



QUEENSLAND
& Northern Rivers NSW



SUZUKI Whale Run QLD

Event 1 Bribie Island to Mooloolaba - 49 kms

Event 2 Bay Relay (Mooloolaba) -25 kms



SOUTH QUEENSLAND
OUTRIGGERS



President's Welcome

Welcome to all paddlers, families and supporters to our Annual "Whale Run" Bribie to Mooloolaba Changeover Race and Bay Relay on Saturday 20th September 2025. During September the whales are on their return journey home, travelling south down the coastline of the Sunshine Coast with their calves. Hopefully you will see many of these majestic creatures, or hear their song while on the water.

The "Whale Run" - Bribie to Mooloolaba Changeover Race is a long-distance event sponsored and supported by Suzuki, EndED and SQ Zone. To add to the motivation, prize money is being offered to the first and second place getters; men, women and mixed crews across the line regardless of age categories. We look forward to hosting the many local, and well-travelled crews challenging themselves to paddle the scenic waters of Bribie Island, Caloundra beaches and Mooloolaba.

For crews who would like to paddle shorter distances and have some team fun in the bay, there will also be a Bay Relay race in Mooloolaba Bay where crews change paddlers on the beach.

Mooloolaba has spectacular sea waters. The Bay provides easy beach access for all canoes, great viewing and variety for outrigger races.

Plenty of onsite refreshments with amenities including public showers in the immediate area. Vehicle parking available down Parkyn Parade.

Presentations and Celebrations

All paddlers, family and friends are welcome to come back to our Club after Saturday's event. The bar will be open at 2:30 pm and food trucks available. Presentations will start at 3:30pm.

Rowena Coghill
President, Mooloolaba OCC.



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Event 1- Whale Run - Bribie to Mooloolaba Changeover Race

Race	Time	Details	Distance
1	Friday 19 Sept 4:00 pm - 7:00pm Bribie and MOCC	<ul style="list-style-type: none"> Parking/rigging of canoes available at Bribie Surf Club overnight for teams interested Registration for 49k race at MOCC compound Support Boat Briefing MOCC Compound 6 pm 	
1	Sat 20 Sept 5.30- 6:30 am	Catch bus from Mooloolaba OCC to Bribie Surf Club (Contact info@mooloolabaoutriggers.com.au to book a seat) \$20 cash	
1	Sat 20 Sept 6:30 am – 7:30 am	<ul style="list-style-type: none"> Canoe Rigging at Bribie Surf Club <p><i>Address - 1 First Ave Woorim Bribie Island</i></p> <ul style="list-style-type: none"> Registration at Bribie Surf Club for Whale Run Scrutineering of canoes (see list page) <p><i>N.B. Snacks and drinks available courtesy of Bribie Junior Surf Lifesavers 6:30 am +</i></p>	
1	7:30 am	<ul style="list-style-type: none"> Radio check 	
1	7:45 am	<ul style="list-style-type: none"> Race Crew Briefing for Whale Run at Bribie Surf Club 	
Race 1 START	8:15 am	<ul style="list-style-type: none"> Whale Run - Bribie to Mooloolaba Changeover Race Start <p>15-minute waves</p> <ul style="list-style-type: none"> 1st wave- women 2nd wave- men and mixed 	49km

EVENT 2 Bay Relay based at Mooloolaba (Parkyn Parade)

Race	Time	Detail	Distance
	7:00 -7:30 am	Scrutineering of all craft	
	7:00- 8:00 am	Registration for Bay Relay	
Race 2	8 am	Race Briefing for Mooloolaba Bay Relay Junior U14/16, Novices 4 laps of 2.5 kms	10 km
	8:15 am	Race 2 start	10 km
Race 3	9:30 am	Race Briefing for Bay Relay Men, women, mixed 10 laps of 2.5 kms N.B. Two laps need to be completed before first change	25km
	9:45 am	Race 3 start	25 km
Race 4	12:15 pm	Race briefing for Mooloolaba Bay Relay U12 & Minnow 2 laps of the bay	2 km
Race 4	12:45	Race start	2 km



Event 1 Race Program Whale Run

Tide Times: Woorim Bribie Island Low tide: 2:48 pm - 0.20m High tide: 08:53 am - 1.54m

Race Director: Mark Forbes

Land Safety - Ron Grabbe 0451 284 758

Deputy Race Director : Barry Smith 0423 149 158

On Water safety Rod Ratcliffe 0407 170 758

Please Note:

1. Times are approximate and we ask paddlers be ready prior to times indicated ready to start
2. The Race Director has the discretion to change the course depending on weather conditions
3. Race Director will not wait for crews to get to the start line
4. All paddlers, captains of Team Escort Boats and Event Support Boat Captains must attend their relevant briefings
5. **Friday evening team registration (check in) and briefings at Mooloolaba clubhouse**

Event 1- Whale Run - Bribie to Mooloolaba Changeover Race

Race	Time	Details	Distance
1	Friday 19 Sept 4:00 pm - 7:00pm Bribie and MOCC	<ul style="list-style-type: none"> ● Parking/rigging of canoes available at Bribie Surf Club overnight for teams interested ● Registration for 49k race at MOCC compound ● Support Boat Briefing MOCC Compound 6 pm 	
1	Sat 20 Sept 5.30- 6:30 am	Catch bus from Mooloolaba OCC to Bribie Surf Club (Contact info@mooloolabaoutriggers.com.au to book a seat) \$20 cash	
1	Sat 20 Sept 6:30 am – 7:30 am	<ul style="list-style-type: none"> ● Canoe Rigging at Bribie Surf Club <p><i>Address - 1 First Ave Woorim Bribie Island</i></p> <ul style="list-style-type: none"> ● Registration at Bribie Surf Club for Whale Run ● Scrutineering of canoes (see list page) <p><i>N.B. Snacks and drinks available courtesy of Bribie Junior Surf Lifesavers 6:30 am +</i></p>	
1	7:30 am	<ul style="list-style-type: none"> ● Radio check 	
1	7:45 am	<ul style="list-style-type: none"> ● Race Crew Briefing for Whale Run at Bribie Surf Club 	
Race 1 START	8:15 am	<ul style="list-style-type: none"> ● Whale Run - Bribie to Mooloolaba Changeover Race Start <p>15-minute waves</p> <ul style="list-style-type: none"> ● 1st wave- women ● 2nd wave- men and mixed 	49km



