

ROCKINGHAM OUTRIGGER CANOE CLUB PRESENTS

# Beat *the* Sound

ENDURANCE & SPEED

**SAT. 14 DEC**

**MANGLES BAY, LONG DISTANCE**

**SUN. 15 DEC**

**WELLS PARK, JUNIOR SPRINTS**



**DON'T MISS THIS CHANCE TO BEAT THE SOUND**

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# INTRODUCTION

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We're thrilled to host an incredible lineup of events, showcasing the talent and dedication of paddlers across all ages and abilities. Get ready for an action-packed weekend!

WE'VE COMBINED THE BEST OF BOTH WORLDS  
– SENIOR ENDURANCE AND JUNIOR SPRINTING –  
FOR NONSTOP EXCITEMENT ON THE WATER!

On Saturday, December 14th, we kick off with our Senior Long Distance, where experienced paddlers can test their stamina, strength, and teamwork in a thrilling challenge across open waters. Don't worry, we haven't forgotten those new to our sport; we've got a stand-alone short course set up to give the novice paddlers a chance to shine in their own thrilling event. Get ready for the Young Guns, where teams of 3 junior and 3 senior paddlers join forces, blending energy and experience what will be an epic showdown on the water!

On Sunday, December 15th, we shift focus to our Junior Sprints & Turns. It's all about the up-and-coming next gen paddler, as young athletes from across the State come together to demonstrate their skills and talent. Speed, agility, and fun are the name of the game as young paddlers compete in fast-paced races highlighting their enthusiasm for the sport. It's inspiring to see the next generation of paddlers take to the water with such passion.

Join us on the water; embrace the challenge, enjoy the action, soak in the coastal vibes and celebrate our paddling community.

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# RACE EVENTS

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## DAY ONE

Saturday 14 December

Long Course OC6 – 16km

- Mens
- Womens

Small Craft – 10km

- V1
- OC1
- OC2

Short Course – 7km

- Novice
- Young Guns

## DAY TWO

Sunday 15 December

Straights – V1

- Minnows 100m
- U12 250m
- U14 250m
- U16 500m
- U19 500m

Straights – V6

- Minnows 250m
- U12 250m
- U14 250m
- U16 500m
- U19 500m

Turns – V6

- Minnows 200m
- U12 500m
- U14 500m
- U16 1000m
- U19 1000m

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# PROGRAM OVERVIEW

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## DAY ONE

Saturday 14 December

0730hrs

Registration Opens

0830hrs

Race 1 starts

Presentations 30mins after last finisher

## DAY TWO

Sunday 15 December

0800hrs

Registration Opens

0900hrs

Race 1 starts

Presentations 30mins after last race

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# PADDLER AND TEAM NOMINATIONS

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Nominations are now open and must be completed by clubs online via the AOCRA website.

It is not possible to nominate on the day.

Club registrars must complete all nominations; please ensure all paddlers are current members of AOCRA.

Nominations close no later than seven (7) days prior to the event (December 7th); late fees will apply to nominations received after this date.

If you are having trouble with the nominations, please contact WAZA [secretarywazone@aocra.com.au](mailto:secretarywazone@aocra.com.au) or ROCC [rockinghamoutrigger@gmail.com](mailto:rockinghamoutrigger@gmail.com) for assistance.

Please note :

*Novice* – paddler in their first two (2) years of being an AOCRA registered member.

*Novice Team* – comprised of up to two (2) experienced paddlers and a minimum for four (4) novice paddlers.

*Young Guns Team* – a minimum of three (3) junior paddlers and a minimum of two (2) senior paddlers.

**DAY ONE**- we strongly encourage paddlers without a team who are wanting to race in an OC6 race to sign up to WAZA's Paddler Pool. WAZA will make this link available in due course and all Clubs will be notified.

**DAY TWO**- we are encouraging participation for our next generation of paddlers. If you are available to paddle but your club does not have enough paddlers to make a crew, please contact WAZA or ROCC and we will work to get you on the water. There will be a field available within the registration process for this information to be entered individually.

