



**AOCRA  
INVITES YOU TO THE  
2019 NATIONAL SPRINT TITLES  
HELD  
1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> FEBRUARY 2019  
LAKE KAWANA, SUNSHINE COAST,  
QUEENSLAND.**





## MAYORAL MESSAGE

### 2019 AOCRA NATIONAL OUTRIGGER SPRINT TITLES

I WOULD LIKE TO EXTEND A VERY WARM WELCOME TO COMPETITORS AND SPECTATORS JOINING US ON THE SUNSHINE COAST FOR A PINNACLE EVENT ON THE AUSTRALIAN OUTRIGGER CALENDAR - THE 2019 NATIONAL OUTRIGGER SPRINT TITLES.

OUR REGION LOVES HOSTING EVENTS SUCH AS THIS ONE. THEY ALIGN WITH OUR VISION FOR THE SUNSHINE COAST TO BE AUSTRALIA'S MOST SUSTAINABLE REGION – HEALTHY, SMART, CREATIVE.

THE NATIONAL SPRINT TITLES WILL BE THREE DAYS OF FANTASTIC COMPETITION ON ONE OF THE HOMES OF OUTRIGGER RACING IN THIS COUNTRY, BEAUTIFUL LAKE KAWANA.

I'M SURE WE'LL GET THE OPPORTUNITY TO ADMIRE THE SKILLS, TEAMWORK AND CAMARADERIE OF HUNDREDS OF OUTRIGGER PADDLERS OF ALL AGES ACROSS THE VARIOUS CLASSES.

THE SPECIAL VIBE AND ATMOSPHERE AT OUTRIGGER EVENTS IS SOMETHING I ALWAYS ENCOURAGE OUR RESIDENTS TO SEE FOR THEMSELVES – AND I'M SURE IT'S LED TO MORE PEOPLE TAKING UP THE SPORT.

THANK YOU TO THE ORGANISERS AND THE MANY VOLUNTEERS WHO PROVIDE SO MANY HOURS OF TIME TO MAKE THESE TITLES HAPPEN AND FOR OUR OUTRIGGER CLUBS TO THRIVE.

DON'T FORGET TO TAG THE PHOTOS FROM YOUR STAY WITH #SUNSHINECOAST AND #VISITSUNSHINECOAST.

I WISH YOU THE VERY BEST OF LUCK WITH YOUR RACING AND I INVITE YOU TO RETURN TO SEE US AGAIN IN THE FUTURE.

WITH BEST REGARDS

A handwritten signature in black ink, appearing to read 'M. Jamieson', written over a white rectangular background.

MAYOR MARK JAMIESON



## PRESIDENTS'S MESSAGE

Why do paddlers come to compete in AOCRA's Sprint National Titles year after year? After all, much of our race calendar is made up of marathon events and our beautiful Australian coastline practically begs to be paddled.

But sprint racing is different. It caters to dedicated sprinters who love its intensity and to marathoners who want to test their mettle in a short course event. The next IVF Sprint Championships will be held in Hilo, Hawaii in 2020. This will be a great opportunity to start testing your teams ready for our Qualifiers in 2020.

Sprint racing is short and intense. Unlike marathons you cannot let up for even a moment and any mistake; jumping the start, going outside your lane, being too wide coming out of a turn, can cost you the race. You get no help from waves and swell. There are no free rides. You go from zero to flat out in an instant, paddling your heart out for only a few short minutes, but your aching limbs and burning muscles can't take away from the exhilaration you feel. No matter where you come in your race you can step off the water proud that you have pushed yourself harder in those few minutes than most people ever do.

So, welcome to AOCRA's 2019 Sprint National Titles. No matter your age or experience in sprinting come and join us for 3 days of exciting competition on the water at Lake Kawana and the enjoyment of our friendly paddling community off the water. Be great sports, respect your team mates, coaches and fellow racers and show your appreciation for the small army of volunteers who, year after year, make this and other events possible for your enjoyment. Thank you, also, to our sponsors A.J.Gallagher and Sunshine Coast Council for their ongoing support of outrigger canoe racing.

