

National Marathons Championships 2024

OC1/2 & OC6

&

V1 Aussie Va'a Solo

Mooloolaba QLD
Sunshine Coast

Dates : 24 to 26 May 2024



Welcome Message AOCRA



On behalf of the Board of the Australian Outrigging Canoe Racing Association (AOCRA), it is with great pleasure that I welcome athletes, coaches, sponsors, officials, guests and supporters to the 2024 National Championship Marathons event, hosted by our Events Team of volunteers in association with AOCRA. It is an absolute honour to once again host this magnificent event; which is the pinnacle to the Marathon Ocean Racing Calendar in Australia, at Mooloolaba on the Sunshine Coast.

This three-day competition is a great celebration of athletic excellence, teamwork, camaraderie and leadership with the country's top distance paddlers in V1, OC1, OC2, and OC6 who will compete in nine race events. Comprising a full competition schedule, the regatta welcomes athletes from around Australia and International.

We thank our major event sponsor Sunshine Coast Council for their ongoing support and our sponsors: Ozone Australia & Paddling Promotions and V Group Insurance for their support. Thanks, as well to the local community for embracing the visiting competitors, officials, volunteers and supporters. We appreciate the Coast Guard Mooloolaba being available to support our on water team when possible

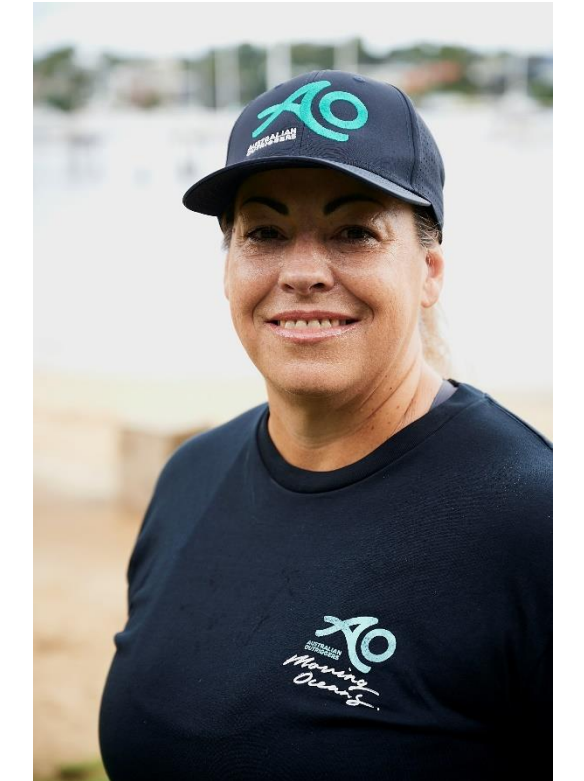
We are honoured to have partnered with the White Cloud Foundation who provide an important tele-mental health service to our members and their family and friends. A \$2 donation from race fees will go to supporting this much needed service.

I would also like to wish every participant the very best for their races and hope all the spectators have a wonderful three-day weekend watching and participating in the competition. I look forward to witnessing some great racing and enjoying the forming of new friendships and catching up with paddling friendships.

While you compete together, we ask that you respect the same rules, share the ocean, the power and the spirit of outriggering with your fellow athletes. Congratulate each other for racing and participating and celebrate our success together.

Enjoy the experience everyone.

Janine on behalf of AOCRA Ltd



Janine Nikora
Vice President AOCRA



AOCRA and White Cloud Foundation 2024 Partnership



We are honoured to be partnered with an amazing foundation that offers a free online Tele – Mental Health Service to our paddling community, friends and family. White Cloud Foundation offer immediate support on the phone, and we truly appreciate their help in taking care of our paddlers, friends and family on and off the water.

We are raising funds this year to donate to the White Cloud Foundation so this much needed service may continue and grow. \$2 from each race fee entry will be donated along with all gold coin donations at the event.

If you and or someone in your family or circle of friends are experiencing depression, anxiety, please call White Cloud Foundation. No referral required, no Mental Health Plan needed and all in the comfort of your home. Phone today on 07 3155 3456 during office hours.