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## RACE FEES

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### DAY ONE

|                      |         |                             |
|----------------------|---------|-----------------------------|
| Saturday 14 December | Juniors | \$15 per race / per paddler |
|                      | Seniors | \$20 per race / per paddler |

### DAY TWO

|                    |         |                  |
|--------------------|---------|------------------|
| Sunday 15 December | Juniors | \$15 per paddler |
|--------------------|---------|------------------|

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## LOCATION & FACILITIES

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### DAY ONE

**Location** : The Cruising Yacht Club of WA Hardstand on Point Peron Road.

**Directions** : [TCYC Hardstand, Point Peron Road, Rockingham 6168](#)

**Registrations** : Paddler registration area is located by the BBQ.

**First Aid** : First Aid is located on the beach.

**Canoe drop off** : Gate access will be available for canoe drop-offs from 7am. Once trailers have been unloaded, ensure trailers and vehicles are removed from the Hardstand to the outside parking area.

**Water** : A hose is available for use to wash down canoes in the canoe drop zone.

**Parking** : Trailer and car parking is located on the grass area on Point Peron Road outside the Hardstand; please be mindful of the soft sand in some areas.

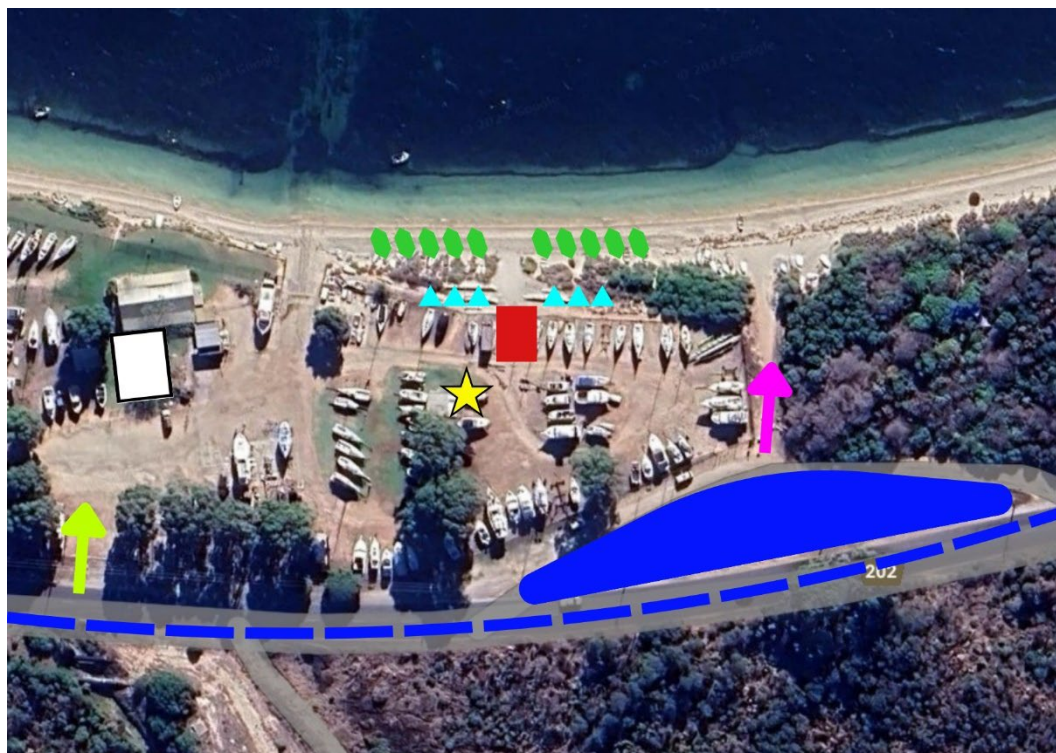
**Amenities** : Toilets and showers are located inside the Hardstand to the east of the boat ramp; please ensure the facilities are left in a clean and tidy manner.




**Rubbish** : General waste and recycling bins will be located at various points inside and outside the Hardstand.

**Food & Refreshments** : BBQ stand with cold drinks and yummy snacks will be available to purchase. EFTPOS facilities will be available.