Most of all, have fun, make new friends and be a great ambassador for your team, your club and for the sport.

Kind regards ... Grant

**GRANT WITHRINGTON**

President, AOCRA





## THANKS TO OUR MAJOR AND ONGOING SPONSORS



# Race Rules/ Safety

This event will be run in accordance with the AOCRA regatta rules as detailed on [www.aocra.com.au](http://www.aocra.com.au) updated April 2018.

## **Changes to rules regarding Multiple Age Divisions:**

**OC1 & V1** - A paddler may **only** paddle in **one age division** per event type.

ie. A Master paddler may compete in either Open or masters but not both. This can differ from one event to another, for example you can choose to compete in Masters V1 and Open OC1.

## **OC6 & V12**

Individual paddlers may paddle across 2 divisions in OC6, V12 events in order for clubs to field teams if necessary. However 1 team may not enter in both Master and Open OC6/V12 event. **This applies to both Junior and Senior events.**

## **Paddlers/teams.**

### **Reminder of other relevant rules:**

1. The AOCRA uniform rule will be enforced.
2. Close of nomination date will be enforced.
3. OC6 - All paddlers in a team must be from the same club. (OC6 - except for when **Rule B.2.1.1d applies**. Junior exemptions as per JDC directives apply.)
4. V12 - 2 nominated club teams may combine.
5. There must be a least 2 nominations in a division to constitute an event.
6. There will be same gender racing for U16 and U19.
7. Junior mixed teams; refer to rule change below:

U12, U14, U16, U19 gender mix is three female and three male paddlers to form an OC6 crew. With regards to the Minnows category there are to be no gender mix stipulations. This rule change came into effect 1st July 2016.

**A Paddler's Guide handbook will be distributed before the event. This will take the place of daily race briefings.**

## Registration

All paddlers are required to register and receive a wrist band. Photo ID is required. If you do not have a wrist band when you present at Marshalling to check in for your race you will not be allowed to proceed into the race holding areas. Further information regarding registration times will be provided in the paddler guide.

## Marshalling

It is important on race day to ensure you /your team are aware of your race responsibilities. Please ensure you check the schedule each day and listen out for any announcements for your events. You will be asked to go to the Marshalling Area (undercover) prior to your race. Here your wrist bands will be checked before proceeding into holding area. **There are toilets in the holding area for paddlers who have been checked in by the officials in this area.** Further information regarding marshalling and the holding areas will be provided in the paddler guide.



**Be prepared, respectful and paddle fast.**

Organisers will review race scheduling once nominations have been finalised.

To help with running the event - **All clubs will** be rostered on and expected to help throughout the event in boat handling and support boats etc. Please make sure you are able to supply volunteers at these times. A roster will be created and sent to clubs – please listen for the calls and help out.

## Canoes

All V1, OC1, OC6 & V12 craft will be provided over the three day event.

V1 Zulu, OC1 Stealths, OC6 Mirages & V12 Mirages

## Volunteer and Key Personnel

AOCRA events are run by volunteers and without them there would be no racing.

**Please treat them with respect and courtesy.**

## Schedule of Events

Please note: This is a **proposed schedule only** and will be finalised once nominations have been completed.



- ❖ Day 1 – V1 & V12 events
- ❖ Day 2 – OC6 events
- ❖ Day 3 – OC6 & OC1 events



## Nomination information

All competitors must register online at [www.aocra.com.au](http://www.aocra.com.au)  
**OC6 and V12 nominations must be done through your club registrar.**

Have you renewed your AOCRA Membership?

**Nominations close 11pm, Friday 18<sup>th</sup> January 2019.**

**NO nominations will be accepted after this date**

### Nomination fees:

Seniors \$20 per person per event

Juniors \$12 per person per event.

### Junior events:

Minnows OC6, V12 mixed. U12 & U14 OC6, V12 mixed OC1, V1. U16 & U19 OC6, V12 mixed & same gender OC1, V1.