THANKS FOR YOUR SUPPORT



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.
- All OC1/2 shall have a leg rope, spare paddle, and an approved lifejacket and carry a VT Tracker
- All V1 shall have a spare paddle, bailer and an approved lifejacket and carry a VT Tracker
- For this event all OC6 canoes shall be a minimum weight of **100 kgs** unless in the unlimited class. Unlimited Class OC6 canoes weighing less than **100 kgs** may race in the short and long courses in the Open and Master division for Women, Men and Mixed only. Eligible for medals and club points with 3 entries per age category.
- For this event, OC6 Teams are required to have raced a minimum of 3 OC6 club races together not combined races or a continuous membership with the registered club within the last 12 months.
- For this event, OC2 races will be loaded as a **combined** event, this will allow **club registrars** to select paddle partners who are recognised as an establish OC2 team, from across zone clubs. Matching uniforms from the registering club must be worn. **Registration must be through a club registrar, not individually.** Club points awarded to registering club.
- “Novice” teams must have five (5) novice and one (1) experienced paddler. The experienced paddler must be the steerer.
- Junior Participation is allowed in the Open Division. Juniors must have turned 16 in the year of competing and will be required to ask permission from AOCRA to participate prior to online registration. Parental permission forms and information regarding level of experience must be completed and sent to secretary@aocra.com.au.
- AOCRA Uniform Rule 15.5 applies. Club uniforms must be worn by all competitors for all race events on program and matching club uniforms for team events as points from races are awarded towards club points.
- 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 and first aid response on the water.



Nomination Information

ALL OUTRIGGER COMPETITORS MUST BE AOCRA MEMBERS.



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/OC2 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.

Race Fees

- All OC1/2, Short Courses = \$60 per paddler per race.
- All OC1/2 Long Course = \$85 per paddler per race.
- All V1 Aussie Va'a Solo Long Course = \$75 per paddler per race.
- All V1 Aussie Va'a Solo Short Course = \$60 per paddler per race
- All OC6 Short Courses = \$45 per paddler per race.
- All OC6 Long Courses = \$60 per paddler per race.

Club Nominations and Team Sheets are due: **Sunday 12 May 2024.** (Late fees will apply)

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

Divisions

- Short Course : Under 16, Under 19, Open, Master, Senior Master, Golden Master, Platinum Master, Para, Novice - Men, Women and Mixed.
- Men & Women Long Course: Under 16 for OC6 only, Under 19, Open, Master, Senior Master, Golden Master & Platinum Master
- Mixed Long Course: Under 16, Under 19, Para, Open, Master, Senior Master, Golden Master & Platinum Master
- OC2 Short / Long course. Open / Master / Golden Master Divisions only.
- Unlimited Open and Masters Men, Women, Mixed Short and Long Course
- International Opens Division for Women and Men with a minimum of 3 nominations in a race to be eligible
- There must be a minimum of **3 nominations in all races** to make an eligible event category. If less than 3, the entry will move down into the next division..



Paddler Certification & Race Registration @ Regatta Site.



ALL certification and registration will take place in the Registration Tent on site.

Club managers will be required to represent their club OC6 competitors and facilitate certification process.

OC1/2/V1/Long/Short Course only - competitors will present in person at registration tent to sign for and receive their wristband.

Photo ID will be required for certification. Wristbands for Single events will be a different colour to OC6 team events.

Club Certification of team paddlers.

All competitors must wear a coloured band. No wrist band, no racing. All clubs will have a nominated Club manager, named on team sheets.

The club manager will collect the wristbands and sign the club list certifying wristbands will be given to listed paddlers. The club manager is accepting the responsibility on behalf of the club, to certify that the wristbands are passed onto the paddlers on the club list. If any paddler names are not listed on the club sheet, please come to Registration Tent to query / update.

Audit checks will be conducted by race officials throughout the event. Wrist bands must stay on for the duration of event while competing.

Team / Individual Race registration

All steerers/captains must sign in their crew before each race and confirm canoe number and collect their allocated VT Tracker, Sign in must be completed before briefing. VT Trackers must be returned after the race. \$100 fee applies for non return of tracker.

All individual competitors (OC1/2/V1/) must sign in and confirm canoe number and collect their allocated VT Tracker . Includes short and long course. Sign in must be completed before briefing. VT Trackers must be returned after the race. \$100 fee applies for non return of tracker.

AO Canoe numbers will be available for canoes without numbers.

Registration opens

Friday 24th May 6:30 am – all day

Saturday 25th May 6:30 am – all day

Sunday 26th May 6:30am – 7:30 am



Location and parking restrictions– Mooloolaba Spit Parkyn Parade

Regatta Site



Boat trailer car park

NO PARKING

PLEASE NOTE

There is to be NO car parking by paddlers or supporters in the cul-de-sac parks at the spit end of Parkyn Parade. THIS AREA IS RESERVED FOR CUSTOMERS OF THE RETAIL OUTLETS IN THE AREA. We also ask that no cars, trailer, vans etc that do not have permission park within the regatta site.