NOMINATION INFORMATION FOR EVENT 1 WHALE RUN

- All registrations for the race must be completed by 4th September 2025
- All team nominations e.g. team details – paddlers, FINAL canoe numbers must register online at www.aocra.com.au before midnight on 6th September 2025
- **It is not possible to register on the day**
- NON AOCRA International paddlers must complete the International Indemnity Form and bring to Registration
<https://aocra.com.au/uploads/file/AOCRA%20Forms/2018%20International%20Paddler%20Indemnity%20form.pdf>
- This is a Combined Event – crews may consist of paddlers from various clubs
- ***Paddlers 16- 18 years of age wishing to race must provide written approval and evidence from their Head Coach and parent. Email to info@mooloolabaoutriggers.com.au prior to registering Club Nomination for approval**
- If you are having trouble with the online registration through AOCRA please email support@aocra.com.au
- **If there are two or less nominations in your age division, your team will not qualify for a medal. You may be asked to move down to a lower age division.**

N.B. Lightweight canoes will not be a separate category

REGISTRATION Event 1

The **RACE DIRECTOR** has the discretion to not allow late registrations to paddle if he or she has concerns about the paddler/support boat ratio.

- All registrations must be completed by 4th September 2025
- All team nominations must register online at www.aocra.com.au before midnight on 6th September 2025
- Final decision regarding race course and/or change to alternate course will be communicated via SQ Zone Facebook at 5 pm Thursday 18 September

Registration Times:

- **Friday 19th September 4.00pm - 7.00pm at MOCC compound**
- **Saturday 20th September 6.30 - 7.30am at Bribie Surf Club**

Snacks, water and drinks available Saturday morning from 6:30 am at Bribie Surf Club



This is a Combined Event – crews may consist of paddlers from various clubs, aggregate age groups for all senior divisions .

Prize Money

Category	1 st across line (regardless of age group)	2 nd across line (regardless of age group)
Women	\$2 000	\$1 000
Men	\$2 000	\$1 000
Mixed	\$2 000	\$1 000

AGE DIVISIONS FOR WHALE RUN Event 1

OC6 Changeover Divisions		
19 Under Girls *	19 Under Boys *	19 Under Mixed *
AGGREGATE AGE DIVISIONS		
Open Women	Open Men	Open Mixed
Master Women	Master Men	Master Mixed
Senior Master Women	Senior Master Men	Senior Master Mixed
Golden Women	Golden Men	Golden Mixed
Platinum Women	Platinum Men	Platinum Mixed

**Refer to nomination information for more details*

OC6 CHANGEOVER TEAM INFORMATION/RULES

N.B. Final decision regarding race course and/or change to alternate course will be communicated via SQ Zone Facebook at 5 pm Thursday 18 September

- Each changeover team must provide their own Team Escort Boat on the water with a permanent captain who is not a changeover competitor
- All Team Escort Boat captains and support boat captains are required to attend the Event Support Boat Briefing
- 19 Under teams must have ten paddlers
- All senior divisions can be Aggregate
- Women teams must consist of ten paddlers
- Men teams must consist of nine paddlers
- Mixed teams must have a ratio of five men and five women
- The golden and platinum master teams must have a minimum of 10 but may have a maximum of twelve paddlers
- Mixed teams must have a minimum of three women paddlers at all times and must consist of ten paddlers. Mixed teams must have a ratio of five men and five women
- Each changeover team is responsible for paying the support boat crew the negotiated fee directly

RACE COURSE

Brief overall race description for the 49km race

NOTE – the race is proposed to run anti-clockwise however if weather conditions change the race can be run clockwise

Crews will begin off Bribie Island surf club

- First change permitted will be approximately 3.1kms near Freshwater Creek Lagoon marker. Teams performing a change during the first 3.1 kms will be disqualified
- HAZZARD – Entering Shipping channel, to stay well clear and give way to any shipping vessel
- NO change area within 1km of Pt Cartwright Headland buoy (Steerer to judge distance)
- NO Change over permitted 2km before finish line (Steerer to judge distance)

Race Start

- Located straight out off Bribie Island Surf Lifesaving Club (BISLC) and buoy to sea
- Escort boats to wait past this buoy before joining with their race crew
- BISLC to assist with ferrying persons to their support boats if safe to do so

First Change Marker

- Located at the Freshwater Creek Lagoon marker Support boat 2 will be stationary here to ensure compliance.
- Crew may change at this mark or afterwards – but not before
- A support boat will monitor this area



Caloundra bar 25km

- Caloundra is a safe recovery area should a Team not want to proceed any further in the race for a specific reason
- Team to be collected at Golden Beach

Moffat Reef Hazard –

- Crews to stay ocean side of reef – Coast Guard boat will be monitoring this area

Passing Pt Cartwright Headland

- **No changeover in vicinity of Pt Cartwright**

Alexandra Headland Marker

- Ama turn then head to Mooloolaba Bay
- **No changes after this marker**
- **No change over area 2km from finish line** (Steerer to judge distance)

Finish Line

- Crews to proceed to finish line at Mooloolaba Beach where canoe will pass through 2 buoys for timing and scoring
- Escort boats to remain away from the finish line and return to the boat ramp when the canoe has turned the last buoy.

