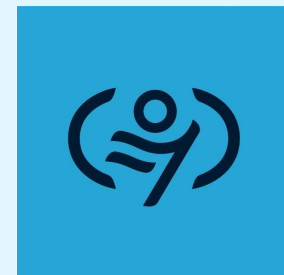




TE IKAI NUI

Head2Head

50km OC6 Relay



PATONGA - TERRIGAL - PATONGA

Sunday 18th February 2024

www.aocra.com.au/nswzone



Limited Entries Closing
Wednesday 14th Feb 2024



TE IKA NUI

Head2Head

50km OC6 Relay



WELCOME

The **Te Ika Nui Outrigger Canoe Club** Welcomes you all to the **2024 Head-2-Head Teams OC6 50 Km Ocean Relay**.

This race has been set for teams of experienced Senior paddlers, proficient at long distance ocean water racing who thrive on challenge, focus, endurance, pure paddling, and the sea.

Crews must sign off on their fitness, and competence to compete in this event, and all paddlers must at the time of racing signify as competent at swimming, and canoe recovery as per current AOCRA Rules.

www.aocra.com.au/nswzone



Race Rules and Safety



All AOCRA rules and regulations will be enforced, as per the [AOCRA Rules](#) available under the Administration tab on the AOCRA website.

Please note:

- All OC6 canoes shall have storm covers, 1 lifejacket per seat, 2 bailers, a 25m safety rope attached, spare paddle and carry a mobile phone with Safetrx App activated.
- There shall be one open weight class only, of OC6 canoes in 2024 Head-2 Head 50 Km Relay applicable to Women, Men and Mixed races.
- There shall be one open age division only, with Teams of 12 in 2024 Head-2 Head 50 Km Relay applicable to Women, Men and Mixed races. (See "TEAMS" for acceptable combinations of paddlers for teams)
- Te Ika Nui Head-2-Head 50 Km Teams Relay perpetual trophy; Eligibility will be awarded to the Team which achieves the fastest combined registered times for the both legs of the relay.
- International paddlers are invited and must be a member of an IVF affiliated association and complete an AOCRA International Indemnity release form. <https://forms.gle/XG9cWJZuiZdWLE5p9>

There will be a designated first aid area on site Patonga and, Terrigal first aid response on the water.

Marine Rescue will accompany the race as the tail support boat.



Nomination Information



Nominations are on-line via the www.aocra.com.au site. It is not possible to register on the day.

If you are having trouble with the online registration through AOCRA please email support@aocra.com.au

All OC6 nominations must be done by club registrar. Please ensure all paddlers AOCRA membership is current before completing team sheets. Registrars are requested to minimise updates to team sheets and to indicate what the changes are in the notes. Please add name of the Club Manager to the team sheets.

The RACE DIRECTOR will have the discretion to not allow late registrations to paddle if this impacts the paddler/support boat ratio.

Age Divisions: There are no age divisions in this event. IE all Men, Women, and Mixed teams are the same age division.

RACE FEES

\$75 per person = \$450 per crew

Register online at the AOCRA website: aocra.com.au/

Registrations are due prior to close of business 5:00PM

Wednesday 14th February 2024 (Late fees apply)

TE
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RACE RULES

Teams must consist of twelve paddlers.

1st Leg, Northward. Register a crew of six paddlers.

2nd Leg, Southward. Register a second crew of six paddlers.

Ideally the two crews will be from the same club however, combined crews are acceptable.

For all crew and registration enquiries please contact race organiser

CONDITIONS OF ELIGIBILITY

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 at the time of racing signify as competent at swimming, and canoe recovery as per AOCRA Rules 2023

AGE DIVISIONS

OPEN AGE DIVISION ONLY

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

This race is designed for experienced paddlers. By registering the Crew Steerers must sign off on the capability of their crews, and verify the crews competence to participate in this event.



