



Capricorn Coast OCC

proudly presents

NQ ZONE GRAND PRIX REGATTA SERIES

Round 5

OC1/V1/OC2/V3/OC6

RACE PROGRAM AND MAPS ONLY

to be read in conjunction with the AOCRA Rules effective April 2021 and Matters for Attention 2018

Saturday, 17 July 2021

Based from Fishermans Beach, Emu Park



RACING PROGRAM

IMPORTANT NOTICE

Participants must source their own OC1/V1/OC2/V3/OC6 for use.

Capricorn Coast Outriggers Canoe Club will endeavour to source craft for competitors who reside outside our region.

The race program will run on time, or at the discretion of the Race Director. Please be ready. The Race Director will not wait for paddlers to get to the START LINE.

All canoes are required to carry one PFD per paddler and must be easily accessible. Leg ropes must be worn on OC1, V1 and OC2.

COVID-19 restrictions will apply and will be updated as circumstances change.

A first aid officers will be in attendance to administer first aid if required.

Always be SunSmart.

Race Director: Ray Pomfrett

Assistant Race Director: Peter Veall

THE VENUES

Morning races will be held at Fishermans Beach at Emu Park. The afternoon downwinder events will start at either Fishermans Beach (20km) or Kemp Beach at Rosslyn (9km) and conclude at Merv Anderson Park, Scenic Highway, Yeppoon (just south of the main beach across Fig Tree Creek). Courses may change subject to weather conditions.

AMENITIES

Public toilets are in Bell Park adjacent to Fishermans Beach.

Public toilets are also available at Kemp Beach and Merv Anderson Park for the afternoon downwinder.

PARKING

Car parking is available at Bell Park, Emu Park, Kemp Beach and Merv Anderson Park, Yeppoon.

Trailer Parking

Trailer parking for offloading of canoes at Fishermans Beach is at the site (see Fishermans Beach site map). OC6 and V3 craft can be stored overnight on the grass near the boat ramp (see Fishermans Beach site map)

CLUB TENTS (Bubbles)

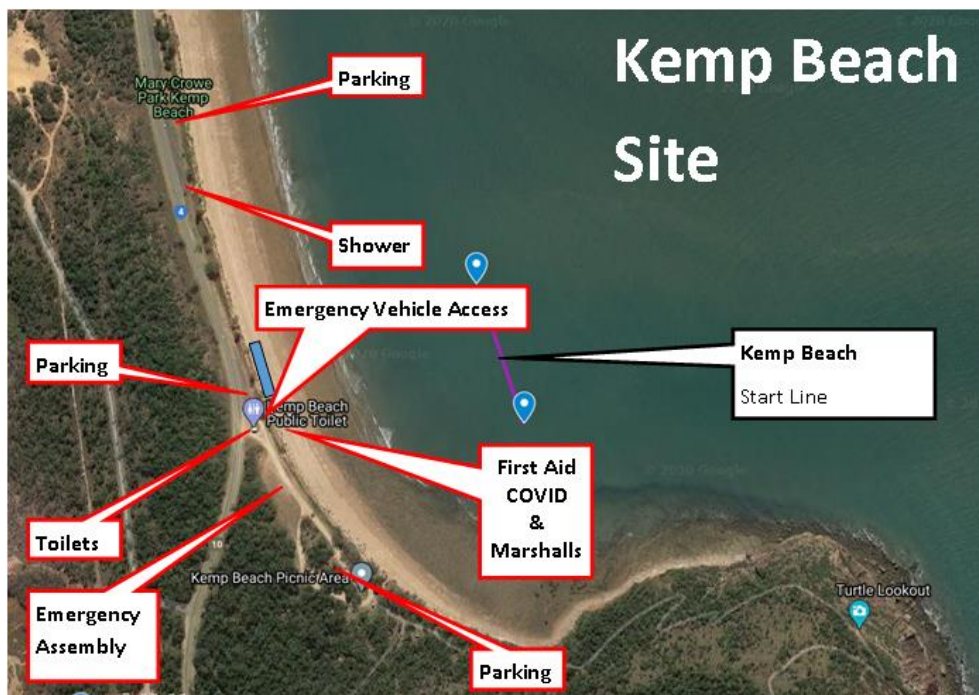
Depending on contemporary COVID requirements, club tents may be pitched on the beach behind the canoe staging area.