Course Map

Bribie to Mooloolaba Changeover Race 49km

Racecourse, distance and start is at the discretion of the Race Director

All competitors will complete the 49 kms course, commencing from the Bribie Surf Club

The race start will be staggered at 15minute intervals in the following order:

- All women
- All men and mixed teams

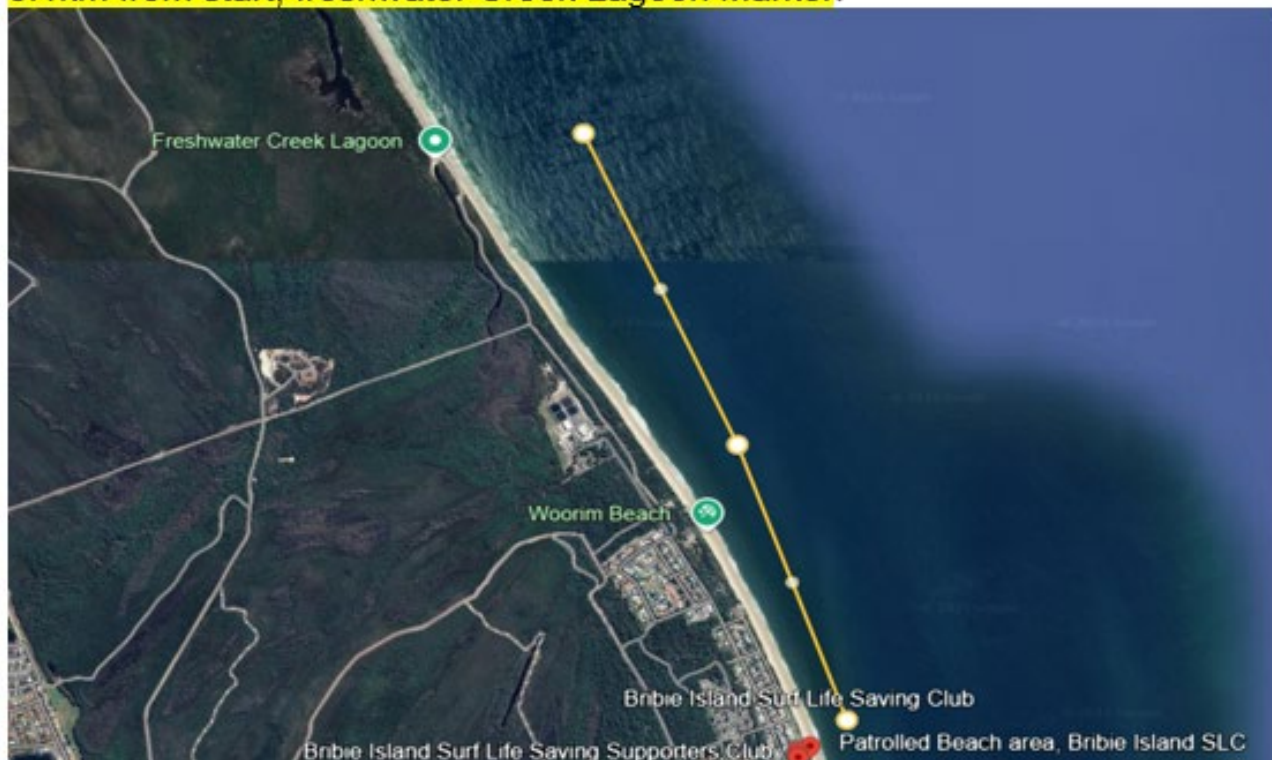
Buoy/ Markers / and or support boat on the course at:

- Freshwater Creek Lagoon Marker 3.1 kms from race start. first changeover may commence
- Point of no return - 25 kms marker. Golden Beach is closest safe stopping location
- Moffat Beach (Coast Guard Boat) (30km) - avoid rock point, stay out of shipping channel
- Pt Cartwright buoy or support boat (44km) No changes to occur 100 metres either side of Pt Cartwright
- Mooloolaba Bay - stay clear the seaway rock wall

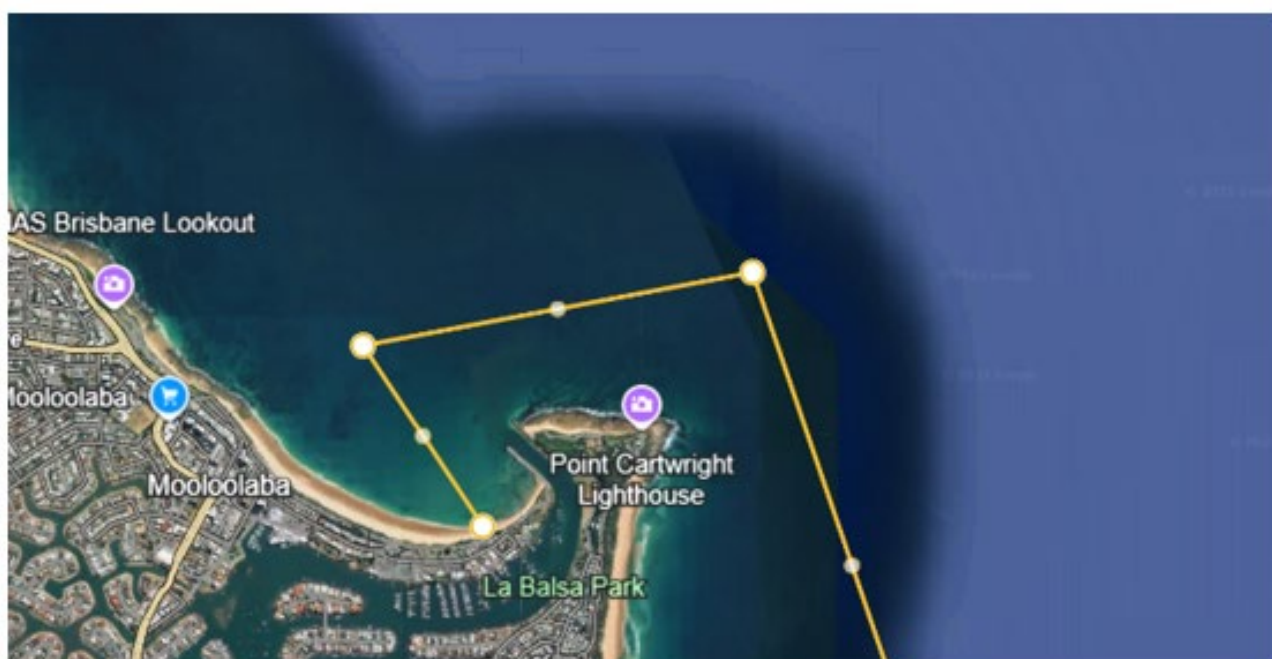
All competitors are required to attend all briefings for confirmation of the final racecourse