Please be advised that there is to be NO PARKING or STOPPING of vehicles in the driveway located adjacent to 'The Spit' parklands. The entrance to the driveway is to always remain clear and is signed a NO STANDING area. The driveway to the DTMR & Water Police facilities is to be always kept clear during the conduct of the event.(No loading and or unloading to be taken in the driveway or at the entrance to the driveway) Any vehicle found to be not complying may be issued an infringement notice which can incur a penalty of \$170.



Site Maps and Location – Mooloolaba Spit Parkyn Parade



-  Administration
-  First Aid
-  Porta Loos
-  Coffee Van
-  Club Tents
-  Canoes
-  Rubbish Bins
-  Vendors
-  Signage



Start / Finish Line (all races) – crews to clear course after finish (In Water Start)



Start Procedure (In water Start)

- Lead boat will be the start boat and will be located to the left of the start line clearly visible for all steerers.
- Support Boat to keep the start line straight and push canoes back if over the line so all craft come up together.
- White flag raised signals 2 minutes to race start. Canoes to approach the pre-start line which is approximately 10m behind the actual start line. This line will be imaginary.
- Red flag raised signals the canoes to move forward to the start line and the canoe must be stationary at the line
- Green flag raise signals the start of the race
- Black flag raised during the start procedure signals a canoe/s is over the line. A verbal warning may be given to the offending canoe/s, but it is not mandatory

Entry to Finish channel

Paddlers/Crews must keep the Entry inside buoy on their left and then proceed to finish line between the buoy and shoreline.



Start / Finish Line (all races) – crews to clear course after finish (Beach Start)(Only if favorable Weather & Shore conditions permit)

Start Procedure (Beach Start)

- The start line will be a “beach” start
- Crews to have a boat handler to assist in stabilizing the canoe on the shoreline
- Lead boat will be the start boat and will be located to the left of the start line clearly visible for all steerers.
- Support Boat to keep the start line straight and push canoes back if over the line so all craft come up together.
- White flag raised signals 2 minutes to race start. Canoes to approach the pre-start line which is approximately 10m behind the actual start line. This line will be imaginary.
- Red flag raised signals the canoes to move forward to the start line and hold the canoe stationary at the line
- Green flag raise signals the start of the race
- Black flag raised during the start procedure signals a canoe/s is over the line. A verbal warning may be given to the offending canoe/s, but it is not mandatory



Entry to Finish channel
Paddlers/Crews must keep the Entry inside buoy on their left and then proceed to finish line between the buoy and shoreline.



18Km Marathon Course OC1, OC2, Ski, OC6 All divisions.



Tide Times: Mooloolaba

Fri	High: 8:08am	1.39m
	Low: 2:04pm	.31m
Sat	High: 8:48am	1.34m
	Low: 2:41pm	.32m
Sun	High: 9:32am	1.30m
	Low: 3:21pm	.37m

Race Course:

Starting in the bay. Proceed North approx. 2km to the first buoy. (this buoy will be set as per AOCRA rule 6:5:3c). Conduct a non ama right turn and head East to the second buoy which is located off Point Cartwright, for another non ama right turn.

Head South parallel to the beach towards Caloundra. Conduct an ama turn at the third buoy and head east to the fourth buoy for another ama turn. Head North parallel to the beach to the fifth buoy and conduct an ama turn to head back into the bay to the sixth buoy. Conduct an ama turn and head to the finish line.

As you reach the beach, a buoy will be located just off the beach and you must conduct an ama turn with the buoy on your left and head to the finish line which will be marked by a final buoy.

Attend race briefing for more course confirmation.



18Km Marathon Alternate Course OC1, OC2, Ski, OC6 All divisions.



Tide Times: Mooloolaba

Fri	High: 8:08am	1.39m
	Low: 2:04pm	.31m
Sat	High: 8:48am	1.34m
	Low: 2:41pm	.32m
Sun	High: 9:32am	1.30m
	Low: 3:21pm	.37m

Race Course:

Starting in the bay. Proceed North to the first buoy. Conduct an ama turn left and head West to the third buoy passing and keeping Old woman Island on your left. Conduct an ama turn at the third buoy and head to the finish line.

As you reach the beach, a buoy will be located just off the beach and you must conduct an ama turn with the buoy on your left and head to the finish line which will be marked by a final buoy.

Attend race briefing for more course confirmation.



16Km V1 Aussie Va'a Solo Course All divisions.