TEAMS

Women	2 Female crews of 12 women
Men	2 Male crews of up to 12 men
Mixed	2 Mixed crews of 12 paddlers. (See below)

Mixed Crews combinations:

3 Men and 3 Women in each crew or
1 Male crew and 1 Female crew.



Schedule of Events

Sunrise: 6:31AM

Sunset: 7:43PM



**AUSTRALIAN
OUTRIGGERS**
MARATHONS

Day	Time	Timetable
SUNDAY 18 th	06:30am	Event Opens at Patonga for registrations and Canoe safety checks
SUNDAY 18 th	07:00am	Welcome and Blessing
SUNDAY 18 th	07:20am	Race and Safety Briefing. Steerers plus one other crew member for each Leg, North, & South MUST attend.
SUNDAY 18 th	07:40am	WOMEN & MIXED CREWS START
SUNDAY 18 th	08:00am	MENS CREWS START
	50 minutes post start	WOMENS & MIXED CREWS CUT OFF TIME AT BOX HEAD
	50 minutes post start	MENS CREWS CUT OFF TIME AT BOX HEAD
	40 Minutes Post last finishing canoe	RACE PRESENTATION & RAFFLE DRAW

**TE
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50km OC6 Relay



Slide 6

GK0 Sunrise: 6:31AM Sunset 7:43PM

Greg Kilmurray, 2024-01-16T03:43:42.431

RACECOURSE

Start: Patonga: - 07:40 am (W&MX) and 08:00am (M).

1: Crews to line between the two orange buoys for a staggered race start. Race start will be as per AOCRA Regatta rules.

1st Leg-North from Patonga to Terrigal

2: Head East towards Lion Island, following the coastline. Travel between the coast and the Western Side of Lion Island and make your way to Box Head.

3: There will be a time cut off at Box Head of fifty (50) minute, with Race Directors discretionary return line north.

4: **CAUTION! BOMBORA** at Maitland Bay. You MUST stay clear of this on the seaward (Eastern) side to avoid endangering your crew and craft.

5: Keep heading north around Maitland Bay toward Cape Three Points and Avoca. On rounding the Cape, you will see a big yellow sea marker indicating the Adelaide Shipwreck. Paddle across the wreck towards Terrigal Skillion.

6: DO NOT get too close to the Skillion. There is a shallow rock platform all around the Skillion to Terrigal Point

TERRIGAL POINT: Rocks! Proceed with caution.

Northwest of Terrigal point; You must AMA TURN around the red channel marker before heading into Haven beach crew change zone.



Crew Change at Terrigal Haven Beach.

7: Canoes MUST pull into Designated Change Zone to change.

Crews will change full teams; complete a 2nd Safety Inspection and their times are recorded before canoes continue their race.

Keep a watch! Terrigal Haven is a shared water zone Avoid Swimmers, Divers, Watercraft, Animals, and Beach goers. Follow the Water Marshall & Beach Marshall directions toward the change zone.

In case of Emergency ONLY!

Terrigal canoe pick-up. Persons towing a trailer must approach, and leave from Terrigal Haven precinct in a Northerly direction via Terrigal Esplanade.



2nd Leg- South from Terrigal to Patonga

6: Exit the Haven with care and caution. Head North to red channel marker and execute a non-ama turn to head in a Southerly direction. Be aware of incoming canoes, and follow the same route, and returning to finish at Patonga.

5: Head south past Avoca, Cape Three Points, and Maitland Bay

4: **CAUTION BOMBORA** at Maitland Bay. You MUST stay clear of this on the seaward (eastern) side to avoid endangering your crew and craft.

2: 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.

Finish

1: You must cross the finish line at Patonga which is between the two orange start/finish buoys



RACECOURSE MAP



TE IKA NUI

Head2Head

50km OC6 Relay Waypoints

1. Patonga start / finish.
2. Lion Island
3. Box Head
4. Maitland Bay Bombora
5. Cape Three Points
6. Skillion
7. Terrigal (Change)



ALTERNATE COURSE

The alternate course will consist of two races each of approximately 22Kms: Patonga to Scotland Island via Pittwater and return via the same course to Patonga. The Returning buoy being 100Mtrs Northeast of Scotland Island.

There will be two separate race starts from **orange start/finish buoys**.

Race 1: The first crews will start, and finish on the Orange Buoys.

Race 2: Once the last canoe has finished race 1 all the second crews will line up for the 2nd start on the Orange Buoys running the same course as race 1.



SAFETY

Nutrition & Hydration of paddler's is paramount. Please ensure you are carrying sufficient hydration.

Steerer & one other paddler from each crew, must attend Race Briefing prior to each race leg. Safety is our number one concern.