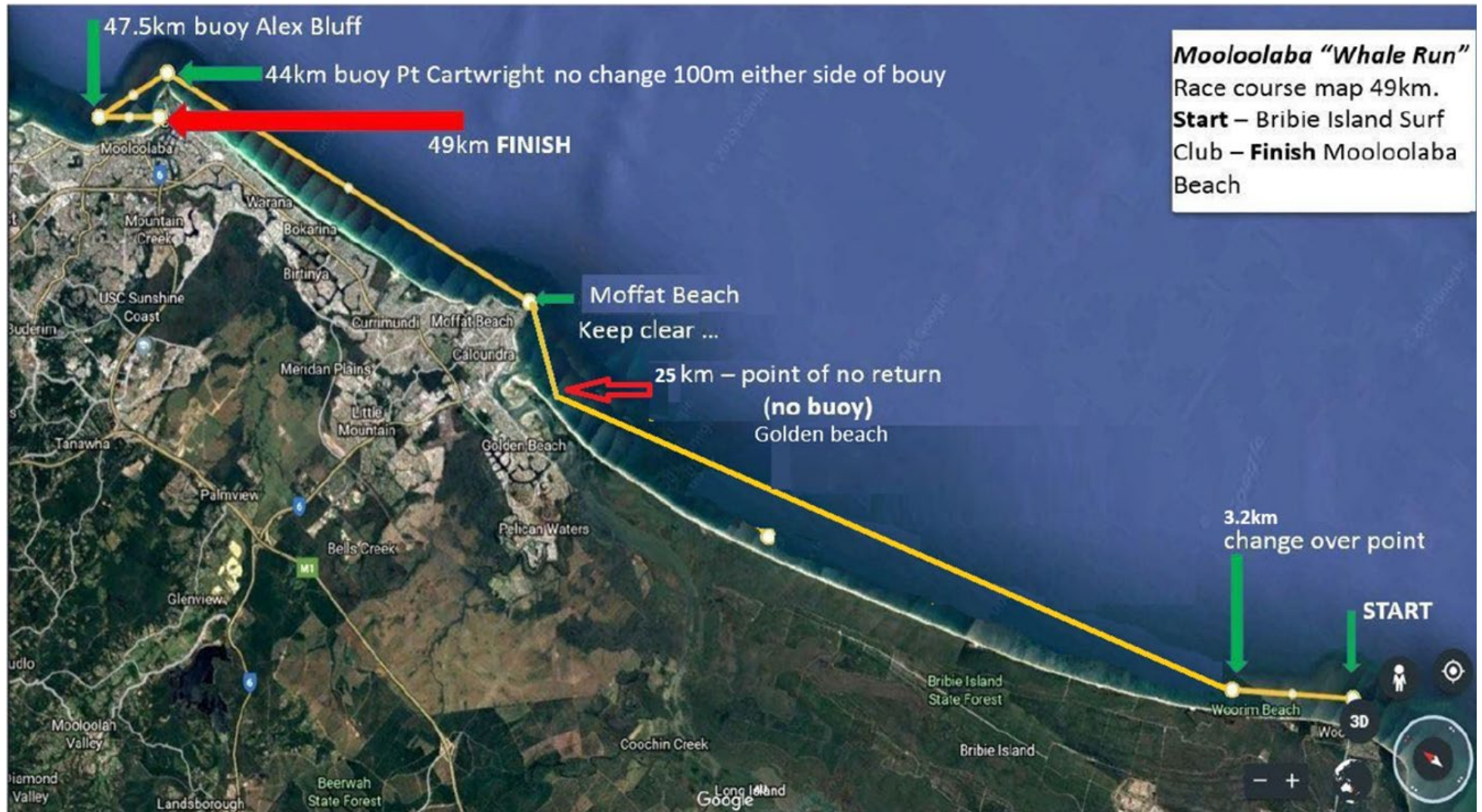
No change over zones.

3.1km from start, freshwater Creek Lagoon Marker.



