



2025 NSW

STATE SPRINT TITLES

RACE INVITATION

www.lokahiocc.com.au

This paddler guide contains all relevant information for this event. Enjoy the event, paddle hard and respect your fellow paddlers and all our officials and volunteers.



RACE DISTANCES AND CATEGORIES

TIME	CATEGORY		DISTANCE
06.30	V1 and V6 Registration Open	-	-
07:15	Welcome to Country	-	-
07:30	Race Brief	-	-
07.45	Call to Marshalling for Race 1 and 2	-	-
-	16U Boys	V1	250
-	16U Girls	V1	250
-	19U Boys	V1	250
-	19U Girls	V1	250
-	Open Women	V1	500
-	Open Men	V1	500
-	Master Women	V1	500
-	Master Men	V1	500
-	Senior Master Women	V1	500
-	Senior Master Men	V1	500
-	Golden Master Women	V1	500
-	Golden Master Men	V1	500
-	16U Boys	V6	500
-	16U Girls	V6	500
-	19U Boys	V6	500
-	19U Girls	V6	500
-	Open Women	V6	500
-	Open Men	V6	500
-	Master Women	V6	500
-	Master Men	V6	500
-	Senior Master Women	V6	500
-	Senior Master Men	V6	500
-	Golden Master Women	V6	500
-	Golden Master Men	V6	500
-	Open Women	V6	1000TRN
-	Open Men	V6	1000TRN
-	Master Women	V6	1000TRN
-	Master Men	V6	1000TRN
-	Senior Master Women	V6	1000TRN
-	Senior Master Men	V6	1000TRN
-	Golden Master Women	V6	1000TRN
-	Golden Master Men	V6	1000TRN

RACE FEES

\$30 per paddler. U16 and U19 Paddlers are **\$15**. **Cut off date for registrations Sunday 5 October.**

AGE DIVISIONS

Age divisions will be as per standard AOCRA racing divisions with only men, women and junior categories (no mixed due to tight scheduling on one day).

HEATS AND FINALS

Depending on the number of entries, some age divisions may be run together to maximise the amount of racing we can fit into the day. Heats will be run where the number of entries in a category require it and a Final included. All races will be timed and positions allocated on time recorded.

- **For Straights** — if there are 8 or less in a division, it will be a final.
 - If there are more than 8 entries in a division, they will go to heats.
- **For turns** — if there are 4 or less in a division, it will be a final.
 - if there are more than 4 in a division, it will be heats.

Depending on the number of entries per division, some divisions may be combined together into one start.

CANOEES

All races will be in Mirages or Force 5s provided by NSW Outrigger Clubs. Many thanks to those clubs for your support.

V1 paddlers will be expected to bring their own canoes.

Please remember to wear club uniforms.

Clubs who damage canoes in racing will be expected to pay the excess on the owning club's insurance claim.

FIRST AID: St Johns will be on site all day in case of incidents.

FOOD AND DRINK

A BBQ Tent and Coffee truck will be on site for the day.

Program Overview

FRIDAY 10 OCTOBER

Trailer parking and unloading at Grevillea Park.
Marshalls will be available to assist from **12:30**.