FISHERMAN'S BEACH



Sign-in/administration will be at the Lions Club hut, near the boat ramp, at Fishermans Beach. Boats can be stored overnight (July 16/17), north of the hut, on the grass area marked on the map. The marshalls/scrutineers tent will be to the left of the boat ramp. On race day, canoes will be staged, for scrutineering, on the beach to the west of the marshall's tent.

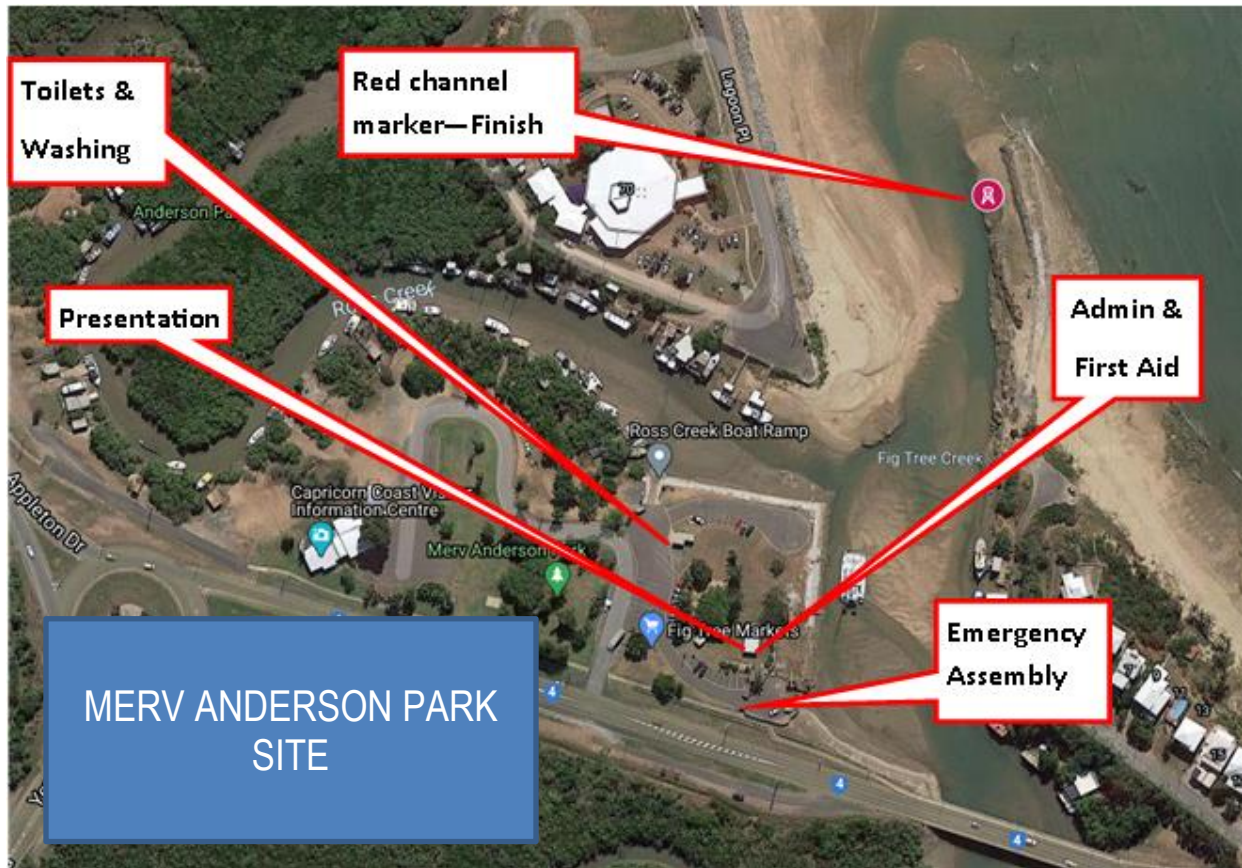
KEMP BEACH



The 8km afternoon downwind race will start from Kemp Beach, Rosslyn. The marshal's area will be on the beach near the beach entry point (KB2). It will be marked by a club flag.

MERV ANDERSON PARK

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]



The afternoon downwinder races will conclude in the estuary at Fig Tree Creek. Boats can be extracted at the boat ramp. Toilets and wash down facilities are available.

CATERING

No food or drinks will be served at this event. To manage uncertainties about COVID-19 requirements most easily, there will not be any catering of food or drinks. However, these are readily available at the Emu Park CBD, some 250m from the race site. Food and drink are not available at either Kemp Beach or Fig Tree Park.

PRESENTATION

COVID requirements permitting, a medal presentation will be held in Merv Anderson Park and will begin at around 4:45 pm. Have something warm to cover you as it will cool down quite quickly at this time of day.

