



National Championships 2021

Marathons OC1/2 V1 & OC6
and

Ocean Downwind Series Race 1

Emu Park, Rockhampton Nth QLD

Dates : 4th – 6th June 2021

Welcome Message AOCRA



On behalf of the Board of the Australian Outrigging Canoe Racing Association (AOCRA), it is with great pleasure that I welcome athletes, coaches, sponsors, officials, guests and supporters to the 2021 National Championship Marathons event, hosted by Rocky Outrigger Canoe Club, in association with AOCRA. It is a great honour to once again host this magnificent event; which is the pinnacle to the Marathon Ocean Racing Calendar in Australia, in Rockhampton, after a year of minimal national competition.



This 3 day competition is a great celebration of athletic excellence, team work, camaraderie and leadership with the country's top distance paddlers in OC1, OC2, and OC6 who will compete in seven race events. Comprising a full competition schedule, the regatta welcomes athletes of all ages.

We thank our the Livingstone Shire Council and our sponsors: Lions Club Keppel Coast Guard and Yeppoon Coast Guard and the Emu Park Police Station for their support. Thanks as well to the local community for embracing the visiting competitors, officials, volunteers and supporters.

I would also like to wish every participant the very best of luck for their races and hope all the spectators have a wonderful weekend watching and participating in the competition. I look forward to witnessing some great racing and enjoying the spectacle and hopefully getting on the water with you.

While you compete with each other, we ask that you respect the same rules, share the ocean, the power and the spirit of outriggering with your fellow athletes.

Enjoy the experience everyone.

Katherine Cole

President AOCRA Ltd



Welcome Message Livingstone Shire Council



As the proud Mayor of Livingstone Shire, I would like to offer all participants of the National Championship Marathons 2021 a warm welcome to our wonderful region and express my gratitude to the many people who have made this incredible opportunity for our community possible.

I hope that whilst you are here, you find the time to experience the various attractions which make this such a popular area to live and visit. From our pristine beaches and islands to our vibrant town centres and scenic rural areas, we are delighted to invite you to explore all that Livingstone Shire has to offer. I am sure you will find something to enjoy.

On behalf of the Livingstone Shire Council and our community, I wish you all the best in this year's competition and trust that you will return to the region again and again in the years to come.

Mayor Andy Ireland



Welcome Message Rocky Outrigger Canoe Club

On behalf of the Rocky Outrigger Canoe Club, we would like to welcome paddlers, coaches, family and friends to paddle and spectate along the coastline of the Southern Great Barrier Reef in Central Queensland at Emu Park from Friday 4th June to Sunday 6th June 2021.

Located on the Tropic of Capricorn, Rocky OCC's downwinder event between Emu Park and Yeppoon has grown in reputation and it is a privilege to host both the Australian National Championship Marathons and one of the four AO Ocean Downwind race event in 2021. We consider ourselves extremely lucky to be able to host both events during one weekend.

But wait there is more.... Join us and help celebrate the Rocky Outrigger Canoe Club's 30th Anniversary Celebrations in 2021. Our club founded in 1991 on the Fitzroy River, Rockhampton has stood the test of flood, crocs and time and what better way than to celebrate 30 years than on the water with a great event.

As a small NQ Zone club with a big heart, our love of paddling means we are also recognised as a club who is willing to travel.

We hope you too, make the effort to travel, as we know you the paddlers will make it a great event.

We look forward to seeing you paddling with us in June.

Kathy Barsby

Rocky Outrigger Canoe Club Inc – Event Co-ordinator



AOCRA and Rocky Outriggers wish to acknowledge the traditional custodians of the land and pay respect to the Darumbal Elders past, present and future.



Race Rules and Safety



All AOCRA rules and regulations will be enforced, as per the [AOCRA Rules](#) available under the Administration tab on the AOCRA website.