Please be mindful and respectful of all TCYC members in and around the Hardstand.



- |   |  |   |
|---|--|---|
|  Parking           |  Trailer Entry  |  Canoe Rigging |
|  Canoe drop zone   |  Point Peron Rd |  Club Tents    |
|  Toilets / Showers |  Beach Access   |  BBQ           |

## DAY TWO

**Location** : Wells Park on Rockingham / Kwinana Beach Road.

**Directions** : [Wells Park, Rockingham / Rockingham Beach Road, East Rockingham 6167](#)

**Registrations** : Paddler registration area is located by the BBQ.

**First Aid** : First Aid is located in the marshalling area.

**Parking** : Parking is located in the Wells Park car park off Rockingham / Kwinana Beach Road.

**Amenities** : Public toilets are located by the playground adjacent to the car park.

**Rubbish** : General waste and recycling bins will be located at various points around the park.

**Food & Refreshments** : BBQ stand with cold drinks and yummy snacks will be available to purchase. EFTPOS facilities will be available.



- Parking
- Marshalling Zone
- Toilets
- Car park Entry
- Rockingham Beach Rd
- Club Tents
- BBQ

## COURSE DETAILS

### DAY ONE

#### OC6 Long Course

Starting at **ROCC HQ**, paddlers will head east, past the Foreshore and towards the blue grain terminal where they will come across a moored ship called "**LISSA**". Ama turn around LISSA and head west towards the "**Coat-hanger**" bridge and yellow WAZA buoy at the northern end of the rock wall. After crossing under the Coat-hanger continue west to the **channel marker**. Ama turn around the channel marker and head south towards the south end of the rock wall and **WAZA buoy**. Ama turn around the WAZA buoy and head north back towards the **Coat-hanger**. Cross under the coat hanger and head back to **ROCC HQ**.





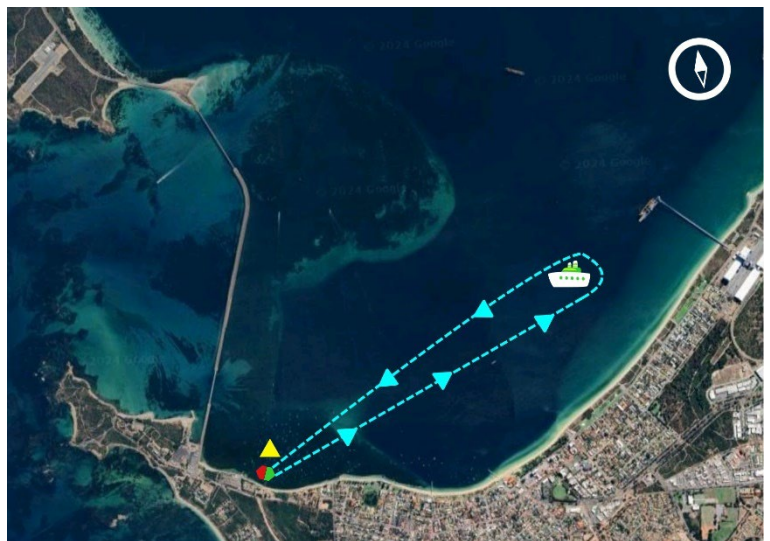
## Small Craft Course

Starting at **ROCC HQ**, paddlers will head east, past the Foreshore and towards the blue grain terminal where they will come across a moored ship called "**LISSA**". Ama turn around LISSA and head west towards the "**Coat-hanger**" bridge and yellow WAZA buoy at the northern end of the rock wall. Ama turn around the **WAZA Buoy** and head back to **ROCC HQ**.



