

# Gold Coast Outrigger Canoe Club



## SQ Zone Sprint Regatta

**V1, V6 & V12**

Saturday 18<sup>th</sup> January 2020

Coomera Lake, Watersports Lane, Oxenford, Gold Coast

# Gold Coast Outrigger Canoe Club...

Bringing the FUN back into outrigger.....

Come and join us on the Gold Coast for a fun day of sprint racing on the Coomera Lake. Catering for all ages Minnows to Platinum – with resident DJ Kirby rocking the lake from early till late!

This event will run as a round robin format (similar to a corporate day). There is a single entry fee per paddler for V1, V6 and V12 events which will give you the potential to do multiple races for the one fee and teams are not restricted to racing as club teams for this event so worlds crews from different clubs are catered for.

As such club uniforms are not compulsory on the day and teams are encouraged to go wild with fancy dress themes and crazy team names to add to the fun...

On the serious side, the heats and finals will be run under normal race conditions based on fastest times, so it's a good opportunity for all those world's crews to get some good practice in.

Crafts are the responsibility of the competitor to supply (no restriction on make)

Our famous Gold Coast Chefs will be manning the BBQ Tent and cold drinks will be available to purchase on the day. A reminder that this is a public venue and as such there is to be no sale/consumption of alcohol at this event.

Look forward to seeing you all there!

*Shania Paine*

President  
Gold Coast Outrigger Canoe Club

# Program of Events

Saturday 18<sup>th</sup> January 2020

NOTE: The number of heats and time of events may be altered at Race Directors discretion dependent upon the entries received

Registration Opens: 6.15am				
7.15am Briefing for V6 and V1 (500m and 1000m)				
Time	Type	Category	Distance	Heat
730	V6	Snrs, 19U, 16U	500	1 of 4
735	V6	Snrs, 19U, 16U	500	2 of 4
740	V6	Snrs, 19U, 16U	500	3 of 4
745	V6	Snrs, 19U, 16U	500	4 of 4
750	V6	14U & 12U	500	1 of 2
755	V6	14U & 12U	500	2 of 2
800	V6	Minnows	250	1 of 1
810	V6	Snrs, 19U, 16U	1000	1 of 4
820	V6	Snrs, 19U, 16U	1000	2 of 4
830	V6	Snrs, 19U, 16U	1000	3 of 4
840	V6	Snrs, 19U, 16U	1000	4 of 4
900	V6	Minnows	250	1 of 1
905	V1	14U & 12U	500	1 of 1
910	V1	Snrs, 19U, 16U	500	1 of 4
915	V1	Snrs, 19U, 16U	500	2 of 4
940	V1	Snrs, 19U, 16U	500	3 of 4
945	V1	Snrs, 19U, 16U	500	4 of 4
950	V6	14U & 12U	500	1 of 2
920	V6	14U & 12U	500	2 of 2
925	V6	Minnows	250	1 of 1
930	V6	Snrs, 19U, 16U	500	1 of 4
935	V6	Snrs, 19U, 16U	500	2 of 4
955	V6	Snrs, 19U, 16U	500	3 of 4
1000	V6	Snrs, 19U, 16U	500	4 of 4
1005	V6	Minnows	250	1 of 1
1010	V1	14U & 12U	500	1 of 1
1015	V6	Snrs, 19U, 16U	1000	1 of 4
1025	V6	Snrs, 19U, 16U	1000	2 of 4
1040	V6	Snrs, 19U, 16U	1000	3 of 4
1045	V6	Snrs, 19U, 16U	1000	4 of 4
Break				
1055	V1	Snrs, 19U, 16U	500	1 of 4
1100	V1	Snrs, 19U, 16U	500	2 of 4
1105	V1	Snrs, 19U, 16U	500	3 of 4
1110	V1	Snrs, 19U, 16U	500	4 of 4