Please note:

- All OC6 canoes shall have a minimum weight of 130 kgs unless in the unlimited class
- Unlimited Class OC6 canoes weighing less than 130 kgs may race in the short and long courses in the Opens division for Women, Men and Mixed only. There must be a minimum of two entries per race to be eligible for a title and medals. Will not attract points for Champion Club 2021.
- V3 canoes may race in the short course in the Open Division for Women, Mixed and Men only. There must be a minimum of two entries per race to be eligible for a title and medals. Will not attract points for Champion Club 2021.
- “Novice” teams must have five (5) novice and one (1) experienced paddler. The experienced paddler must be the steerer.
- Junior Participation is allowed in the Open Division. Juniors must have turned 16 in the year of competing and will be required to ask permission from AOCRA to participate prior to online registration. Parental permission forms and information regarding level of experience must be completed and sent to secretary@aocra.com.au.
- The OC1/OC2/V1 Long Course Race and the AO Ocean Downwind Race 24km will end with a beach finish chute, and have cut off times applied.
- Yacht Bots are to be attached to the canoe and returned after the race to record a result.
- Competitors not reaching Iron Pot Island within the required time for conditions on the day will be asked to finish at the Roslyn Bay Marina as per requests from Safety and Support vessels at the discretion of the Race Director.

FIRST AID WILL BE ON SITE

There will be a designated first aid area on site and first aid response on the water.



COVID SAFE EVENT PLAN

This regatta has a COVID-19 Safe Event Plan as required by the Chief Medical Officer of Queensland and all volunteers will be trained on the plan prior to the event. Public Health Warning Please DO NOT enter if...

- You have a fever, cough, sore throat, runny nose, or shortness of breath.
- Have travelled overseas/in or near declared hotspots, been in quarantine, or in contact with a suspected or confirmed case of COVID-19 in the last 14 days.

A COVID-19 Register will be required to be completed for each event, as per the COVID-19 Safe Event Plan.

All clubs must appoint a dedicated Covid-19 safety officer. The nominated safety officer must be at the race site for the duration of the whole club's attendance and will be responsible for ensuring all club members adhere to safety guidelines. They will be responsible for collecting from registration the wrist bands for their club and distributing to paddlers. Clubs who fail to nominate a Covid-19 safety officer will be ineligible to attend the event. Each club / crew is responsible to sanitise all equipment before and after each race, and load canoes asap after competition.

PLEASE PRACTICE SOCIAL DISTANCING AT ALL TIMES.



Nomination Information

Nominations will be on-line via the www.aocra.com.au site. It is not possible to register on the day. If you are having trouble with the online registration through AOCRA please email support@aocra.com.au

Race Fees

- All Short Courses Single and OC6 = \$40 per paddler per race
- All Long Course Single and OC6 = \$55 per paddler per race
- AO Ocean Downwind Race 1 = \$80 per paddler per race and Ski paddlers pay an additional \$8 day insurance to the race fee.

AOCRA members nominating for the AO Ocean Downwind Race 1 are eligible to place in the series and for National Titles OC1/2 & V1 Long Course.

Club Nominations due: 11:59pm (AEST) Friday, 14th May 2021 (Late fee will apply)

Team Nominations due: Friday 21st May 2021

The RACE DIRECTOR will have the discretion to not allow late registrations to paddle if they have concerns regarding the paddler/support boat ratio.

V1 competitors will proceed dependent on the suitability and safety of the course.

No refunds given if you decide to scratch your race, no matter what the reason.

Divisions

- Short course: Under 16, Under 19, Open, Master, Senior Master, Golden Master, Platinum Master, Adaptive, Novice - Men, Women and Mixed.
- Men & Women Long Course: Under 16 for OC6 only, Under 19, Open, Master, Senior Master, Golden Master & Platinum Master
- Mixed Long Course: Under 16, Under 19, Adaptive, Open, Master, Senior Master, Golden Master & Platinum Master

ALL OUTRIGGER COMPETITORS MUST BE AOCRA MEMBERS.



Nomination Information for AO Ocean Downwind Race

Nominations to be completed through the AOCRA website for this race. It is not possible to register on the day.