NO Changes around pt cartwright



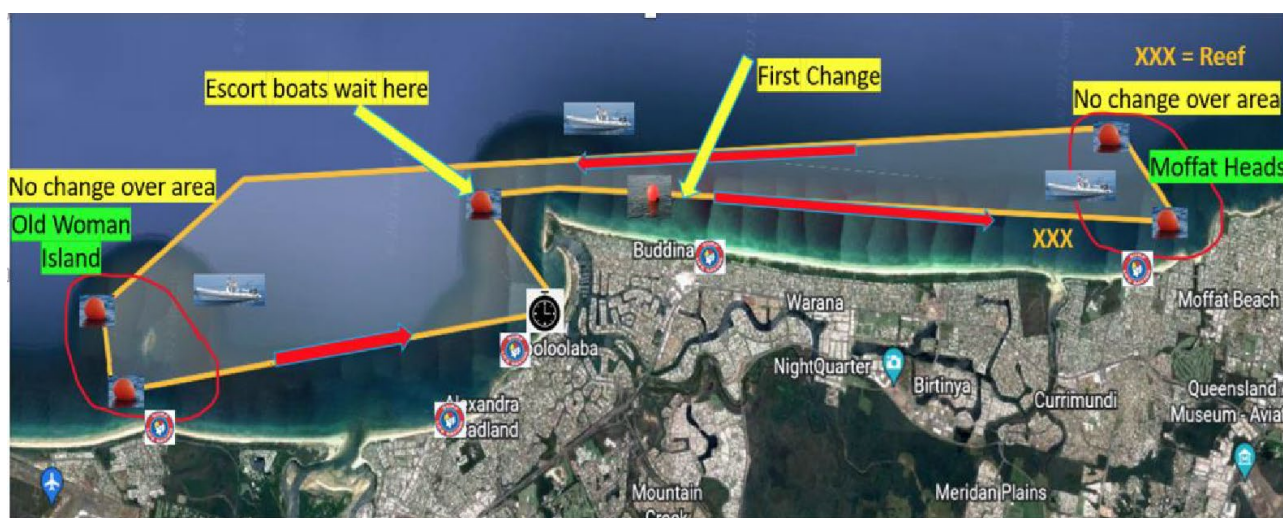


Canoe drop off and Rigging location

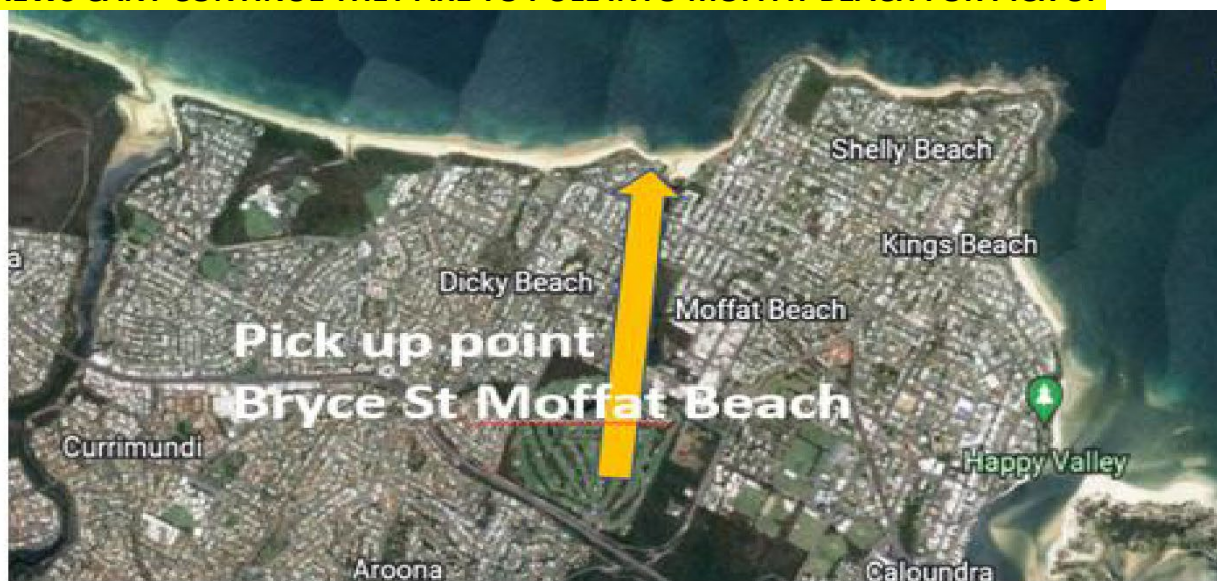


Bribie Island SLSC – Canoe drop off point - Enter via Boyd St

Alternate 42 km Course To be determined by Thursday 18th 5:00pm



IF CREWS CANT CONTINUE THEY ARE TO PULL INTO MOFFAT BEACH FOR PICK UP





RACE RULES

- All AOCRA rules and regulations will be enforced, as per the AOCRA Regatta Rules, available under the Administration tab on the AOCRA website. Mandatory safety regulations apply.
- All competitors must wear race shirt for identification
- All canoes must carry a mobile phone with Webscorer App loaded. See below for Webscorer information. Further information, if required will be provided at registration (see times) when designated competitor signs in
- **All support boat captains are required to attend Event support boat briefing on Friday 19 September at Mooloolaba Clubhouse at 6 pm**
- **All competitors are required to attend race briefing on Saturday 20th September**
- **Event Support Boat Captains are required to complete Team Escort Boat Scrutineer Form to bring to the event to complete scrutineer process and confirm attendance and understanding of their role and responsibility** and email to info@mooloolabaoutriggers.com.au the Mooloolaba OCC secretary by COB Thursday 2nd September
- **Lightweight canoes permitted for this event. (Not a separate category)**

SAFETY

- **Whale Run -Bribie to Mooloolaba Changeover Race 49km**
 - PFDs (one per paddler) in all canoes
 - Covers, at least 2 x Bailers and 1 x Secured Tow rope in all canoes
 - 2 spare blades per craft
 - **Each crew to have their own Team Escort Boat support boat at their own expense with a qualified driver. Driver is not a competitor**
 - Boat driver to submit copy of boat licence to Secretary MOCC , email info@mooloolabaoutriggers.com.au by 6 September 2025
 - Boat driver must sign attended Event Support Boat Briefing on Friday 19 September 6 pm at Mooloolaba Outrigger Compound
 - **All canoes and support boats** must carry a mobile phone with Webscorer App loaded. See below for Webscorer information. Further information, if required, will be provided at registration (see times) when designated competitor signs in
 - Webscorer participant instructions
 - Participants must carry their phone during the race
 - Participants start the Webscorer app and select "GPS self-tracking"
 - Participants tap "My upcoming GPS races" and then tap the race name
 - Participants tap "Start GPS tracking" at any time on race day, e.g. 15 minutes before the start
 - Participants can then turn the phone screen off and put the phone in their pocket
 - The app keeps sending the location at the interval specified in reg setup (e.g. once per minute)
 - All canoes must be scrutineered prior to race start
 - A first aid officer will be available on the Mooloolaba Club boat for the entire race



PARKING IN MOOLOOLABA WHILE YOU RACE

It is recommended that you use the ParknGo paid parking, see A on the map below for location. It offers four hours of free parking.

<https://www.sunshinecoast.qld.gov.au/living-and-community/parking/sunshine-coast-regulated-parking/sunshine-coast-parking-maps#mooloolaba>

CANCELLATION POLICY

In the very unlikely event of a total abandonment of the event Mooloolaba Outrigger Canoe Club will not be in a position to refund race fees. Refund of AOCRA National and SQ Zone portions are at their discretion.



