



INVITATION-RACE PROGRAM

Te Ika Nui Regatta

Broken Bay Bash

Saturday-Sunday January 20\21st 2018





\$1600 CASH RANDOM DRAW PRIZE

TE IKA NUI OCC. IS OFFERING \$1200 CASH FOR OC6 TEAMS AND \$400 CASH FOR OC1, OC2 TEAMS & V1 PADDLERS

\$\$ ANYONE CAN WIN \$\$

Prize Money Rules:

ONE PRIZE TICKET FOR EACH OC6 TEAM, OC2 TEAM AND OC1/V1 PADDLER ENTERED IN ALL RACES. TICKETS WILL BE GIVEN WHEN YOU REGISTER AT REGISTRATION.

PADDLERS ARE RESPONSIBLE FOR PUTTING THEIR OWN OR TEAM TICKET IN THE BUCKET.

EXTRA TICKETS WILL BE GIVEN TO 1ST, 2ND & 3RD PLACE TEAMS. THE WINNING OC6 TICKET (\$1200) WILL BE DRAWN AT THE PRESENTATION SATURDAY NIGHT.

THE WINNING OC1/2 V1 TICKET (\$400) WILL BE DRAWN ON THE BEACH AT THE PRESENTATION ON SUNDAY.

If you can't make the presentation we will transfer the funds to the winning Team or person.



Saturday 20 January

Program Schedule OC6

07:00-OC-6 Registration open (GPS Unit will be allocated)

08:00 Regatta Opening, Welcome & Blessing of the fleet

08:30-Briefing, All Short course races, 10km &

Ultra, Novice & Juniors 5km

08:45 Race Start: All Short course 10km, Ultra, Novice Junior division's 5km.

10:30- Race Briefing, Long course Women & Mixed 16km

10:45 Race start Long course Women & Mixed

12:45- Race briefing Long Course Men 16km

1:00- Race start, Long course Men 16km

18:00 Presentation Meal and Evening entertainment

Location: - Club Umina - Umina Bowling Club

Melbourne Ave. Umina Beach

**SAFETY AS PER AOCRA RULES ALL OC6 CANOES MUST HAVE
STORM COVERS, 2 BAILERS; 25M TOW ROPE, SPARE PADDLE
and 6 LIFE JACKETS**



Sunday 21 January 2018

Program Schedule OC1/2

Race Course format will be the same as OC6 Races,
Unless, weather conditions change.

7:00am Registration open (GPS Unit will be allocated)

7:30am Blessing of new canoes, all welcome

8:00am Short Course Briefing

8:15am OC1/2 V1 Ultra 5km & Short Course 10km all divisions

10:00am Long Course Briefing

10:15am OC1/2 V1 Race start Long Course 16km Women &
Mixed

12:30am OC1/2 V1 Long Course Men's 16km

30 min after last canoe is in, All OC1/2 V1 Presentation & cash
raffle ticket draw



SAFETY OC1/2 V1

Paddlers are required to be able to help themselves where practical hence the following safety items,

1. Paddlers are to wear an approved PFD Vest
2. Spare paddle attached to craft
3. A Leg rope must be worn. (one on OC2)
4. Carry a mobile phone in waterproof pouch
5. GPS will be assigned.
6. Don't forget to sign in **before** race briefing and sign out with your Yachtbot GPS. Unit, on your return.

Race Fees

Junior OC6= \$15 per paddler

Seniors OC6 ULTRA & SHORT COURSE - \$25 per paddler
OC6 LONG COURSE - \$30

OC1/2 V1 LONG COURSE \$30

OC1/2 V1 SHORT COURSE \$25

RACE FEES must be paid ONLINE via the AOCRA Website
All Club and Crew Entries to be registered before 2 weeks
before the regatta date and all crews to be nominated



Safety Inspections

A TINOCC. Safety officer will be performing safety inspections on all canoes. If a canoe fails to meet the required AOCRA safety guidelines, the canoe will be ineligible to take part in the event.

Race Information

The courses set out below are based on the prevailing conditions for this time of year.

In the event of unsuitable weather and sea conditions, racing will be held on Brisbane Waters with races starting and finishing at Ettalong Beach.

Start line may be moved slightly on the day depending on the conditions and number of canoes in each event in order to reduce congestion at the start of the race.



OC6 Ultra, Short & Novice Course - 5 km

Junior & Ultra Short/ Novice Race starts-

Starts approximately 50m off Ettalong Beach and proceeds east through Half Tide Rocks. Follow channel markers off Lobster Beach. Continue past the Lobster Beach mark on to Iron Ladder Beach then Little Box Head

Second turning mark- Off Little Box Head perform a Non-ama turn around a set buoy and paddle back to the start/finish line.

OC6 Short Course Women, Men & Mixed - 10 km

Race starts approximately 50m off Ettalong Beach and proceeds east through Half Tide Rocks. Follow channel markers off Lobster Beach towards Little Box Head.