ACCOMMODATION

There are a range of accommodation options available from Emu Park (close to the regatta site) through to Yeppoon (near the medal presentation site). Some options are listed below.

For more options, please contact Capricorn Coast Visitor Information Centre (07) 49394888 or visit www.capricornholidays.com.au

Emu Park:

Fisherman's Beach Caravan Park	07 4936 6202	https://www.fishermansbeachhp.com.au/
Emus Beach Resort and Backpackers	1800 333 349	https://www.emusbeachresort.com/
Endeavour Inn	07 4939 6777	https://www.endeavourinn.com.au/

Between Emu Park and Yeppoon:

NRMA Capricorn Yeppoon Holiday Park, Mulambin	1800 068 703	https://www.nrmaparksandresorts.com.au/capricorn-yeppoon/
Coolwaters Yeppoon Holiday & Caravan Park, Kinka Beach	07 4939 6102	https://www.discoveryholidayparks.com.au/caravan-parks/queensland/capricorn-coast-coolwaters-yeppoon
Island View Caravan Park	07 4939 6284	http://www.island-view.com.au/

Yeppoon:

The Coast Motel	07 4930 2325	http://www.thecoastmotel.com.au/
Poinciana Caravan Park	07 4939 1601	https://poincianatouristpark.com.au/contact-us/
Oshen Apartments	07 4939 0700	http://oshenapartments.com.au/

THE REGION

Whilst visiting our magnificent Capricorn Coast region, we recommend that you take the time to visit several tourist attractions which are unique to Livingstone Shire Council:

- Yeppoon Lagoon, Yeppoon Foreshore
- The Keppel Kraken - Zero Depth Water Play Feature, Yeppoon Foreshore
- Commemorative Anzac Day Memorial, Emu Park Foreshore
- Wreck Point Lookout, Cooee Bay
- The Capricorn Caves; and
- Great Keppel Island



For more information regarding our shire, and what events are on, check out the Livingstone Shire Council's website <https://www.livingstone.qld.gov.au/event-calendar>

SATURDAY NIGHT DINNER SUGGESTIONS

The Strand Hotel, Anzac Parade, Yeppoon and the **Pine Beach Hotel**, Granville Street, Emu Park are sponsors of the club and popular eating places with locals.

MORE INFORMATION

Regatta Coordinator: Ray Pomfrett

Race Secretary: Karen Pomfrett

Email: rjpomfrett@gmail.com

Email: capricorncoastoutriggers@gmail.com

Mobile: 0432399073

Mobile: 0421936773

For any issues when registering via the AOCRA website:

NQ Zone AOCRA Registrar

Nqzone_registrar@outlook.com

NOMINATIONS

Per Adult Paddler	\$15 for events 1, 3, 5 - \$90 per OC6 crew \$25 - 20km Downwinder – event 7 \$15 - 8km Downwinder – event 8
Per Junior Paddler	\$25 Flat Fee

All outrigger paddlers must be current AOCRA members.

CLUB NOMINATIONS

Clubs must lodge their nominations with payment, performed online, at www.aocra.com.au.

All nominations close at **5.00pm Friday, 25th June 2021.**

TEAM & INDIVIDUAL NOMINATIONS

The names of the individuals eligible to paddle in each race, in each division, must be lodged online at www.aocra.com.au no later than **5.00pm Friday, 9th July 2021.**

Canoe Numbers

Canoe numbers must be included in the “notes” section when registering.

Rationalising Divisions

If insufficient/no nominations are received for certain divisions, the Race Coordinator may combine divisions or delete some divisions from the schedule of events

Covid Safe Site Measures

The following may be reviewed/ revised to be consistent with COVID provisions that are required at the time of the event.

This regatta is COVID Safe as shown by the club's Statement of Compliance that can be found at the admin/registration table. The regatta complies with QLD's Aquatic Group Approved Industry Plan.

COVID TRACING

- At the time of publication, contact tracing is no longer required by the Qld Health Authority. However, the advice may change leading up to the event and we will advise all paddlers and visitors accordingly.
- If required at the time of the regatta, a QLD QR code will be used. The code will be circulated prior to the regatta as well as being on display at the site. Manual COVID registration would also be available.

RESPONSIBLE BEHAVIOUR

Please, Do NOT enter or attend the regatta if you have a fever, cough, sore throat, runny nose, headache, or shortness of breath/respiratory issues or in the last 14 days you have:

- Travelled overseas
- In or near a declared hotspot
- Been in quarantine
- Have been in contact with suspected or confirmed case/s of Covid-19
- Or are awaiting results to Covid-19 tests.

