



AOCRA

Invites you to the



2018

National Sprint Titles

Held 2nd, 3rd and 4th February 2018

At Lake Kawana

Sunshine Coast, Qld

With thanks to our major and ongoing partners



MAYORAL MESSAGE



NATIONAL OUTRIGGER SPRINT TITLES 2018

I would like to extend a very warm welcome to competitors and spectators from across the country who are joining us on the beautiful Sunshine Coast for the AOCRA National Sprint Titles.

You join us during another big year for our region as we continue to show why the Sunshine Coast is a destination of choice for major events.

I'm delighted that the Sunshine Coast has become known as a home for outrigger canoe racing, and I encourage you, whether you are spectating or competing to take advantage of our wonderful environment, great weather and outstanding facilities.

To all paddlers, I wish you the very best of luck in whichever discipline you have chosen to test your skills in during this year's national sprint titles.

I encourage you all to share your images of the event and the Sunshine Coast on social media during your stay.

With best regards



MARK JAMIESON
MAYOR

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President's welcome

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. 2018 also sees the IVF's World Sprint Titles being hosted from 16th to 26th of July in Tahiti and many a paddler will be coming to Nationals to qualify to represent Australia on the world stage.

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 2018 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, Team Elite Merchandise 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



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Location

Lake Kawana - 31 Sportsman Parade,
Bokarina, Qld 4575



Parking

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

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Race Rules/ Safety

This event will be run in accordance with the AOCRA regatta rules as detailed on www.aocra.com.au updated August 2017.



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. **(Tahiti intent qualifying paddlers are exempt from this rule)**

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. (Tahiti intent qualifying paddlers are exempt from this rule)**

Paddlers/teams.

Reminder of other relevant rules:

1. **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.)
2. **V12** – As this is a Worlds qualifying year 2 nominated club teams may combine. This applies to all teams not just Tahiti qualifiers
3. The AOCRA uniform rule will be enforced.
4. Close of nomination date will be enforced.
5. There must be a least 2 nominations to constitute an event.
6. There will be same gender racing for U16 and U19 World Qualifying teams.

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7. Junior mixed teams; refer to rule change below:
 1. U12, U14, U16, U19 gender mix is three female and three male paddlers to form an OC6 crew.
 2. 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.

To effectively deliver the desired race program organisers require the support of all paddlers to maximise race capacity. Please ensure you and your team are prepared early and present at "Check In / Marshalling" as soon as your race is called. Check In Areas will be restricted and once Race Check In has closed no paddlers will be able to enter the Check In area for that race. Organisers will review race scheduling once nominations have been finalised.

Be prepared and paddle fast.

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 set to club – please listen for the calls and help out.



Marshalling

It is important on the day to ensure you are aware of your race and team responsibilities. Please ensure you check your program list and listen out for any announcements for your events. You will be asked to go to the Marshalling Area (undercover) to wait for your race. Your team and names will then be checked off the nominations list. Please respect officials in this area.

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Schedule of Events

Please note: This is a **proposed schedule only** as this will be finalised once nominates have been completed.

- Day One: V1 & V12 events
- Day Two: OC6 events
- Day Three: OC6 and OC1 events

Nomination information

All competitors must register online at www.aocra.com.au
Nominations close 11pm, Friday 19th January 2018
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 and 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 or Connie cwithrington64@gmail.com

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Canoes

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

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 August 2017.

Please check on the race results throughout the day and be ready to attend your presentation when it is called. A final presentation will be held at the end of each day's racing. We invite you to stay around and mingle with old friends and new.

Refreshments

A variety of food vendors will operate all day over the three-day event. Cold refreshments and a coffee van will also be available on-site. Paddling merchandise tents will be trading on the day.



Official Merchandise

Team Elite 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. <http://teamelite.com.au/collections/aocra-official-online-store-1>

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

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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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