If you are having problems with registration, please email support@aocra.com.au

Divisions per Canoe Discipline

- OC1 - Open , Master, Senior Master, Golden Master, Platinum Master.
- OC2 – Open & Master
- V1 – Open & Master
- Ski – Open & Master

Race Fee

- Per paddler = \$80 and non AOCRA member Ski paddlers pay an additional \$8 day insurance to the race fee.

Nominations due: 11:59 (AEST) on 14th May 2021 (Late fee will apply)

Competitors nominating for this event will race to place for Race 1 of the inaugural AO Ocean Downwind Series and points accumulated from all four races will determine the series winners for each canoe discipline and division.

The RACE DIRECTOR will have the discretion to not allow late registrations to paddle if they have concerns regarding the paddler/support boat ratio.

V1 competitors will proceed dependent on the suitability and safety of the course.

No refunds given if you decide to scratch your race, no matter what the reason.

ALL OUTRIGGER COMPETITORS MUST BE AOCRA MEMBERS.



Race Registration at Fisherman's Beach

ALL Registration for outrigger competitors will take place on location at Fisherman's Beach site. Club Covid Co-ordinators will be required to represent their club competitors and facilitate registration process.

Ocean Ski competitors can register in person at the registration tent to sign for and receive their wristband and number ID for the finish.

Individual registration

All competitors must wear a colour coded wrist band depending on the age division. No wrist band, no racing.

All clubs will have a nominated COVID 19 officer. The officer will collect the club list with wrist bands and pass wristbands on to all club competitors upon receiving their signature.

It will be the responsibility of each club covid coordinator to ensure each competitor signs for and receives their wrist band. Audit checks will be conducted by race officials throughout the event. Wrist bands must stay on for the duration of event while competing.

The registration team will allocate Yacht Bots to competitors at briefing on the sand area and all competitors must return their Yacht Bot to record a result.

Team registration

All steerers must sign in their crew before each race and collect their Yacht Bot on the sand area.

All competitors will be checked against the nominated team list.