SATURDAY 11 OCTOBER

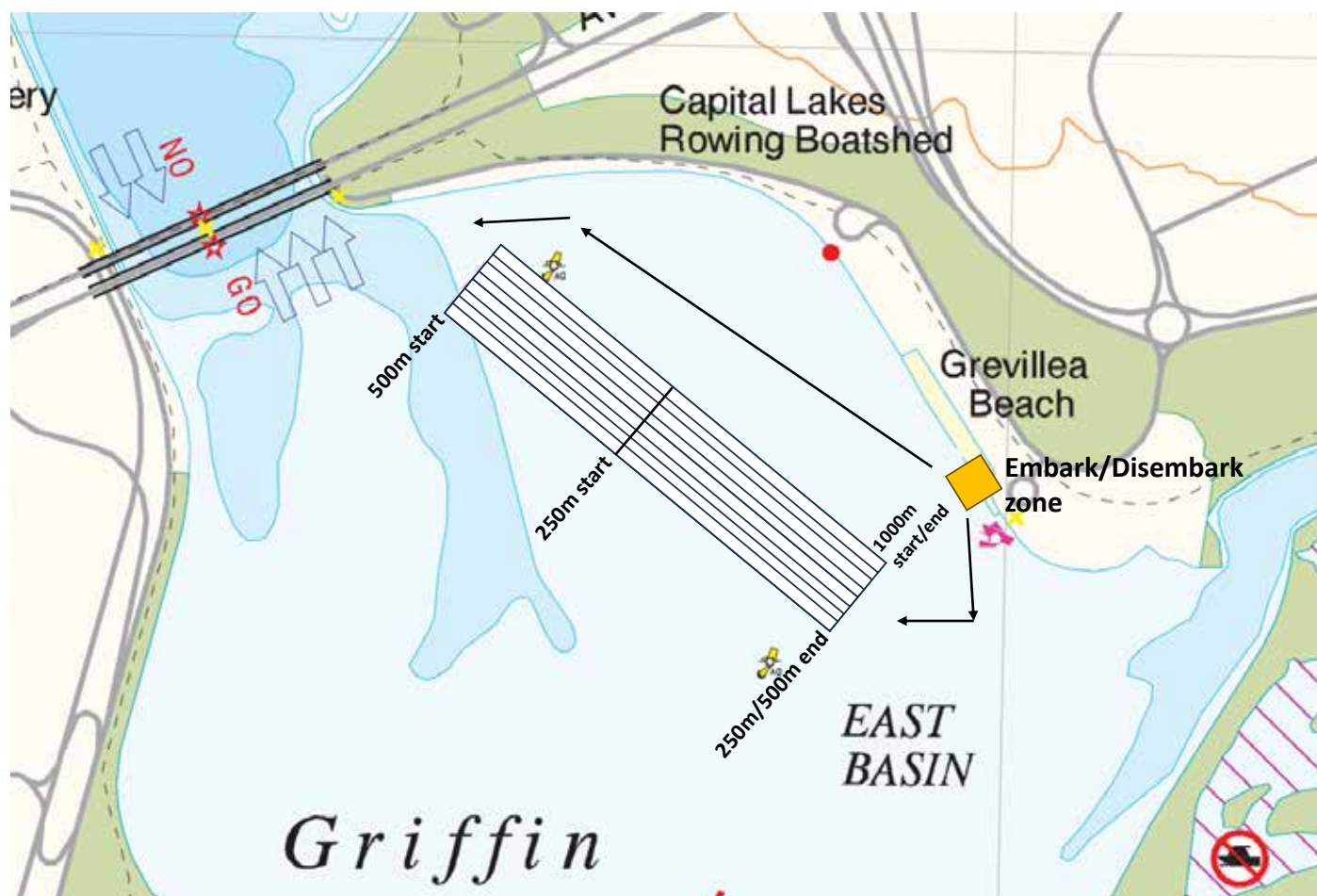
06.30	V1 and V6 Registration Open
07:15	Welcome to Country
07:30	Race Brief
07.45	Call to Marshalling for Race 1 and 2
08:00	First Race

Once all entries are received, a complete program of the days race schedule and lanes will be published online and paper copies will be available for reference on the day.

MARSHALLING

Marshalling will be done through a what's app group. Each club must supply details of a contact person for their clubs to be contacted through a WhatsApp group to ensure crews are ready at marshalling for each race.

Please txt Lincoln Sudholz, Race Director on 042 398 4187 with the name and number of your club's contact person.



RACE START

Competitors must be present at the start for their race and follow the starters directions. Starting signals shall be given regardless of absentees. No assistance can be provided except in case of an emergency or as requested by officials.