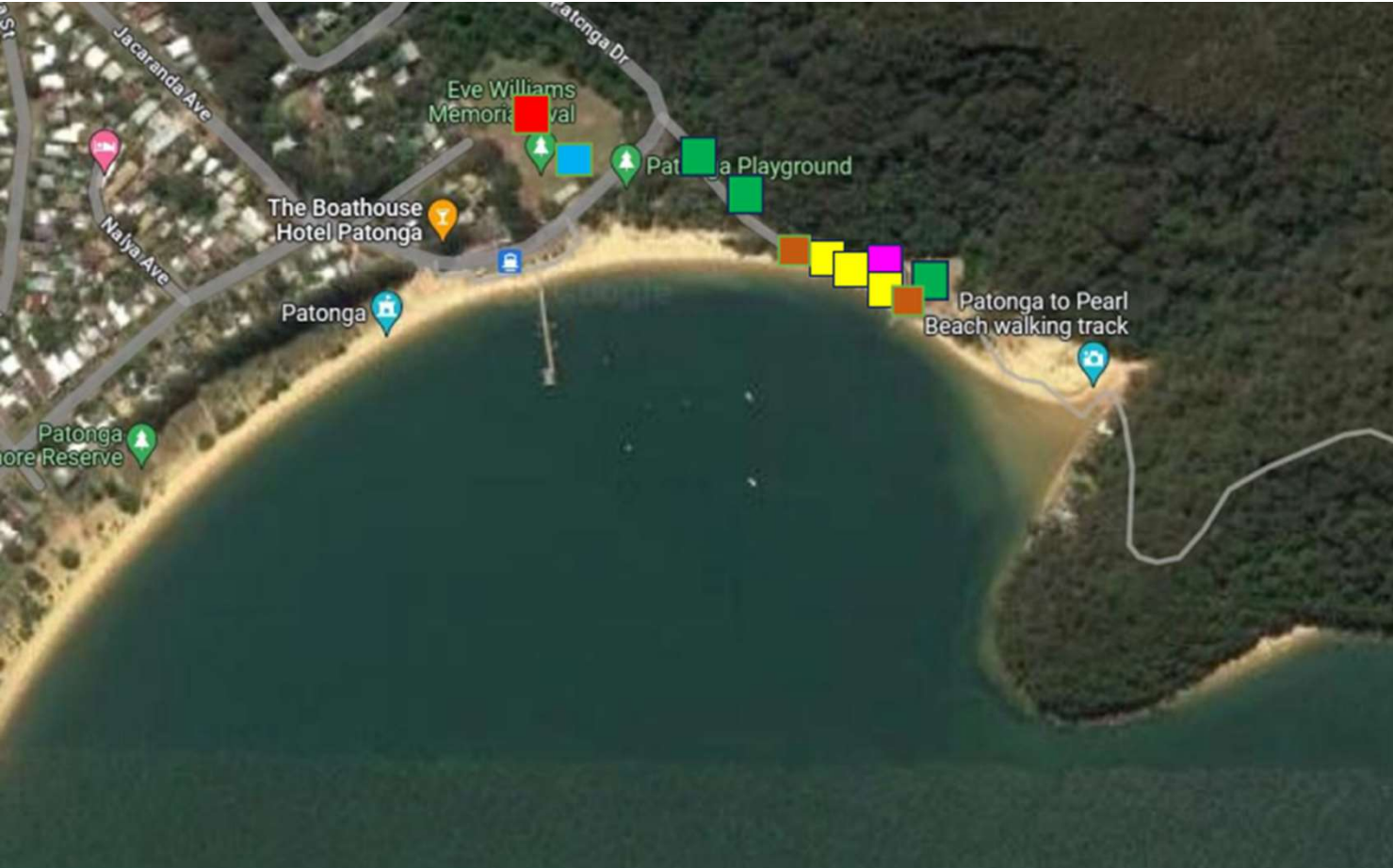
Mobile phone: for canoe tracking and with the safety numbers saved for Marine Rescue and the Race Director. (See contacts last page)

CANOES

All race canoes must have.

- Storm Covers
- Six Life Jackets are to be carried in each canoe.
- A Tow Rope of Twenty-five-meter minimum length (tied to the forward Wa'a or Spreader) secured outside the covers.
- At least one Spare Paddle
- At least two bailers
- A functional mobile phone for tracking, and with Safety contact phone numbers for Marine Rescue NSW and Race Director stored to contacts.