BREAK				
11.30am Briefing for FINALS V6 & V1 (500m & 1000m)				
Finals V6 500m				
Time	Type	Category	Distance	Heat
1140	V6 (A)	Snrs, 19U, 16U	500	1 of 1
1145	V6 (B)	Snrs, 19U, 16U	500	1 of 1
1150	V6 (C)	Snrs, 19U, 16U	500	1 of 1
1200	V6 (D)	Snrs, 19U, 16U	500	1 of 1
1205	V6	14U & 12U	500	1 of 1
Finals V6 1000m				
1230	V6 (A)	Snrs, 19U, 16U	1000	1 of 1
1240	V6 (B)	Snrs, 19U, 16U	1000	1 of 1
1250	V6 (C)	Snrs, 19U, 16U	1000	1 of 1
1300	V6 (D)	Snrs, 19U, 16U	1000	1 of 1
Finals V6 250m				
1305	V6	Minnows	250	1 of 1
1310	V6	14U & 12U	250	1 of 1
Finals V1 500m				
1315	V1 (A)	Snrs, 19U, 16U	500	1 of 1
1320	V1 (B)	Snrs, 19U, 16U	500	1 of 1
1325	V1 (C)	Snrs, 19U, 16U	500	1 of 1
1330	V1 (D)	Snrs, 19U, 16U	500	1 of 1
1335	V1	14U & 12U	500	1 of 1

1350 Briefing for V12 (500m)				
Time	Type	Gender	Distance	Heat
1400	Round 1	Snrs, 19U, 16U	500	1 of 2
1405		Snrs, 19U, 16U	500	2 of 2
1410		Minnows	250	1 of 1
1420		14U & 12U	250	1 of 1
1425	Round 2	Snrs, 19U, 16U	500	1 of 2
1430		Snrs, 19U, 16U	500	2 of 2
1435		Minnows	250	1 of 1
1440		14U & 12U	250	1 of 1
1445	Final	Snrs, 19U, 16U	500	1 of 2
1450	Final	Snrs, 19U, 16U	500	2 of 2
1455	Final	14U & 12U	250	1 of 1
<b>RACE COMPLETION</b>				

## Race Format Information

- The course offers up to 16 straight lanes and up to 8 turn lanes with markers at; 250m and 500m
- All events are run as round robin random draw series against all crews in your category and then all crews will race in the Finals based on the order of the fastest times

- Crews will race in the following categories:
  - V6 & V12 Category One: Minnow crews
  - V1, V6 & V12 Category Two: 12U, 14U crews
  - V6 & V12 Category Two: 16U, 19U, Opens, Masters, Senior Masters, Golden Masters, Platinum Masters, Mens, Womens, Mixed
- There are four main events: V6 500m straights, V6 1,000m turns, V12 500m straights and V1 500m straights with Minnows having an opportunity to race V6 250m straights and Minnows, 12U & 14U racing V12 250m straights
- Each race event offers two rounds of racing and a final race for all competitors
- All races will be announced to run to on time as per the race schedule. It is the responsibility for all paddlers to follow the race schedule and to proceed to Marshalling on the announced call ready to race. Races will not be held up for paddlers already on the water competing in preceding races.
- Race Starts will be performed to the same rules applied at National Sprint Championships

## Important Information

**Note: The number of heats and time of events may be altered at Race Directors discretion**

### Additional Information:

- Clubs and paddlers must supply their own craft (competitor's responsibility, no restriction on make)
- Finals will be based on fastest times (not first across the line)
- Time keeping will be by hand held device (no electronic timing/video judging)
- Sprint course will be 'as is', with lanes widths similar to AOCRA National Sprint Championships.
  - there will be no flags on any buoys
  - lane markers will be as is currently set on the lake
  - lane width is 12.5m for straights and 25m for turns
- Club uniforms are not compulsory – fancy dress is encouraged
- Club teams are not compulsory

### Safety:

- There will be an on water support boat in the event of an emergency. Paddlers in distress should raise their paddles for assistance.
- First Aid will be located next to the Registration Tent for medical assistance.
- Paddlers are responsible for their personal welfare and should take necessary precautions to stay hydrated and use sun protection. There are water bubblers on site.
- Swimming is not recommended in the lake. The lake bottom is rocky with stones on entry and exit at the shoreline so be mindful of your step and wearing suitable footwear is an option.