Start process:

- 1. White flag** “move up to the pre start line and hold”.
Race is in the aligner’s control. All canoes align on the pre-start line.
- 2. Red flag** “move to the start line and stop”.
Race start any time within the 2 minutes at the discretion of the starter.
- 3. Green flag** – Race start.
- 4. Black flag** – Indicates a rule violation (canoe bow over the start line) Check your position and correct. Teams are responsible to correct themselves. If the rule violation is corrected, the black flag will be lowered. If the rule violation is not corrected and the black flag is still raised when the green flag is raised for race start, this would constitute that a rule violation has occurred and that at least one team may be subject to disqualification.

LANES

Straight races will be conducted over 250 metres (Junior V1) and 500 metres (all other straight races). Eight lanes are available for straight races with designated coloured flags at the start and finish lines of each lane.

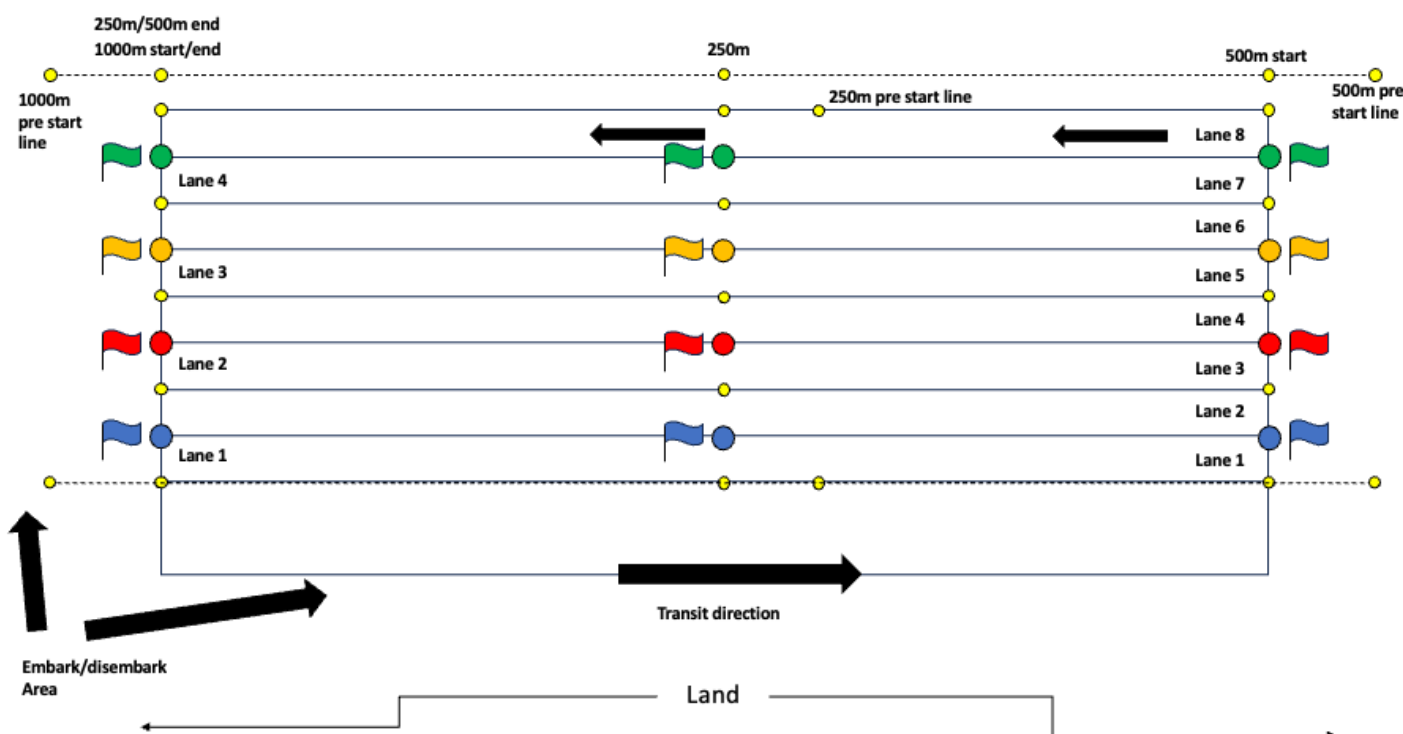
Turn races will be over 1000 metres with a turn at 250 metres. Turn races will race up one lane and complete an ama turn around a coloured flag matching their token and start lane flag.