Please share this message with any visitors you have invited to the regatta. Advise them that they will need to sign-in at your club tent and remain in the club's bubble. Please share YOUR club name, and YOUR club COVID Safe Coordinator's name with your visitors in case they get separated from you before COVID SIGN-IN occurs at the club tent.

Everyone is responsible for COVID Safety at our regattas. Please maintain social distancing (unless you are from the same household) and sanitise your hands frequently.

COVID SAFE RACE PROCESSES

Canoe Wipe Down Process:

- Be sure to bring suitable agents to wipe/wash down any shared craft
- Wipe/wash down to be completed by each team/competitor that has just raced
- If used, discard any wipes or cloths into rubbish bags
- Sanitise hands with hand gel before leaving the beach or 'in-sport' area

CHECKING-IN ON RACE DAY

On arrival, please report to the check-in tent – on the beach just west of the Fishermans Beach boat ramp. **To minimise COVID risk, the check-in tent and staging areas are limited to nominated paddlers and event personnel. All others are requested to stay out of the area.**

Check-in will be verbal. When checking in, individuals need to verify the following pre-submitted data:

1. Division.
2. COVID safety declaration
3. Canoe number (and any identifying feature e.g., colour of ama).

It would be appreciated if paddlers do not approach the check-in desk until they have all the above details.

CANOE STAGING AREA & SCRUTINEERING - EMU PARK

Once you have checked in, collect your boat and place it in the canoe staging area.

- OC1/V1/OC2 - Leave your PFD and attached leg rope with your craft
- OC6 – make sure you have 6 PFDs, 2 bailers and an attached tow rope in the boat.

Scrutineers will inspect your boat once it is in place in the staging area.

Once your boat has been scrutineered, please leave the area until briefings commence.

CANOE STAGING AREA & SCRUTINEERING – KEMP BEACH

After the briefing at Emu Park, for events 7 & 8, proceed to Kemp Beach. The marshals there will show you the canoe staging area.

- OC1/V1/OC2/V3 - Leave your PFD(s) and attached leg rope (where applicable) with your craft.

Scrutineers will inspect your boat once it is in place in the staging area.

Once your boat has been scrutineered, please leave the area until briefings commence

APPOINTEES BRIEFING - EMU PARK – all events.

If COVID restrictions apply, one appointee from each club will attend the appointees briefing. These appointees will then return to their club areas and brief their club paddlers. Social distancing is to be maintained at briefings. **Clubs may be asked to provide the name and contact phone for the appointees so that they can be easily contacted before and through the day.**

SENIOR NOVICE OC6 CREWS

A Novice paddler is a person in their first two years of being an AOCRA registered member (a paddler can only be a novice paddler once). **For this regatta, 'Novice' teams must have at least four (4) novice, and no more than two (2) experienced paddlers of which one must be the steerer.**

WAVE STARTS

A wave starts may be used for events 7. To reduce dispersion of the fleet, the probable order of starting will be:

1. OC1 Women
2. OC1 Men, OC2 Women & Mixed
3. OC2 Men

ROLLING STARTS

Rolling starts may be used for some longer events. The anticipated process will be:

- White Flag: The start boat will take position between the start buoys, raise the white flag, and proceed slowly forward. Competing craft will form up either side of the start boat keeping behind its transom (the rear bulkhead of the boat).
- Black Flag: If any craft move in front of the transom of the start boat (i.e., are offside) a black flag will be raised, and remain raised until all boats are back behind the transom of the start boat (onside). The black flag will be lowered.
- Red Flag: When the starter is satisfied that all craft are onside, or that sufficient time has been allowed for offside boats to get back onside the red flag will be raised. All craft will be expected to hold their relative position. If any craft surge forward and become offside, the black flag will be raised, or remain raised if already so.
- Green Flag: After a brief pause, regardless of whether the black flag is up or not, the starter will simultaneously drop the red flag and raise the green flag. The start boat will maintain its slow speed until the fleet of competing craft have passed it.
- Time Penalty. If the green flag is raised and the black flag is also up, any craft that are offside at this time will incur a time penalty of 30 seconds (i.e., about 5-10 boat lengths). If the starter considers the offside to be blatant, the penalty will be 60 seconds (about 10-20 boat lengths).