Event 2 Race Program for Bay Relay

Saturday 20 September 2025

Tide Times: Mooloolaba

Low tide: 12:58 pm - 0.22m High tide: 07:02 am - 1.41m

Race Director: Mark Forbes

Land Director : Michelle Small 0414 636 603

Deputy Race Director : Barry Smith 0423 149 158

On Water Safety: Jim Faulkner 0411 197 243

Please Note:

1. Times are approximate and we ask paddlers be ready prior to times indicated ready to start
2. The Race Director has the discretion to change the course depending on weather conditions
3. Race Director will not wait for crews to get to the start line
4. All paddlers, Support Boat captains must attend their briefings on the day
5. ***The Bay Relay will be run while crews are participating in the Event 1 Whale Run . Each event will have a separate finish line and timers***

EVENT 2 Bay Relay based at Mooloolaba (Parkyn Parade)

Race	Time	Detail	Distance
	7:00 -7:30 am	Scrutineering of all craft	
	7:00- 8:00 am	Registration for Bay Relay	
Race 2	8 am	Race Briefing for Mooloolaba Bay Relay Junior U14/16, Novices 4 laps of 2.5 kms	10 km
	8:15 am	Race 2 start	10 km
Race 3	9:30 am	Race Briefing for Bay Relay Men, women, mixed 10 laps of 2.5 kms N.B. Two laps need to be completed before first change	25km
	9:45 am	Race 3 start	25 km
Race 4	12:15 pm	Race briefing for Mooloolaba Bay Relay U12 & Minnow 2 laps of the bay	2 km
Race 4	12:45	Race start	2 km



NOMINATION INFORMATION

Aggregate crews / combined crews from various clubs allowed.

- All nominations must register online at www.aocra.com.au before midnight on 4 September 2025
- All team nominations e.g. team details – paddlers, FINAL canoe numbers must be completed by 6 September 2025
- It is not possible to register on the day.
- Paddlers 16 years of age wishing to race must provide written approval and evidence from their Head Coach and parent. Email to info@mooloolabaoutriggers.com.au prior to registering Club Nomination for approval.

If you are having trouble with the online registration through AOCRA please email support@aocra.com.au

RACE FEES – Includes race shirt value \$18

Bay Relay 25km and 10 km

\$55 per paddler per race - All Senior and Under 19 Teams

Free for Junior Teams U 14, U 16

Bay Relay 2km Free for Minnows, U12 Junior Teams

Includes a race shirt that **must be worn** on the day

REGISTRATIONS

All registrations must be completed by **Thursday 4 September 2025** and team nominations by **Saturday 6 September 2025** via the online system at www.aocra.com.au.

The **RACE DIRECTOR** has the discretion to not allow late registrations to paddle if he or she has concerns about the paddler/support boat ratio.

- **Mooloolaba Bay Relay Registration:**

Saturday 20th September 7.00- 8.00 am

Location: Mooloolaba Beach Access 195

RACE RULES

- All AOCRA rules and regulations will be enforced, as per the AOCRA Regatta Rules, available under the Administration tab on the AOCRA website. Mandatory safety regulations apply.
- All competitors must wear race shirt for identification
- **All competitors are required to attend race briefing and all support boat captains are required to attend support boat briefing on Saturday 20th September**
- **Lightweight canoes permitted for this event**

AGE DIVISIONS for the 25km Bay Relay

OC6 Bay Relay Categories		
19 Under Girls	19 Under Boys	Under 19 Mixed
AGGRAGATE AGES	Combined club crews allowed	
Open Women	Open Men	Open Mixed
Master Women	Master Men	Master Mixed
Senior Master Women	Senior Master Men	Senior Master Mixed
Golden Women	Golden Men	Golden Mixed
Platinum Women	Platinum Men	Platinum Mixed

AGE DIVISIONS for the 10 km Bay Relay		
Under 14	Novices	
Under 16		

OC6 10 km and 25 km and BAY RELAY TEAM INFORMATION

- 16U and 14U teams must consist of 10 paddlers with a ratio of five boys and five girls
- The 19U teams must consist of ten paddlers. Mixed teams must have a ratio of five boys and five girls.
- All senior divisions are to be aggregate ages.
- The women's teams must consist of ten paddlers
- The men's teams must consist of nine paddlers
- The golden and platinum master teams must have a minimum of 10 but may have a maximum of twelve paddlers
- Mixed teams must have a minimum of three women paddlers at all times and must consist of ten paddlers. Mixed teams must have a ratio of five boys and five girls.

OC6 12 UNDER & MINNOWS 2 KM BAY RELAY TEAM

- The 12U and minnows may combine as team and have a maximum of 10 paddlers with 1 or 2 passive steerers – no gender mixed stipulations
- The course will consist of 2 x 1kms rounds for beach changeover. All changeovers must be beach changeovers in this division.
- Minimum of three nominations required in this event for this race to proceed. Refund will be provided if two or less nominations in this event
- Support Boats provided

Course Map 2 km Minnows and Under 12s

This map is to be determined on the bay conditions on the day, as we need to ensure a safety as priority





SAFETY

- **Mooloolaba Bay Relay 25km, 10 km and 2km**

- PDF's (one per paddler) in all canoes
- Covers, at least 2 x Bailers and 1 x Secured Tow rope in all canoes
- At least 1 spare blade per craft
- One experienced registered steerer always during the race
- All canoes will be scrutineered prior to race start
- First aid officer on the water and on land. First aid tent is located near the Registration tent. See site map.

CANCELLATION POLICY

In the very unlikely event of a total abandonment Mooloolaba Outrigger Canoe Club will not be in a position to refund race fees. Refund of AOCRA National and SQ Zone portion are at their discretion.

