



2023

THE SPIT, PARKYN PARADE MOOLOOLABA, QLD

All races will be held in open water from Mooloolaba Beach (near the rock wall at The Spit). If conditions do not allow for open water paddling, all races will be held in the Mooloolah River, north of the Coast Guard station on Parkyn Parade.

RACE CATEGORIES

RACE 1 U12 2km & U14 2km Boys & Girls RACE 2 U16 6km & U19 & Women 12km

RACE 3
Men & Women Short
Course & Adaptive 6km

RACE 4
Mens Long Course
20km

FOR MORE INFORMATION CONTACT MITCH OLDS MITCHO@NORTHCOASTFOODS.COM.AU | 0439 677 300



REGISTRATION FROM 7AM

Medal presentation after completion of last race

- The Major prize of an economy return plane ticket to the 2015 Te Aito Tahiti (Held on 24th and 25th July), will be awarded to the f irst paddler across the line in the following categories: U19 Boys, U19 Girls
- The Minor prizes include Viper Vaá paddle for the winner of the long course

RACE COURSES

All races will be held in open water from Mooloolaba Beach (near the rock wall at The Spit). If conditions do not allow for open water paddling, all races will be held in the Mooloolah River, north of the Coast Guard station on Parkyn Parade.

The courses are as follows:

- Race 1- 2km triangle. U12 to complete one lap, U14 to complete two laps
- Race 2- 6km Triangle. U16 to complete one lap, U19 and women to complete two laps
- Race 3- 6km Triangle. All competitors to complete one lap
- Race 4- 20km Course. Option one is to head north towards Coolum. Option two is to head south towards Kawana

The courses will be finalised on Thursday 14th to ensure conditions are as fun as possible but most importantly as safe as possible.

VA'A/WAKA

- No Va'a/Waka shall be permitted to have a rudder
- Va'a/Waka will not be weighed

FEES & REGISTRATION

Nominations will be via the AOCRA website www.aocra.com.au

\$25 per Senior paddler per race (includes race entry & race shirt)

\$15 per Junior paddler per race (includes race entry & race shirt)

SAFETY

All Va'a/Waka must complete the following safety checks:

- Bailer
- Life jacket
- Leg rope

If borrowing a Va'a/Waka from aocra, it is your responsibility to organise the bailer, life jacket and leg rope. No excuses.

PARKING

So that we can continue to host this event in the future, we ask that once you unload your Va'a/ Waka at the end of Parkyn Parade that your vehicle is moved away from the businesses relying on said parking. Please be respectful. There is plenty of parking further down Parkyn Parade.

ACCOMMODATION

Accommodation on the Sunshine Coast is renowned around the world for its superb quality, winning locations and incredible variety. Choose from hundreds of options along the coast with many boasting unforgettable water views. For a list of Sunshine Coast Accommodation click on the links below. http://www.visitsunshinecoast.com.au/accommodation

http://maroochywaterfront.com.au/campsgroup-accommodation/sports-team-campsgroup-accommodation/

http://www.excellsior.com.au/mooloolaba-accommodation/excellsior-apartments/

FOR MORE INFORMATION CONTACT MITCH OLDS MITCHO@NORTHCOASTFOODS.COM.AU | 0439 677 300