# Map

Address: Coomera Lake, Watersports Lane, Oxenford



## Site Map

-  Trailer Parking & Rigging Areas
-  Toilets
-  After Party
-  Car Parking – Paddlers / Spectators

Club Tents can be set up along the side of the Lake bank.

First Aid will be adjacent to the registration tent

## Important Information:

Toilets are available on site.

### Parking:

- Please follow all parking assistants on the day to park in the designated parking areas. (no charge for parking)
- Trailer Parking will be designated on the day, please follow our traffic volunteers.
- Clubs can commence rigging from 5am.

### Race Announcer:

- A race announcer will call all the races, please listen out for your heats and take a photo of the latest program once it's released on the day at the registration desk.

### Refreshments:

- Gold Coast OCC Chefs will be cooking up a feast from the BBQ Tent and cold drinks will be available for sale at the event. The Café at the Southport Yacht Club, Oxenford will also be open for Coffees / Snacks.

## Contact Information:

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<b>GCOCC Race Director</b>	<b>Leigh Paine</b>	<b>0429 093 662</b>
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[familypaine@bigpond.com](mailto:familypaine@bigpond.com)

<b>GCOCC Secretary</b>	<b><a href="mailto:secretary@goldcoastoutriggers.com">secretary@goldcoastoutriggers.com</a></b>	<b>0424 431 140</b>
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<b>GCOCC Event Manager</b>	<b><a href="mailto:events@goldcoastoutriggers.com">events@goldcoastoutriggers.com</a></b>	<b>0419 249 360</b>
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# Race Information

## Nominations:

Close Sunday 12<sup>th</sup> January 2020 midnight

## Online Nominations:

All competitors must register online at [www.aocra.com.au](http://www.aocra.com.au) before 12<sup>th</sup> January. It is not possible to register on the day. Paddlers must sign-in to confirm their registration & canoe number for each race and receive a wristband to wear.

Please note that all competitors will be required to enter individually on the AOCRA website for each of the three race fee options. Team names are to be supplied at registration on the day.

If you are having trouble with the online registration through AOCRA please email [sqzreg@gmail.com](mailto:sqzreg@gmail.com).

Clubs to email team crew lists to [events@goldcoastoutriggers.com](mailto:events@goldcoastoutriggers.com) by Tuesday 14<sup>th</sup> January 2019. (see last page)

## Late Nominations:

Late registrations after advertised cut off day incur a \$20 late fee per paddler. RACE DIRECTOR has the discretion to disallow late registrations.

## Race Fees:

	<b>Snr</b>	<b>Jnr</b>	<b>Min</b>
Race Fee (V1, V6 and V12) per person	\$65	\$30	\$10

*Opportunity for multiple races for the one fee – enter individually online*

## Racing Divisions:

Category One: Minnows,

Category Two: 12U, 14U,

Category Three: 16U, 19U, Open, Masters, Senior Masters, Golden Masters, Platinum Masters. Mens, Womens, Mixed.

## Cancellation Policy

In the event of a regatta cancellation due to weather conditions or other unforeseen circumstances, Gold Coast Outrigger Canoe Club will not be in a position to refund race fees. It is the clubs understanding that a refund of AOCRA and SQ Zone portion of fees are at their discretion.

# Team Crew List Information

Club Registrars and Team Captains are asked to provide team crew lists in the format below by Tuesday 14 January 2020.

TEAM Entries: (add as many rows as you need to)  
Email completed table to [events@goldcoastoutriggers.com](mailto:events@goldcoastoutriggers.com)

Club Name	Team Name	Canoe #	Division	Team Captain