ONSITE FACILITIES

- Coffee van on location in carpark
- Snacks and drinks available on site from 7am
- There are commercial food & beverage outlets available at the site
- Public toilet and shower amenities 30 metres across the road

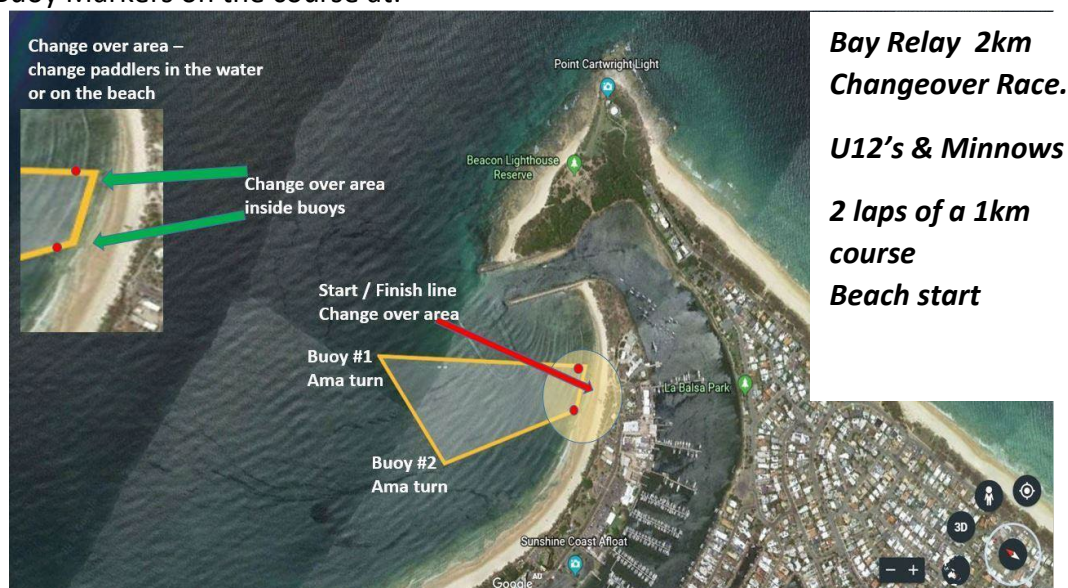
Bay Relay Course Map 25km and 10 km

- Race course distance and start is at the discretion of the Race Director
- All competitors will complete the 2.5 km course with 8 laps. Beach changeover or in water depending on skill level.
- The first changeover will be after 2 laps.
- Changes must be made within the marked area
- Buoy Markers on the course at:

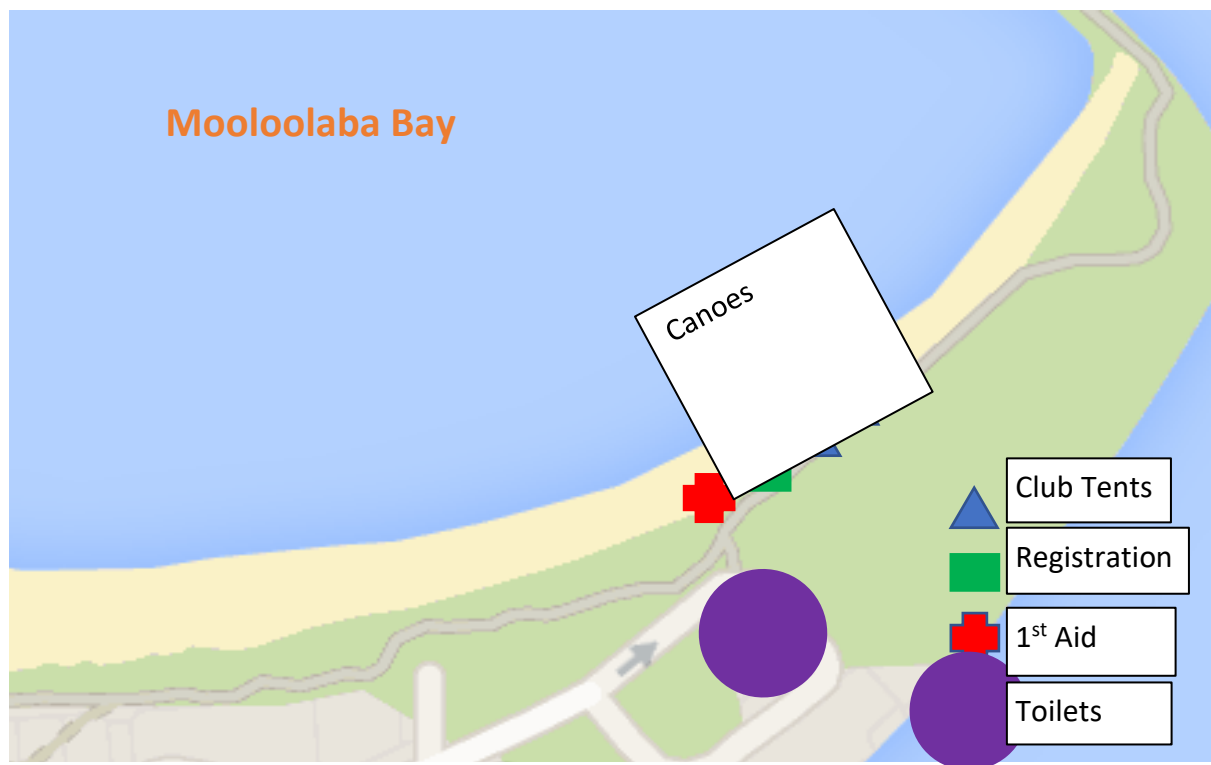


Relay Course Map 2 km

- Race course distance and start is at the discretion of the Race Director
- All competitors will complete the 1 km course with 2 laps. Beach changeover only
- Buoy Markers on the course at:

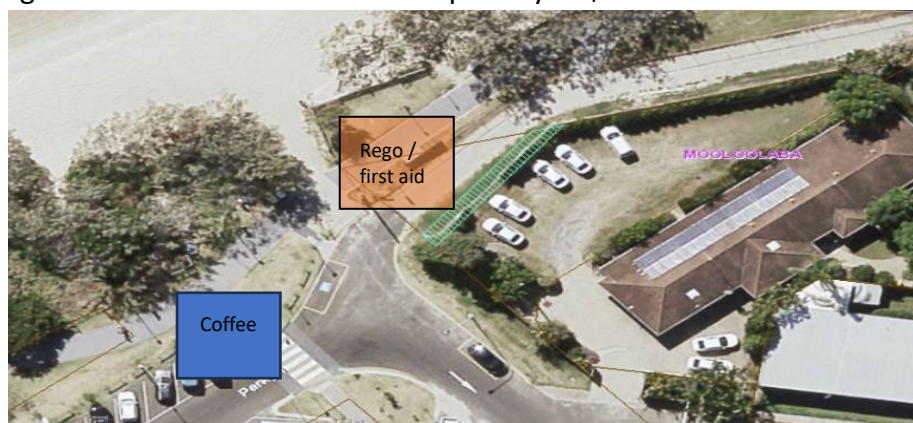


EVENT SITE MAP



PLEASE NOTE: There is to be **NO** car parking by paddlers or supporters in the cul-de-sac car parks at the spit end of Parkyn Parade. THIS AREA IS RESERVED FOR CUSTOMERS OF THE RETAIL OUTLETS IN THE AREA. If you park in these spaces you will be asked to remove your vehicle. We also ask that no cars, trailer, vans etc that do not have permission, park within the regatta site.