It is important to identify your lane before leaving the beach

Turn races: Identify your coloured flag for turning.

Straight races: Identify your coloured flag and what side your lane is.

Your lane is to the right of your coloured flag.



SPRINT RULES

Competitors must start, finish and remain within their lane marker buoys throughout the race.

A canoe will not cause interference to another canoe whilst outside the assigned lane. If interference does occur, the canoe that is deemed to be outside their lane will be disqualified by the Race Director.

Turns are to be made anti-clockwise around the assigned lane turn buoy and with the whole canoe within the assigned lane marker buoys.

Turning otherwise or without the entire canoe and ama rounding the turn buoy will be cause for disqualification.

Paddlers must remain seated throughout the race.

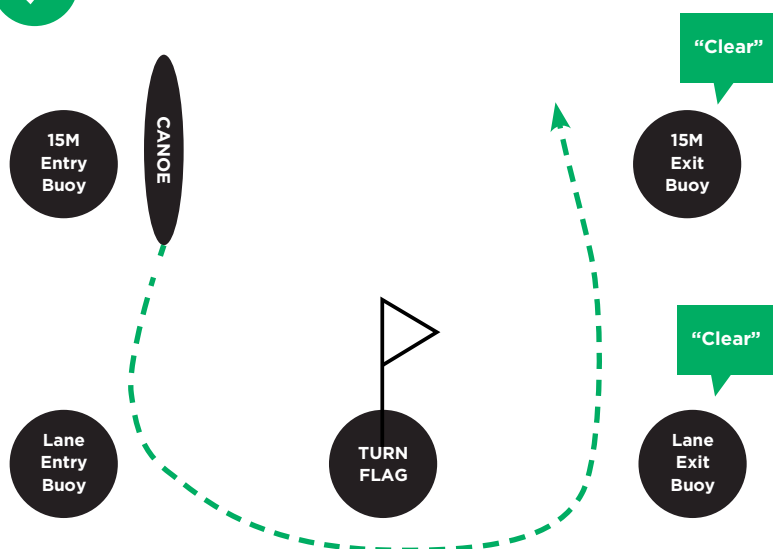
RESULTS, DISQUALIFICATIONS AND PROTESTS

Race timing is recorded using remote triggered photo finish and timing equipment. Course judges will monitor all lanes.

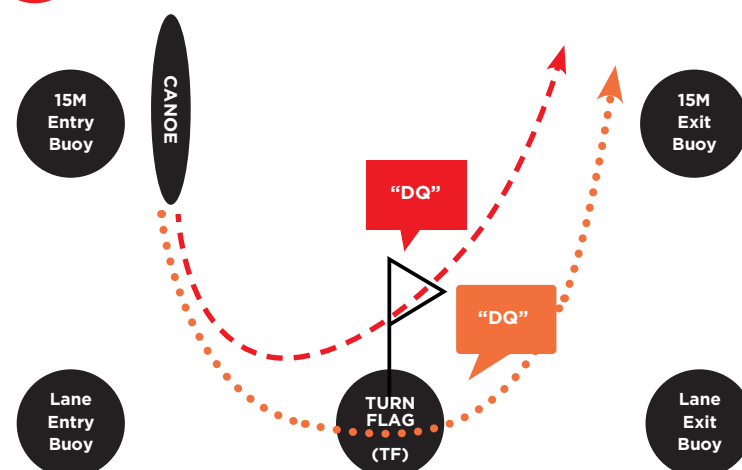
Results including any disqualifications are posted on the results board. Where possible disqualifications will be notified by the Race Director or Infringement Officer. If clubs do not respond to a disqualification call in a timely manner results will be posted with the DQ noted. An intention to protest must be lodged within 20 minutes of a notification of disqualification or posting of results. A protest form and designated time frame for lodgement will be issued. A protest fee of \$50 will be delivered with the protest form lodgement. Please refer to AOCRA Rules Effective 1st April 2024.