Cabanas – Event management and first aid	Bins
Toilets	Carparking
Emergency Assembly Location and Air Evacuation Point	Emergency Vehicle Access

**AUSTRALIAN
OUTRIGGERS
MARATHONS**

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Head2Head



ON SITE

FIRST AID

St Johns Ambulance officers will be on site at both Patonga and Terrigal beaches.

Defibrillators are present at Patonga Boat House and Terrigal SLSC

FOOD

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

RAFFLE

Please bring cash or card for raffle tickets. There are many amazing prizes to be won.

TOILETS

Toilets are available adjacent to the beach at both Regatta Sites

CANOE TRAILER PARKING

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

Drivers: Drivers must take care at the top of Patonga Drive, as there are two sharp hairpin turns on top the hill heading down toward Patonga. Drive with care.

Canoe Trailer Parking: Take first road "Left" at the bottom of the hill, toward the boat ramp parking area. Te Ika Nui Members will direct you and assist you to parking.



* CANOES FOR HIRE CONTACT RACE DIRECTOR*

ATTENTION STEERERS - CONTACT LIST

The following safety contact numbers must be added to each crew's safety phone contacts.

Marine Rescue NSW: - 02 94502468

Race Director: - Greg Kilmurray 0403 59 0706

On-Water Race Director: - Rick Leach 0424 23 4332

Assistant Race Director: - Beth Riley 0421 22 6355



Refund Policy

AOCRA Refund Policy effective 30 November 2021

The Nomination Fee

Total Nomination Senior Fee	\$ 75:00
Host Club:	\$ 67:00
Zone:	\$ 6:00
AOCRA:	\$ 2:00



AOCRA Refund Policy in the event of Postponement and or Cancellation

Refund policy may vary depending on the type of event and the Host or Organiser. The Host of each event must include a Refund Policy in the approved Regatta / Event Program outlining the terms for eligibility to request a refund. The Refund Policy must be the same wording as outlined in the AOCRA Rules, otherwise, the Host must seek approval from AOCRA Events for any changes prior to publishing a Refund Policy in the approved Regatta / Event program. The Refund Policy applies to nomination fees paid to enter a sanctioned AOCRA event only.

Nominee Cancellation Prior to the Event Date

Change of Mind or Unable to Attend

Once the nomination fee is paid there is no refund for change of mind. If you have paid the nomination fee and are unable to attend the event due to extenuating circumstances outside of your control, you may apply in writing using the AOCRA Request for Refund Form on the AOCRA website and email to support@aocra.com.au giving details of the reason for requesting a refund. The Host, Zone and AOCRA are not obligated to refund their respective portions of the nomination fee, and if a refund is approved it will be processed in full less an administration fee of up to \$10 for processing the refund. AOCRA determines the administration fee at the time of processing a refund and retains the administration fee to cover their processing costs.

The nominee cannot request a refund on the day of the event or after the start date of the event.

Host Postpones or Cancels the Event

Host Giving Notice of Postponement or Cancellation

The Host must follow the AOCRA Rules to postpone or cancel an event and give notice in writing by email, SMS alert notification or text message to your mobile device, Host Facebook post, written announcement on the AOCRA website. The effective date is the date of dispatch.

Event Postponed

Should the Host, Zone or AOCRA postpone an event, they are required to give notice at any time prior to the scheduled start time of an event.

A date for the rescheduled event must be announced within 7 days of the original event date in writing by: email, SMS alert notification or text message to your mobile device, Host Facebook page, written announcement on the AOCRA website. The Host reserves the right to postpone the event (where no refund will be issued).

The rescheduled event program content / format may change including scheduled times which is at the discretion of the Host, and they reserve the right to do without notice.

The Host, Zone or AOCRA may continue to postpone an event following the same process as above.

Event Cancelled

The Host, Zone or AOCRA may cancel an event inline with the AOCRA Rules.

Cancellation more than 30 days before the event is at minimum a 80% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation more than 7 days before the event is at minimum an 70% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation more than 1 day before the event is at minimum a 60% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation on the day of the event is at minimum a 40% refund of the Host, Zone and AOCRA portion of the nomination fee.

The Host reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

The Zone reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

AOCRA reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

Refund Payment

Refunds will be processed within 30 days of cancellation via the same method used for payment.



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**AO AUSTRALIAN
OUTRIGGERS
MARATHONS**

**BUNNINGS
warehouse**

Maui Jim 

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