Tide Times: Mooloolaba

Fri	High: 8:08am	1.39m
	Low: 2:04pm	.31m
Sat	High: 8:48am	1.34m
	Low: 2:41pm	.32m
Sun	High: 9:32am	1.30m
	Low: 3:21pm	.37m

Race Course:

Starting in the bay. Proceed North approx. 2km to the first buoy. (this buoy will be set as per AOCRA rule 6:5:3c). Conduct a non ama right turn and head East to the second buoy which is located off Point Cartwright, for another non ama right turn. Head South parallel to the beach towards Caloundra. Conduct an ama turn at the third buoy and head east to the fourth buoy for another ama turn. Head North parallel to the beach to the fifth buoy and conduct an ama turn to head back into the bay to the sixth buoy. Conduct an ama turn and head to the finish line.

As you reach the beach, a buoy will be located just off the beach and you must conduct an ama turn with the buoy on your left and head to the finish line which will be marked by a final buoy.

Attend race briefing for more course confirmation.



16Km V1 Aussie Va'a Solo Alternate Course All divisions.



Tide Times: Mooloolaba

Fri High: 8:08am 1.39m
Low: 2:04pm .31m

Sat High: 8:48am 1.34m
Low: 2:41pm .32m

Sun High: 9:32am 1.30m
Low: 3:21pm .37m

Race Course:

Starting in the bay. Proceed North to the first buoy. Conduct an ama turn left and head West to the third buoy passing and keeping Old woman Island on your right. Conduct an ama turn at the third buoy and head to the finish line.

As you reach the beach, a buoy will be located just off the beach and you must conduct an ama turn with the buoy on your left and head to the finish line which will be marked by a final buoy.

Attend race briefing for more course confirmation.



10Km Short Course. V1, OC1, OC2, OC6 All divisions.



Tide Times: Mooloolaba

Fri	High: 8:08am	1.39m
	Low: 2:04pm	.31m
Sat	High: 8:48am	1.34m
	Low: 2:41pm	.32m
Sun	High: 9:32am	1.30m
	Low: 3:21pm	.37m

Race Course:

Starting in the bay. Proceed North to the first buoy. Conduct an ama turn left and head West to the third buoy. Conduct an ama turn at the third buoy and head to the finish line.

As you reach the beach, a buoy will be located just off the beach and you must conduct an ama turn with the buoy on your left and head to the finish line which will be marked by a final buoy.

Attend race briefing for more course confirmation.



Schedule of Events



Sunrise 6:24 am
Sunset 5:04 pm



Day	Time	Event/Division	Distance
Friday 24 th May	6:30am All day	Registration OC1/2/V1 (priority) OC6 + Club Wristbands	
	7:30 am	Greeting and Blessing of Regatta	
	8:00 am	V1 Aussie Va'a Solo Briefing	16km
	8:15 am	V1 Aussie Va'a Solo Start	
	10:45 am	V1 /OC1/ OC2 Short Course Briefing	10 km
	11:00 am	V1/ OC1/ OC2 Short Course Start	
	12:45 pm	OC1/ OC2 Long Course Briefing	18 km
	1:00 pm	OC1/OC2 Long Course Start	
	5:30 pm	Presentation on site in the Park	
Saturday 25 th May	6:30am All day	Registration OC6 + Club Wristbands	
	7:00 am	Greeting and Blessing of Regatta	
	7:30 am	Unlimited Women, OC6 J16, J19 ,Women's Long Course Briefing	18 km
	8:00 am	Long Course Start	
	11:00 am	OC6 Mixed <u>All Divisions</u> Short Course briefing	10 km
	11:30 am	Short Course Start	
	1:15 pm	Unlimited Men, OC6 J16,J19 Men's Long Course Briefing	18 km
	1:45 pm	Long Course Start	
	6:00 pm	Presentation & Nationals After Party Venue TBA	



Schedule of Events



Sunrise 6:25 am
Sunset 5:03 pm



Day	Time	Event/Division	Distance
Sunday 26 th May	6:30am to 7:30am	Registration OC6	
	8:00am	Unlimited Mixed, OC6 Mixed All Divisions Long Course briefing	18 km
	8:30am	Long Course Start	
	10:15am	Unlimited Women, OC6 Women All Divisions, Para, Short Course Briefing	10 km
	10:45am	Short Course Start	
	12:30 pm	Unlimited Men, OC6 Men All Divisions Short Course Briefing	10 km
	1:00pm	Short Course Start	
	3:30pm	Presentation on site and End of National Championships END OF EVENT	



Trailer Parking Canoe Rigging / Unrigging



Trailer parking and rigging will be available in the Maritime Boat carpark in **Parkyn Parade, Mooloolaba**.