First turning mark Continue east past Iron Ladder Beach into Broken Bay. Non ama turn around a set buoy off Box Head. The race then follows channel markers back to the start/finish line off Ettalong Beach.





OC-6 Senior Races **16km Long course-**

Starts approximately 50m off Ettalong Beach. Proceed east through Half Tide Rocks. Follow channel markers off Lobster Beach and head on past Little Box Head continuing to Box Head. Proceed north around Box Head directly to the northern end of Maitland Bay for an ama turn and return along the same route to the start finish line.





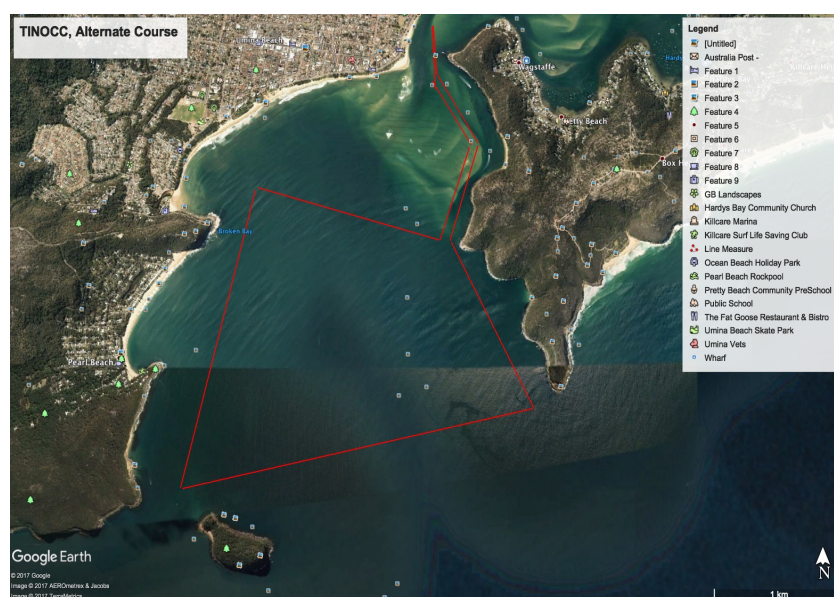
ALTERNATE LONG COURSE (UNSAFE WEATHER CONDITIONS)

Format/ course: -

Alternate marathon race will start at the designated start / finish line off Ettalong beach.

The canoes will proceed east through Half Tide rocks, follow outside channel markers off Lobster Beach towards Little Box Head and first turning mark.

First turning mark off Little Box is a non-ama turn rounding a buoy off Little Box Head. Proceed west to Mount Ettalong. Make an ama turn at a marker buoy. Continue south past Pearl Beach to a marker buoy approx. 500m north east of West Head. Make an ama turn and head east to Big Box. Head to a marker buoy approx. 500m west of Big Box Head. Make an ama turn to head back to Little Box Head then on to Lobster Beach and the finish line.





Age Divisions for Senior Competitors

The following age divisions shall apply:

- a. Under 21 competitors both male and female are those who during the race year of competition shall not have reached the age of 22 during the race year.
- b. Open competitors both male and female shall be of any adult age
- c. Master competitors for male and female shall be in accordance with National AOCRA ruling that states that you must be turning 40 for master division, 50 for senior master division and 60 for golden master division in the calendar year of racing.
- d. NSW rules apply where teams shall be of the same gender applicable for that event unless otherwise approved by the Zone Management Committee or AOCRA. Mixed crews must have at least 3 women paddlers.

Note: there must be three (3) teams to make a division.

Age Divisions for Junior Competitors

Junior division competitors shall not have reached the age of 20 years during the race year of competition or be under 10 years of age during the calendar year of competition.

Registration

The Registration tent will be located on the beach (entrance at the Kourung Street boat ramp). Registrations will be taken from 7.00am.