RACE PROGRAM

Saturday, July 17, 2021

Sunrise 6:37, Sunset 5:28

Low Tide 8:32am - 1.0m, High Tide 2:49pm - 3.5m

Event #	Time	Event	Dist	Duration
	6:15 AM	Sign-in opens		
	6:45 AM	Blessing/Briefing: Events 1, 2, 3, & 4 (3, 6, & 13 km courses)		0:30
1	7:15 AM	OC6 – Mixed (O, M, SM, GM, PM)	13 km	1:30
2	8:45 AM	OC1/V1 - 12U, 14U	3km	0:30
3	9:15 AM	OC6 – Snr Novice plus 16U & 19U	6 km	1:00
4	9:45 AM <i>concurrent</i>	OC6 - 12U, 14U (run in parallel with event 3)	3 km	0:30
	10:15 AM	Briefing: Event 5 & 6 (16km & 3km courses)		0:15
5	10:30 AM	OC6 – Men & Women (O, M, SM, GM, PM)	16 km	2:00
6	12:30 PM	OC2 - 12U, 14U, plus OC1 - Snr Novice and 16U, 19U	3km	0:30
	1:00 PM	Briefing: Events 7, & 8 (8 & 20km courses)		0:45
7	1:45 PM	OC1/V1/OC2/V3 - All Snr Div (O, M, SM, GM, PM) - M, W, & MX	20km	2:30
8	3:00 PM	OC1/V1/OC2/V3 - All Snr DIV + 16U & 19U (Feeds into event 7 as the fleet passes by)	8km	1:15
	4:15 PM	FINISH		
	4:45 PM	Medal presentation at Fig Tree Park		

Note re: event 8 – 16U & 19u may do any type of small craft regardless of having paddled OC1 in event 6.

SPONSORS

Capricorn Coast Outriggers would like to thank all of their sponsors for the valuable support provided to our club in hosting this event.



COURSES FOR THE DAY

Event 1: 13km Marathon



- East to Pelican Island
- Ama-side turn around the island
- West to turn buoy approximately 250m NNE of Tanby Beach headland
- Arma-side turn around the buoy
- South to finish line - passing west of the start buoys

Events 2, 4 & 6: 3km Short Course



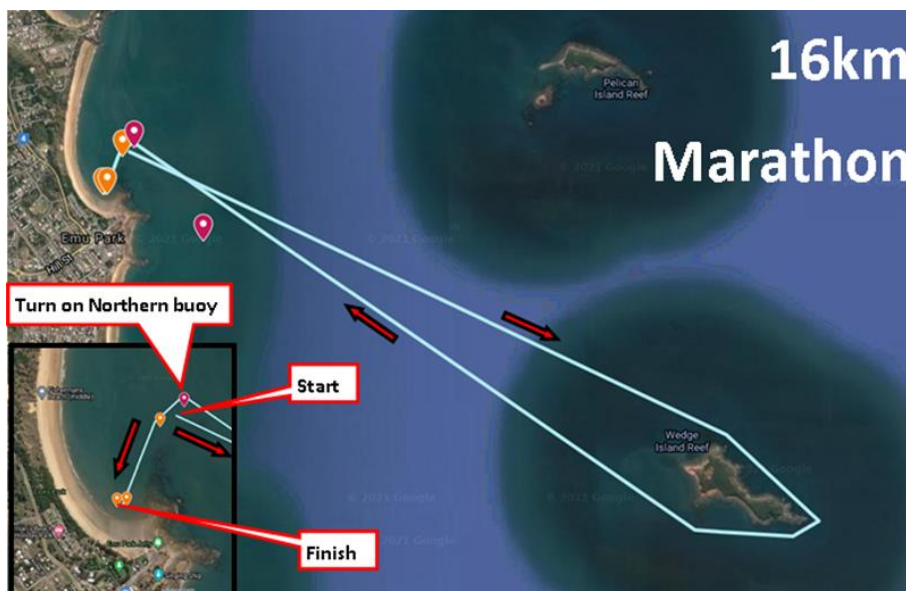
- South-east to 1.2km buoy
- 90° ama-side turn around buoy
- North-east 200m to nearby turn buoy
- 90° ama-side turn around buoy
- North-west to northern start buoy
- Ama-side turn around the northern start buoy
- South-west to finish line – passing west of the southern start buoy

Event 3: 6km Short Course (2 laps of the 3km course)



- South-east to 1.2km buoy
- 90° ama-side turn around buoy, continue NE to nearby turn buoy and turn back towards the northern start buoy
- 90° ama-side turn around northern start buoy and continue SW to southern start buoy
- 90° ama-side turn at southern start buoy and repeat another lap
- Once you have passed the southern start buoy for the second time, continue SW to the finish line.