Registration opens

Friday 4th June 7:30 am – all day

Saturday 5th June 6:30 am – all day

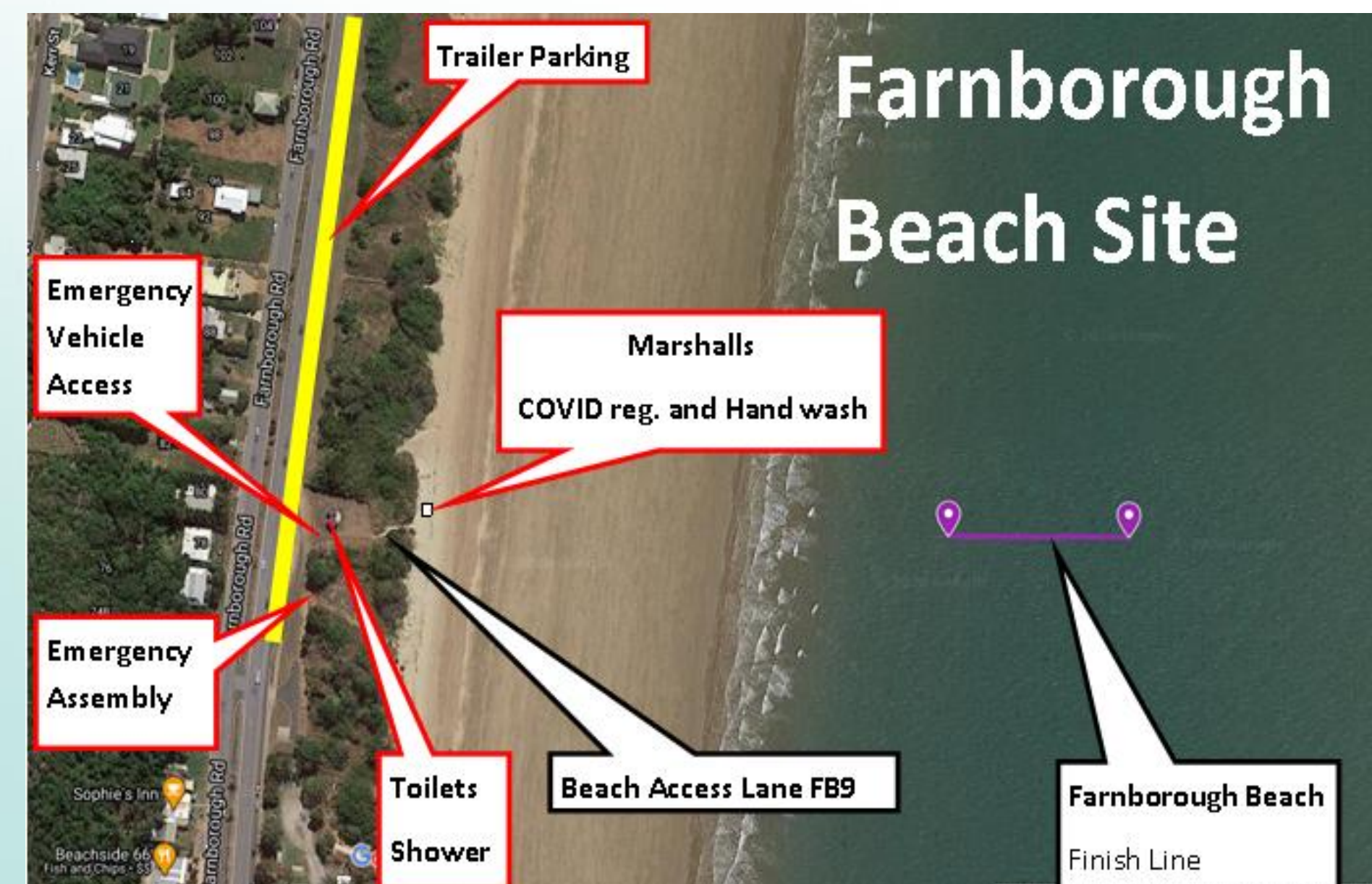
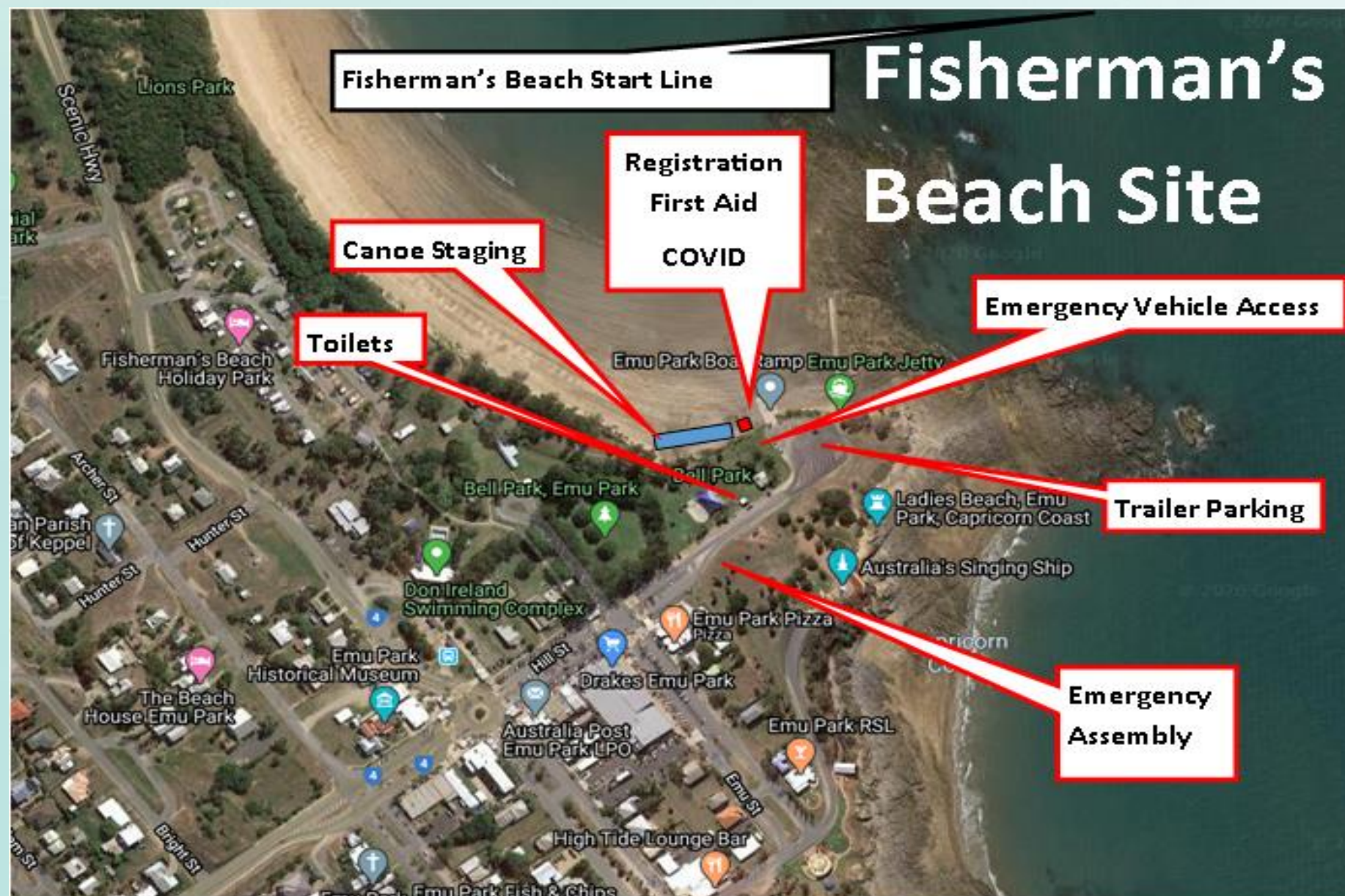
Sunday 6th June 7:30 am – 8:15 am