Please be advised that there is to be **NO PARKING or STOPPING** of vehicles in the driveway located adjacent to 'The Spit' parklands. The entrance to the driveway is to remain clear at all times and is signed a **NO STANDING** area. **The driveway to the DTMR & Water Police facilities is to be kept clear at all times during the conduct of the event.** (No loading and or unloading to be undertaken in the driveway or at the entrance to the driveway). Any vehicle found to be not complying maybe issued an infringement notice which can incur a penalty of \$170.



to Parkyn parade

TRAILER PARKING

Options for trailer and boat parking are being looked at- please check Mooloolaba Outrigger canoe Club Facebook page for updates. <https://www.facebook.com/MooloolabaOCC/>

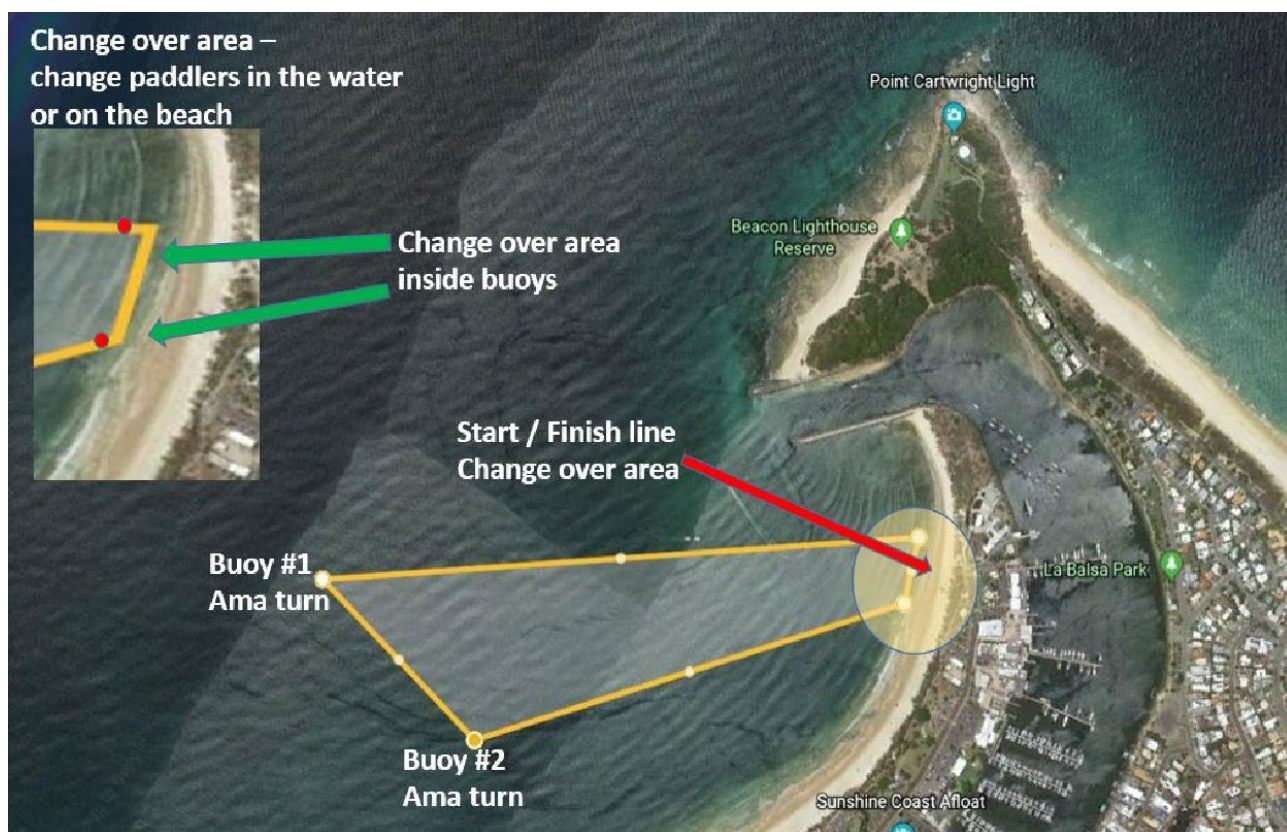
Trailer parking will be in the boat trailer car park (next to the Coast Guard building) on Parkyn Parade (see map). This is the next large car park on your right **after** the Underwater World / Wharf Precinct car park. Please park considerately and obey all Council signs. If it's particularly good boating weather (i.e. flat), this car park can fill up quickly with recreational boaties. **PLEASE NOTE – TRAILERS ARE NOT PERMITTED TO USE STREET PARKING OR OTHER CAR PARKS ON PARKYN PARADE. PLEASE USE THE BOAT TRAILER CAR PARK ONLY UNLESS OTHERWISE DIRECTED.**

ACCOMMODATION

There are many accommodation establishments within walking distance of the regatta site. Visit this site for future information. <https://visitsunshinecoast.com/accommodation>



Potential course





RACE FEES Event 1– Includes race shirt (valued at \$18)

Whale Run

\$85 per paddler per race - All Senior Teams including Under 19s

\$85 breakdown of costs = \$5 SQ Zone fee, \$2 AOCRA fee, \$18 shirt (\$60 goes to club)