Event 5: 16km Marathon



- South-east to Wedge Island
- Non-ama-side turn around the island
- North-west to northern start buoy
- Ama-side turn around the northern start buoy
- South to finish line - passing west of the southern start buoy

Event 7: 20km Marathon

For safety reasons, i.e., to keep the fleet compact enough for safe monitoring, there will be a cut-off at the 12.5km mark at Bluff Rock. Craft which have not reached Bluff rock after **90 minutes** from the start of the last wave will be, withdrawn from the fleet and directed to the Marshall at Kemp Beach. They will be declared “did not complete”. Paddlers who are not confident of being able to paddle 12.5 kms in 90 minutes are urged to consider the 8km downwinder (event 8) as an alternative. This event feeds into the 20km course and starts from Kemp Beach.



- East to 3km buoy.
- Ama-side turn around the buoy.
- Head north-west to Fig Tree Creek.
- Watch for marine traffic at the marina mouth.
- Finish in the estuary by passing the red channel marker inside the mouth.

Event 8: 8km Short Course



- East 1.25km to Bluff Rock (Iron Pot)
- Ama-side turn around the rock.
- Head north-west to Fig Tree Creek
- Watch for marine traffic at the marina mouth.
- Finish in the estuary by passing the red channel marker inside the mouth.

WATCHING THE RACE

Best places to view the race



Spectators can be afforded a good view of the afternoon downwinder races from the headlands at either end of Kemp Beach. There is parking at the entrance to the walking tracks for these lookouts, but they are very well-attended, and parking can be tight. However, the view is worth it.

ROSSLYN BAY – QUEENSLAND

LAT 23° 10' S LONG 150° 48' E

Times and Heights of High and Low Waters

2021

Local Time

MAY				JUNE				JULY				AUGUST			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1 0642	1.18	16 0546	1.49	1 0149	4.01	16 0039	3.99	1 0205	3.76	16 0102	4.03	1 0308	3.07	16 0238	3.31
1219	3.30	1118	3.03	0844	1.27	0717	1.31	0850	1.25	0736	1.02	0944	1.46	0903	1.18
SA 1813	1.29	SU 1711	1.45	TU 1435	3.06	WE 1305	3.07	TH 1452	3.19	FR 1341	3.37	SU 1618	3.32	MO 1546	3.65
				2033	1.67	1900	1.50	2059	1.73	1945	1.42	2246	1.87	☉ 2225	1.54
2 0100	4.19	17 0004	3.86	2 0259	3.84	17 0136	3.93	2 0304	3.55	17 0159	3.85	2 0426	2.95	17 0403	3.14
0754	1.39	0640	1.61	0949	1.27	0815	1.27	0946	1.28	0832	1.03	1047	1.43	1023	1.18
SU 1332	3.04	MO 1214	2.89	WE 1556	3.17	TH 1415	3.13	FR 1603	3.28	SA 1449	3.46	MO 1730	3.52	TU 1714	3.88
1927	1.62	1802	1.65	☉ 2157	1.69	2018	1.57	☉ 2215	1.77	☉ 2105	1.52			2354	1.31
3 0215	3.96	18 0103	3.74	3 0406	3.76	18 0238	3.90	3 0406	3.40	18 0302	3.67	3 0000	1.68	18 0531	3.18
0919	1.44	0746	1.65	1048	1.20	0917	1.15	1042	1.26	0935	1.01	0539	2.98	1139	1.06
MO 1512	2.98	TU 1333	2.83	TH 1701	3.37	FR 1529	3.31	SA 1709	3.46	SU 1604	3.63	TU 1145	1.32	WE 1821	4.18
2108	1.77	1928	1.80	2305	1.61	☉ 2137	1.52	2323	1.70	2228	1.47	1821	3.76		
4 0343	3.88	19 0214	3.71	4 0503	3.72	19 0340	3.89	4 0507	3.32	19 0412	3.54	4 0053	1.45	19 0101	1.00
1040	1.34	0900	1.57	1137	1.11	1017	0.99	1131	1.19	1041	0.94	0633	3.09	0638	3.33
TU 1645	3.16	WE 1504	2.93	FR 1752	3.60	SA 1636	3.59	SU 1802	3.69	MO 1718	3.90	WE 1232	1.18	TH 1245	0.87
☉ 2241	1.67	2102	1.77			2249	1.37			2345	1.30	1902	3.99	1914	4.44