Site Location and Maps

Fishermans Beach, Hill Street, Emu Park will be the main location for the National Marathon Championships. Street Parking will be available on Hill Street Emu Park. Rocky Outriggers would like you to support Local Emu Park Businesses in your accommodation and purchases throughout the event.

Farnborough Beach Access FB9 will be the location for the Finish (or Start if in reverse) of the AO Downwind and OC1/OC2/V1 Long Course Marathon Championship. The scheduled start time for this event is dependant on conditions on the day to maximise downwinder conditions.



Friday 4 June Race Course: OC1/ OC2/ V1 Long Course and AO Downwind Race 23 KMS

The intention is to provide the best downwind conditions for this event. The aim is to run this event Friday afternoon, however, there is a two day window on Friday and Saturday allowed for this event to maximise downwind conditions. This is a priority event so the start time and course will be altered at discretion to allow this. Updates will be advised through the Facebook event page and in the week leading up to the event.

The Marathon course start line will be off Fishermans Beach between two buoys. Competitors will paddle towards and around Pelican Island (approx. 5km) before commencing their downwind leg to the finish line at Access FB9 Farnborough Beach Yeppoon. There will be a Beach Chute finish on the beach for competitors to finish between. Canoe handlers will be available at the shoreline to assist craft coming off the water.

This course can be run in reverse and conditions on the day will determine best course.