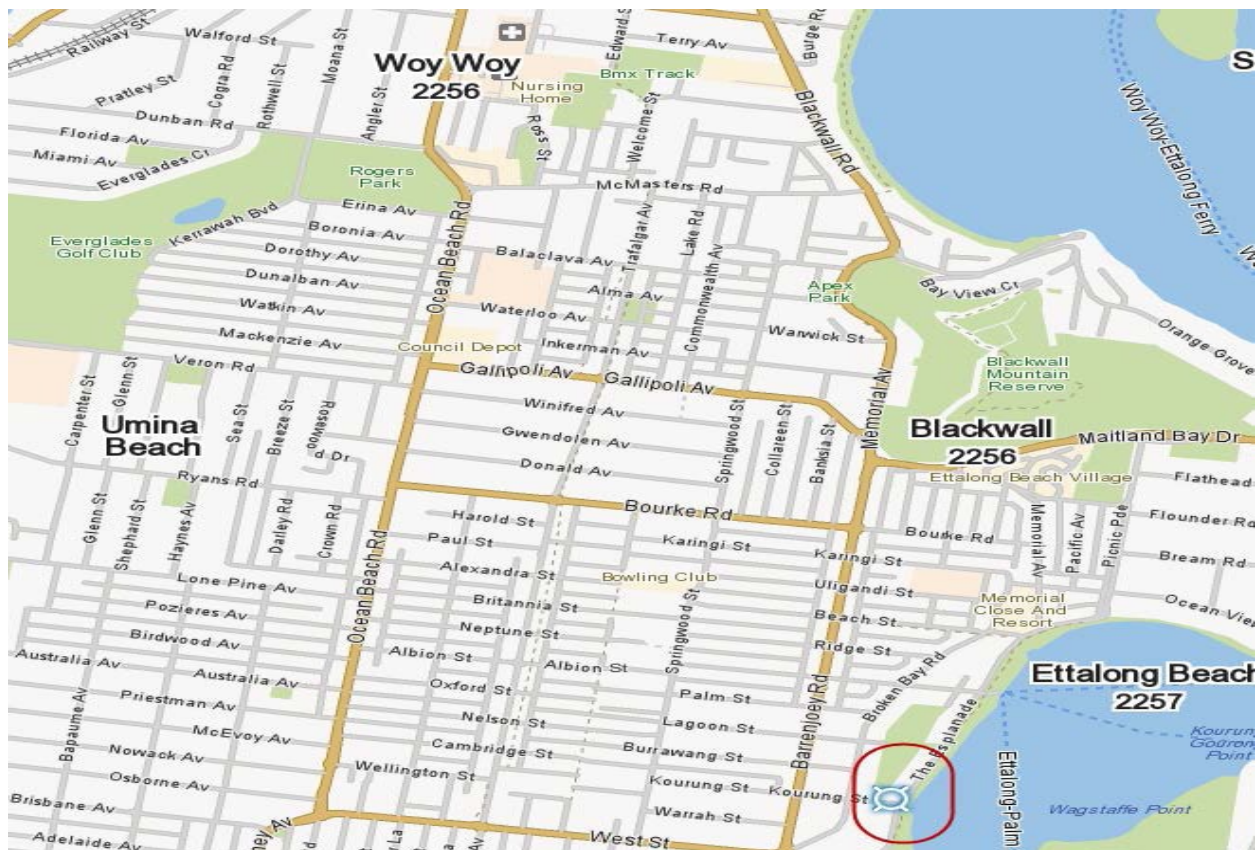


Race Briefings

Briefings will be held next to the registration tent.

These waterways are complex, with hazardous bar breaks. Detailed local knowledge about the race courses will be given in the race briefings. All steerers and one other crew member to attend briefing.

Maps - Ettalong Beach @ Kourung Street Boat Ramp





Directions to Ettalong Beach

From the South: Exit the M1 (F3) at the Woy Woy / Gosford turnoff. Travel along the Central Coast Highway and turn right at the second set of traffic lights sign posted Woy Woy (after the Shell Service Station). Travel down Woy Woy Road to Woy Woy (approx. 10 minutes). There is a fixed speed camera on this road- speed limit is 80km. Be aware that there are a number of sharp bends on this road so drive carefully. Once at Woy Woy head straight for Ettalong following signs and maps provided.

Regatta will take place on the beach at the end of Kourung Street.

From the North: Exit the M1 (F3) at the Gosford turnoff. Turn left and travel to the traffic lights. Turn left onto the Central Coast Highway then turn right at the traffic lights opposite the Shell Service Station and follow directions as above.

Trailers: Exit the M1 (F3) at the Woy Woy / Gosford turnoff. Do not turn at the traffic lights at the Shell Service Station. Instead, continue down the Central Coast Highway and turn right at the next set of traffic lights. Proceed along Brisbane Waters Drive to Woy Woy and follow the signs to Ettalong.

Parking No parking in the boat ramp car park at the end of Kourung Street. There are limited parking spots along The Esplanade. There is ample free parking in the surrounding streets.

Canoe Trailers

Best place to unload trailers is at the boat ramp car park at the end of Kourung Street / The Esplanade.

Please have canoes on site as early as possible



Accommodation

Paradisio resort

Mantra Resort

52-54 The Esplanade, Ettalong Beach

Ph: 1800 139 999 or 4344 8888 (5 star rating)

Ettalong Beach Tourist Resort

Corner of Ocean View Road and Schnappers Road, Ettalong Beach

Ph: 1300 661 151 or 4341 1999. (3-4+ star rating)

Camping/Caravans: Ocean Beach Holiday Park

Sydney Ave, Umina. Ph: 4379 9444.

Race Director

Enquiries can be directed to:

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President)

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