On arrival in Parkyn Parade, you are requested to enter the trailer area from the **Western** side as denoted by the PINK directional arrows. Parking Staff will be on hand to direct.

Canoes can be unloaded and rigged in fenced area, with parking staff directing where trailers are to be stored for the duration of the event. Once canoes have been rigged they are to be moved to the boat ramp as shown by the BLUE line.

The Canoe can then be paddled to the end of the river mouth and stored on the beach at the Eastern end of the bay.

Unrigging of canoes will be in the reverse order as required.

The Parking area will be manned at the following times:

Thursday 25th May – 4pm – 7pm or By arrangement with the Parking Captain

Friday 26th May – 7am – 7pm

Saturday 27th May – 6am – 9am

Sunday 28th May – As required

Please ensure you have confirmed an arrival time with the Parking team outside the nominated times.



Presentations

Friday and Sunday presentations will be held on site in Parkyn Parade Spit Park on the completion of racing each day once results have been processed. Saturday night party and presentations will be held at a venue to be advised.

Club Trophy Eligibility

Club points will be awarded to all divisions where there are a minimum of 3 entries. This includes Unlimited divisions as referenced in this program invite. For Nationals Titles Club uniforms must be matching.

Facilities on the Day

During the event on each of the 3 days, there will be a coffee van and vendor stalls in the Park area adjacent to the beach. In the Spit Area which is located across the road from the race site, there are a variety of food & drink shops that are available including Asian food, Fish & Chips, Coffee shops and restaurants. We encourage paddlers and family to support these venues.



OC6/OC2 /OC1 Canoe Hire

If you are wanting to hire / borrow a canoe, please make contact with a club in the SQ Zone . These are listed on the AOCRA website. <https://aocra.com.au/sqzone/club-list.php>

V1 Canoe Hire

AOCRA V1 canoes will be available to hire (9). Preference is given to interstate travelling competitors. Please email a request to: aocra.events@aocra.com.au

Security

Security Guards will patrol the beach, grass reserve areas on Thursday 23rd, Friday 24th and Saturday 25th between the hours of 6pm and 6am.



Towing and Travel assistance

There is a limited towing and travel assistance pool provided by AOCRA.

Towing assistance will be provided for Club OC6 Trailers with a minimum of 3 x OC6 canoes and OC1/OC2 Trailers with a minimum of 9 Canoes.

The towing assistance is applicable for canoes traveling >600km and >1000km.

Travel assistance will be provided for outriggers traveling >1000km and >2000km.

Please note the assistance pool for towing and travel will be shared between applicants.

Towing and Travel assistance Forms must be completed and forwarded to secretary@aocra.com.au by email no later than **14 days after the event**.

See applicable forms on www.aocra.com.au



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Refund Policy

AOCRA Refund Policy effective 30 November 2021
The Nomination Fee



National Marathon Race Fees	OC1/2/ Short Course.	OC1/2/ Long Course	OC6 Long Course	OC6 Short Course	V1 Aussie Solo
Total AOCRA	\$60	\$85	\$60	\$45	\$75
	\$60	\$85	\$60	\$45	\$75

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.



Thanks to our sponsor Sunshine Coast Council



We are thrilled to have Sunshine Coast Council sponsorship for our event this year and welcome you all to stay and play.
Refuel: Refuel after your event! Don't let the pristine beaches and warm sunshine distract you, there are plenty of family friendly ideas.

Link: <https://www.visitsunshinecoast.com/guide/17-family-fun-ideas-in-caloundra>

Link: <https://www.visitsunshinecoast.com/guide/a-locals-guide-to-food-on-the-sunshine-coast>

Link: <https://www.visitsunshinecoast.com/itinerary/the-ultimate-family-holiday-itinerary>

Mooloolaba is a major tourist destination in QLD.

There is an abundance of things to see and do.

The following link provides extensive information on accommodation, restaurants cafes shops, clubs and the many outdoor activities including walking and cycling tracks, Whale and Dolphin Watch cruises, Fishing and Cruising Charters, Surfing, Kayaking, SUP, Golfing, Nature and Wildlife tours

<https://www.visitsunshinecoast.com>



Thanks to our sponsors:



Your support is greatly appreciated by all for supporting this year's National Championship event.

A special mention to:

- Sunshine Coast Council our valued sponsor for our National Events
- Ozone Australia and Paddling Promotions our valued AO Downwinder Series sponsor supporting AO Road to Samoa
- V Insurance Group taking care of our insurance needs and sponsoring our sport.