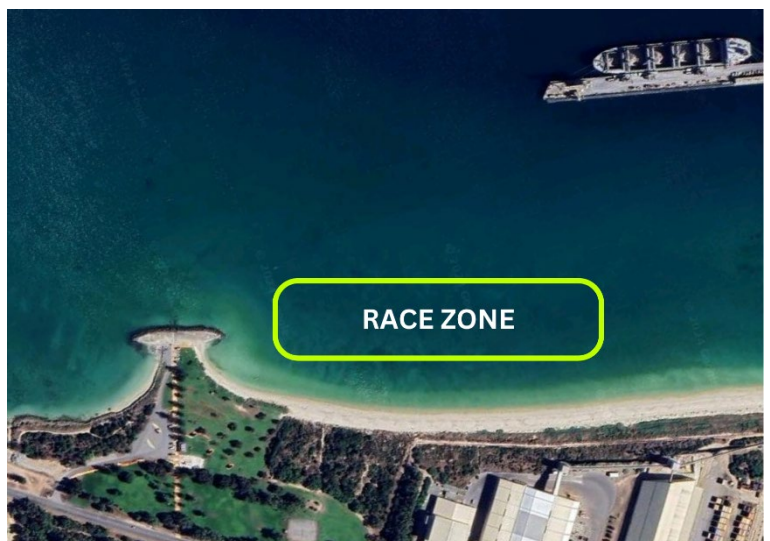
## OC6 Short Course

Starting at **ROCC HQ**, paddlers will head east, past the Foreshore and towards the blue grain terminal where they will come across a moored ship called "**LISSA**". Ama turn around LISSA and head back to **ROCC HQ**.



## DAY TWO

Lane marker map will be available when registering and posted in the marshalling area.





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# RACE SPECIFICS

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## RULES

The ROCC Beat the Sound regatta will be run under [AOCRA rules](#).

## START PROCEDURES

Paddlers must be present at the start line for their event as shown on the program. Starting signals shall be given regardless of absentees.

**White flag** raises signals 2 minutes to race start. The race shall start any time within those 2 minutes.

**Red flag** raised signals the canoes move to a starting position and the canoe must be stationary at the line.

**Green flag** raised signals the start of the race.

Crossing the line at the start at any time after the red flag has been raised will result in a **Black flag** being raised. It is up to the offending craft to move back behind the start line. A verbal warning maybe given. Not following starting orders will result in disqualification.

**DAY ONE** starts will be a water start. The start and finish line will be between the WAZA Buoy outside ROCC HQ and the timer's tent. Lead boat will be the start boat and will be located to the left of the start line clearly visible for all steerers. This boat will clearly display a large green ROCC flag whilst in operation.

**DAY TWO** ama turns around the turning buoy; the entire canoe, including the ama, must go around the buoy.

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# SAFETY

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## DAY ONE CANOE RIGGING

Onboard safety equipment per Department of Transport regulations and AOCRA rules

| Craft | Life Jackets | Bailers  | Leg Leash | Tow Rope | Spare Paddle | Flares   | EPIRB / PLB |
|-------|--------------|----------|-----------|----------|--------------|----------|-------------|
| V1    | Worn         | Required | Required  |          | Required     | Required | Required    |
| OC1   | Worn         |          | Required  |          | Required     | Required | Required    |
| OC2   | Worn         |          | Required  |          | Required     | Required | Required    |
| OC6   | 6            | Required |           | Required | Required     | Required | Required    |

- All OC6 canoes (12.8 metres long) must carry six (6) life jackets, an in-date flare kit, an EPIRB / Personal Locator Beacon (PLB), two (2) bailing buckets, one (1) spare paddle and a towrope. The tow rope must be a minimum of 25m in length by 12mm diameter and must be secured outside the covers and available for immediate use. It is compulsory that all OC6 canoes use storm covers.
- All single and double craft paddlers must wear life jackets (type 1, 2 or 3) capable of supporting their own weight (cannot be blow-up type unless fitted with a gas canister).
- All small craft paddlers and at least one double-craft paddler must be attached to their craft via a leg leash.
- All single and double craft paddlers must have an in-date flare kit, a GPS enabled EPIRB / PLB attached to their craft/person.

## DAY TWO CANOE RIGGING

On board safety equipment per Department of Transport regulations and AOCRA rules

| Craft | Life Jackets | Bailers  | Leg Leash | Tow Rope | Spare Paddle | Flares | EPIRB / PLB |
|-------|--------------|----------|-----------|----------|--------------|--------|-------------|
| Small | 1            | Required |           |          |              |        |             |
| OC6   | 6            | Required |           |          |              |        |             |

- Life jackets must be worn by all paddlers under the age of 9 years on all crafts.
- All OC6 canoes must always carry two (2) bailers that are required to be attached to the canoe.