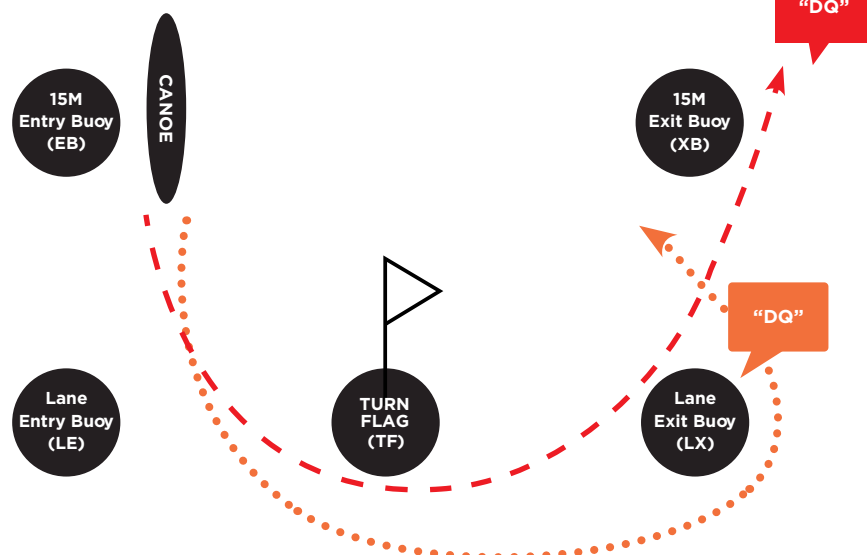
CORRECT TURNING MANOEUVRE



DISQUALIFICATION (DQ) WILL OCCUR "Run over or miss turning flag (TF)"



DISQUALIFICATION (DQ) WILL OCCUR "Missed any 15m Entry (EB), Lane Entry (LE), Lane Exit (LX) or 15m Exit Buoy (XB)"



AOCRA Refund Policy

This Refund Policy applies to nomination fees paid for participation in AOCRA sanctioned events. It must be published in the event program and approved by AOCRA Events.

1. Cancellations by the Nominee

- Nomination fees are **non-refundable for change of mind.**
- Competitors who are unable to attend due to **extenuating circumstances outside their control** may apply in writing using the AOCRA Request for Refund Form (email: support@aocra.com.au) outlining the reason for the request.
- The Host, Zone, and AOCRA are **not obligated** to refund their respective portions of the nomination fee.
- Where a refund is approved, it will be paid **less an administration fee of up to \$10.**
- Refund requests will **not be accepted on the day of the event or after the event start date.**

2. Postponement or Cancellation by the Host

- The Host must notify competitors of any postponement or cancellation via one or more of:
 - Email
 - SMS / text message
 - Host Facebook post
 - Announcement on the AOCRA website

Postponement

- The Host reserves the right to postpone the event **without issuing a refund.**
- A new date must be announced within **7 days of the original event date.**
- The rescheduled event's program or format may change at the Host's discretion.

Cancellation

If an event is cancelled, the Host/Zone/AOCRA will refund at least the following percentages of the **Host, Zone and AOCRA** portions of the nomination fee:

Cancellation Timing	Minimum Refund
More than 30 days before event	80%
More than 7 days before event	70%
More than 1 day before event	60%
On the day of the event	40%

The Host, Zone, or AOCRA may refund a greater value of their portion at their discretion.

3. Refund Processing

- Approved refunds will be processed **within 30 days** via the same method used for payment.

4. Key Notes

- Each event program must include this Refund Policy or a version approved by AOCRA Events.
- Any variations to this policy must be approved by AOCRA before publication.

CONTACTS

Lincoln Sudholz *Race Director*
Chris Dennis *President, Lokahi OCC*
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