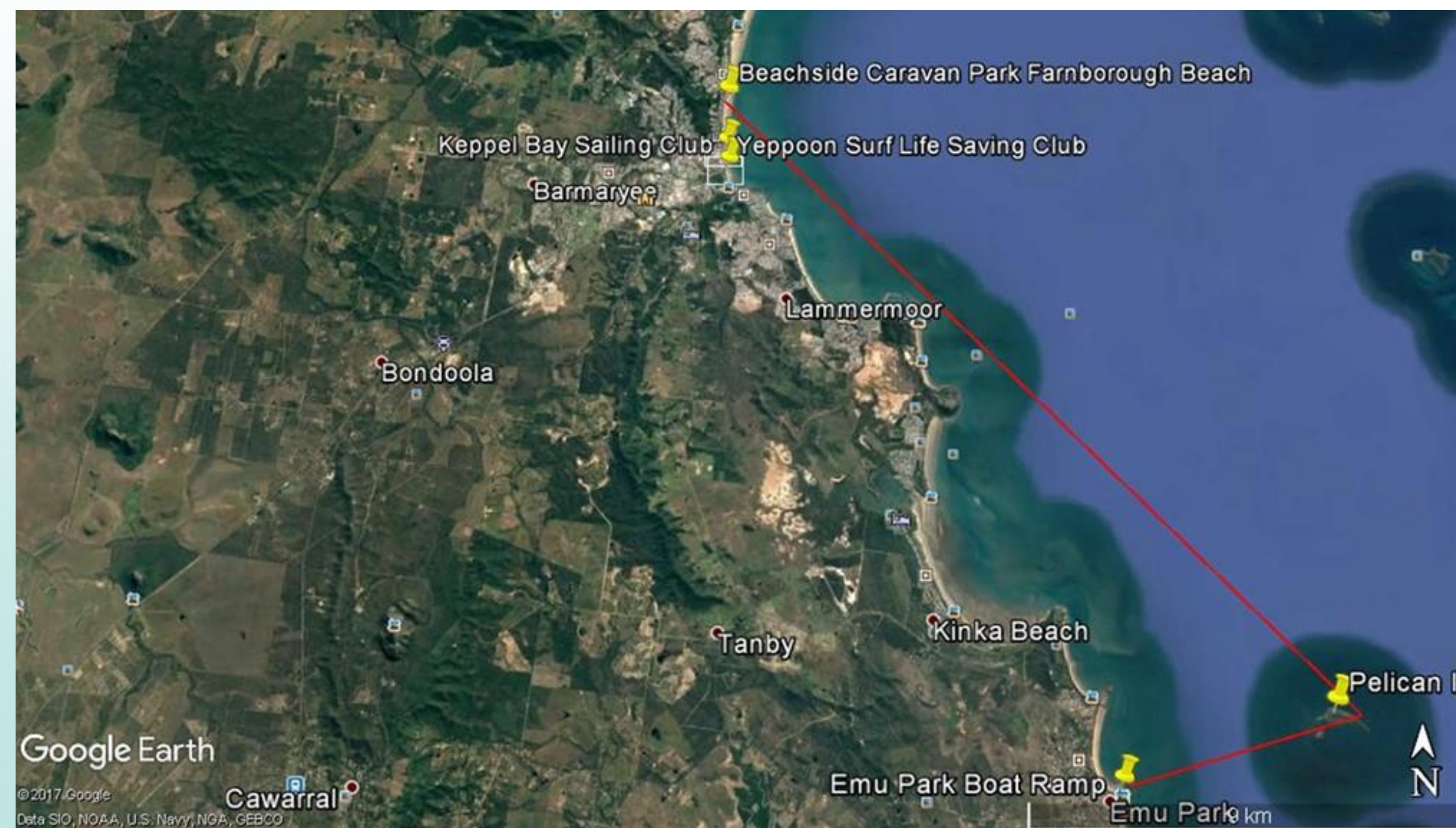
Attend race briefing for more course confirmation.

Tide Times:

High: 5.03am 3.72m

Low: 11.37am 1.11m

High: 17.52pm 3.60m



Saturday and Sunday 5 & 6 June Race Courses

Conditions on the day will determine best course.

Attend race briefings for course confirmation.