### Senior events:

Open, Master, Senior Master, Golden Master, Platinum & Adaptive - OC6 & V12 mixed and same gender, OC1 & V1

If you are having trouble with the online registration through AOCRA please email [support@aocra.com.au](mailto:support@aocra.com.au)  
or Connie [cwithrington64@gmail.com](mailto:cwithrington64@gmail.com)

## Results & Presentations

All results will be posted as soon as possible after each heat and final. A specified area will be allocated for this purpose. Any protest must be done within time frames, please refer to the AOCRA Web Site, Administration Page - AOCRA Regatta & Training Rules Updated April 2018.

Please check on the race results throughout the day and be ready to attend your presentation when it is called.

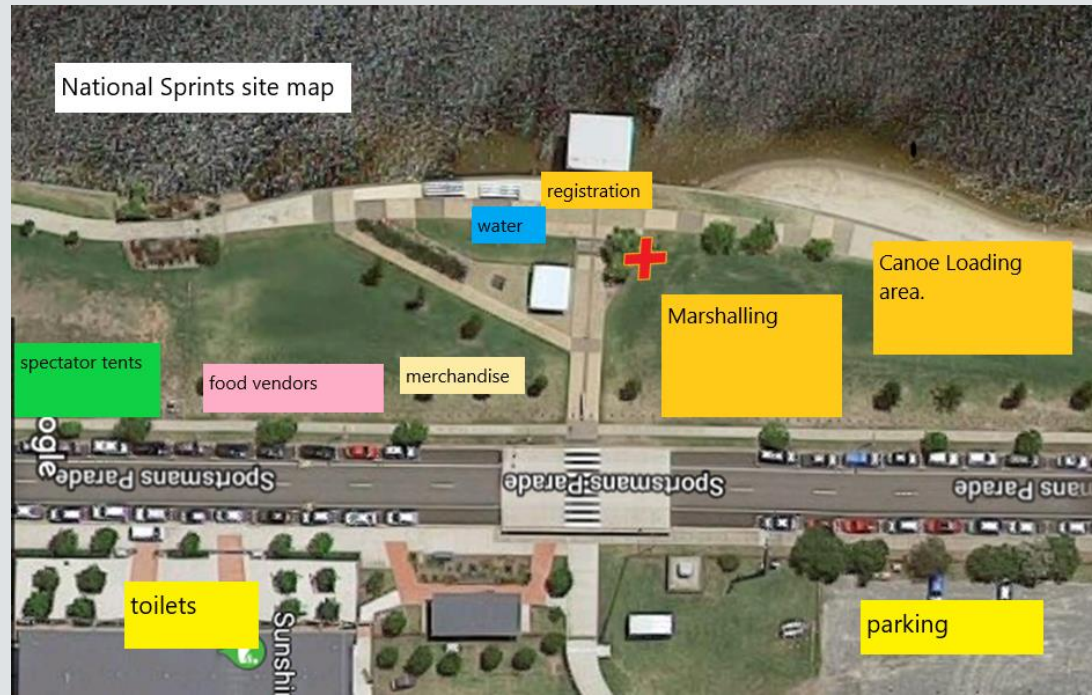
**Presentations will be held at the end of each day's racing.**



# Location

Lake Kawana - 31 Sportsman Prd,  
Bokarina, Qld 4575

Parking available, as per pink arrow  
on the map – field 3.



**Refreshments** - A variety of food vendors will operate all day over the three-day event. Water station and coffee vans will also be available on-site.

Paddling vendors will be operating over the weekend.

**Official Merchandise** – Red Energy will be trading on site during the event but will also be taking on-line orders via link prior to the event. Follow AOCRA facebook for more information when available.

**First Aid** –there will be a designated first aid officer available at the regatta site for the duration of the event.

# Accommodation

Accommodation on the Sunshine Coast is renowned worldwide for its superb quality, award winning locations and incredible variety. Choose from hundreds of options along the coast, many boast stunning water views.

Come to life on Queensland's Sunshine Coast with the local accommodation experts.

<https://visitsunshinecoast.com/accommodation>

## Contacts

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