## FIRST AID

First aid attendants will be located on the beach of both venues.

## PADDLER ABILITY

Paddlers are reminded that adequate training for this event is recommended and that all paddlers must be familiar with 'huli' procedures and have an appropriate level of fitness.

## SUN PROTECTION

Clubs and paddlers are advised to bring their own tents / gazebos for shade. Ensure paddlers apply sun block and wear hats; umbrellas are also great for sun as well. Sunblock will be available for all participants at the BBQ area.

## HYDRATION

Paddlers, please ensure you stay hydrated throughout the event.

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# AWARDS

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## DAY ONE

### Line Honours

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> across the line in each division

### Beat The Sound Trophy

Awarded to the Club with the highest points.

For each division, only the first canoe from each club to cross the finish line will earn points, based on AOCRA's table, towards their club's total score. All other canoes from the same club in that division will be awarded line honours but will not contribute additional points to their club's total.

The new points matrix provides smaller clubs with a greater opportunity to compete for the Beat the Sound trophy by balancing competitiveness and inclusivity. By awarding points to the first canoe from each club to cross the line in each division, the system levels the playing field. We hope the change fosters more exciting competition, where clubs of all sizes can strive for top honours.

### Divisions

- 16km Mens OC6 Unlimited
- 16km Womens OC6 Unlimited
- 16km Mens OC6 Standard
- 16km Womens OC6 Standard
- 6km OC6 Novice
- 6km OC6 Young Guns
- 10km Mens OC2
- 10km Womens OC2
- 10km Mens V1
- 10km Womens V1
- 10km Junior Male V1
- 10km Junior Female V1
- 10km Mens OC1
- 10km Womens OC1
- 10km Junior Male OC1
- 10km Junior Female OC1

Example

| Placing         | Points | Outcome | Awarded |
|-----------------|--------|---------|---------|
| 1 <sup>st</sup> | 14     | Club A  | 14      |
| 2 <sup>nd</sup> | 12     | Club B  | 12      |
| 3 <sup>rd</sup> | 10     | Club A  | -       |
| 4 <sup>th</sup> | 8      | Club C  | 8       |
| 5 <sup>th</sup> | 7      | Club C  | -       |

## RACE SCHEDULE

### DAY ONE

| TIME | RACE # | DESCRIPTION                                   | DISTANCE |
|------|--------|---|----------|
| 0730 |        | Paddler registration opens                    |          |
| 0815 |        | WELCOME & Race Briefing                       |          |
| 0830 | 1      | Womens small craft                            | 10km     |
|      | 2      | Mens OC6                                      | 16km     |
| 1100 | 3      | Mens small craft                              | 10km     |
|      | 4      | Womens OC6                                    | 16km     |
| 1330 | 5      | Novice  | 6km      |
|      | 6      | Young Guns                                    | 6km      |
|      |        | Presentations begin 30mins post last finisher |          |

### DAY TWO

| TIME | RACE # | DESCRIPTION                               | DISTANCE    |
|------|--------|---|-------------|
| 0800 |        | Paddler registration opens                |             |
| 0845 |        | WELCOME & Race Briefing                   |             |
| 0900 | 1-5    | Heats - Turns                             | 200m- 1000m |
|      | 6      | Caterpillar Exhibition Showcase           | 250m        |
|      | 7-11   | Heats - V1                                | 100m- 500m  |
|      | 12     | Caterpillar Exhibition Showcase           | 250m        |
|      | 13-17  | Heats - Straights                         | 250m - 500m |
|      | 18     | Caterpillar Exhibition Showcase Final     | 250m        |
|      | 19+    | Finals - All ages                         |             |
|      |        | Presentations begin 30mins post last race |             |

**Please note :** Race times are a guide only and may vary due to weather conditions and other unforeseen circumstances. Ensure you check with race officials on the day and attend all race briefings for updates.