadium on Sportsmans Parade, Bokarina.





## **Registration**

- \* All registration will be via the AOCRA website.
- \* Club and Team nominations are due Saturday 16<sup>th</sup> April 2016.

Please register on-time so we can complete the race draw well in advance of Saturday.

Team sign-in will take place at the on-site registration desk from 7.30am on Saturday, 23<sup>rd</sup> April 2016.

**Race Fees:**                      \$15 per Senior paddler per race  
   \$10 per Junior paddler per race

## **Contacts:**

Email:                              info@mooloolabaoutriggers.com

AOCRA Registrar:    Katrina Sullivan  
                                 support@aocra.com.au  
                                 0407 758 770

\* The organisers reserve the right to amend the event program and course due to adverse weather conditions or unforeseen circumstances. All competitors and clubs are required to comply with AOCRA Regatta Rules and all other regulations, as outlined at [www.aocra.com.au](http://www.aocra.com.au)

## Schedule of Events

**Saturday 23<sup>rd</sup> April 2016**  
**OC6 events**

Time	Event	Division	Length
8.30am	Briefing		500m (straight course)
		<b>HEATS</b>	
9.00am	Race Start	Minnows	250m (straight course) <b>FINAL</b>
	Race Start	12U Mixed	250m (straight course)
	Race Start	Ap Women	500m (straight course)
	Race Start	Ap Men	500m (straight course)
	Race Start	Novice Women	500m (straight course)
	Race Start	Novice Men	500m (straight course)
	Race Start	U16 Girls	500m (straight course)
	Race Start	U16 Boys	500m (straight course)
	Race Start	Senior Master Mixed	500m (straight course)
	Race Start	Master Mixed	500m (straight course)
	Race Start	U19 Girls	500m (straight course)
	Race Start	U19 Boys	500m (straight course)
	Race Start	AP mixed	500m (straight course)
	Race Start	Platinum Master Women	500m (straight course)
	Race Start	Platinum Master Men	500m (straight course)
	Race Start	Open Mixed	500m (straight course)
	Race Start	14U Mixed	500m (straight course)
	Race Start	Golden Master Women	500m (straight course)
	Race Start	Golden Master Men	500m (straight course)
	Race Start	19U Mixed	500m (straight course)
	Race Start	Master Women	500m (straight course)
	Race Start	Master Men	500m (straight course)
	Race Start	16U Mixed	500m (straight course)
	Race Start	Senior Master Women	500m (straight course)
	Race Start	Senior Master Men	500m (straight course)
	Race Start	Novice Mixed	500m (straight course)
	Race Start	Open Women	500m (straight course)
	Race Start	Open Men	500m (straight course)
	Race Start	Platinum Mixed	500m (straight course)
	Race Start	Golden Master Mixed	500m (straight course)
		<b>FINALS*</b>	500m (straight course)
TBA	Briefing		500m/1000 (250 course w/ turn)
		<b>HEATS</b>	
	Race Start	Minnows	250m (straight course) <b>FINAL</b>
	Race Start	12U Mixed	500m (250 course w/ turn)
	Race Start	Ap Women	500m (250 course w/turn)
	Race Start	Ap Men	500m (250 course w/turn)
	Race Start	Novice Women	500m (250 course w/turn)
	Race Start	Novice Men	500m (250 course w/turn)
	Race Start	U16 Girls	500m (250 course w/ turn)
	Race Start	U16 Boys	500m (250 course w/ turn)
	Race Start	Senior Master Mixed	1000m (250 course w/ turn)
	Race Start	Master Mixed	1000m (250 course w/turn)
	Race Start	U19 Girls	1000m (250 course w/ turn)
	Race Start	U19 Boys	1000m (250 course w/ turn)
	Race Start	AP mixed	500m (250 course w/turn)

	Race Start	Platinum Master Women	500m (250 course w/ turn)
	Race Start	Platinum Master Men	500m (250 course w/ turn)
	Race Start	Open Mixed	1000m (250 course w/ turn)
	Race Start	14U Mixed	500m (250 course w/ turn)
	Race Start	Golden Master Women	1000m (250 course w/ turn)
	Race Start	Golden Master Men	1000m (250 course w/ turn)
	Race Start	19U Mixed	1000m (250 course w/ turn)
	Race Start	Master Women	1000m (250 course w/ turn)
	Race Start	Master Men	1000m (250 course w/ turn)
	Race Start	16U Mixed	1000m (250 course w/ turn)
	Race Start	Senior Master Women	1000m (250 course w/ turn)
	Race Start	Senior Master Men	1000m (250 course w/ turn)
	Race Start	Open Women	1000m (250 course w/turn)
	Race Start	Open Men	1000m (250 course w/ turn)
	Race Start	Novice Mixed	500m (250 course w/ turn)
	Race Start	Platinum Mixed	500m (250 course w/turn)
	Race Start	Golden Master Mixed	500m (250 course w/turn)
		<b>FINALS*</b>	500m/1000 (250 course w/ turn)

### Sunday 24<sup>th</sup> April 2016 V1 events

Time	Event	Division	Lenght
7.00am	Briefing		250m / 500m (straight course)
		<b>HEATS</b>	
7.30am	Race Start	U12 Girls	250m (straight course)
	Race Start	U12 Boys	250m (straight course)
	Race Start	U14 Girls	250m (straight course)
	Race Start	U14 Boys	250m (straight course)
	Race Start	Ap Women	250m (straight course)
	Race Start	Ap Men	250m (straight course)
	Race Start	U16 Girls	500m (straight course)
	Race Start	U16 Boys	500m (straight course)
	Race Start	Platinum Women	500m (straight course)
	Race Start	Platinum Men	500m (straight course)
	Race Start	U19 Girls	500m (straight course)
	Race Start	U19 Boys	500m (straight course)
	Race Start	Golden Master Women	500m (straight course)
	Race Start	Golden Master Men	500m (straight course)
	Race Start	Senior Master Women	500m (straight course)
	Race Start	Senior Master Men	500m (straight course)
	Race Start	Master Women	500m (straight course)
	Race Start	Master Men	500m (straight course)
	Race Start	Open Women	500m (straight course)
	Race Start	Open Men	500m (straight course)
		<b>FINALS*</b>	

**\*Some heats may be straight finals, depending on number of entries received. Please listen to announcements.**