Tide Times:

Saturday 5th June 2021

00.00am 1.50m

5.51am 3.70m

12.18pm 1.02m

18.34pm 3.82m

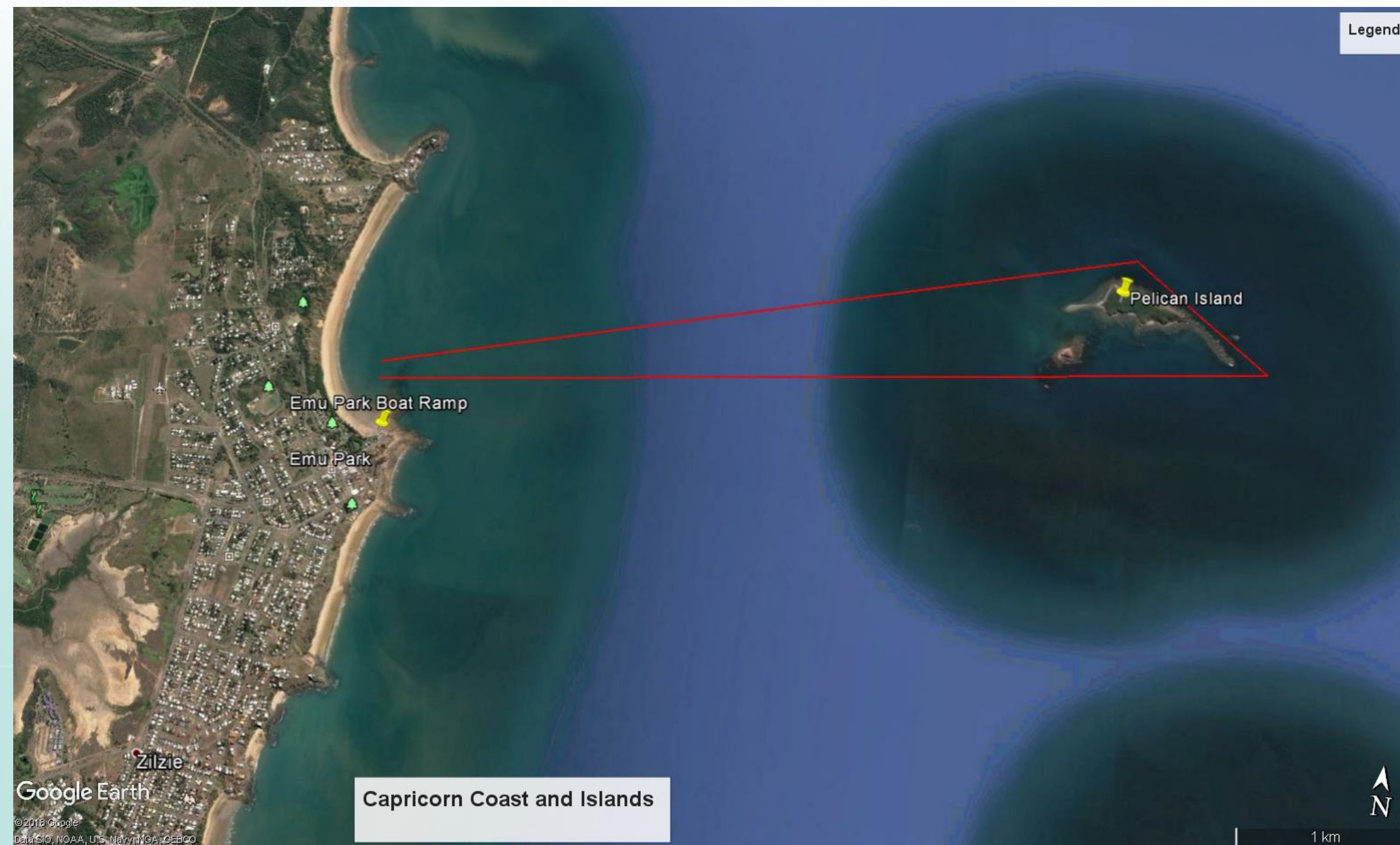
Sunday 6th June 2021

00.47am 1.39m

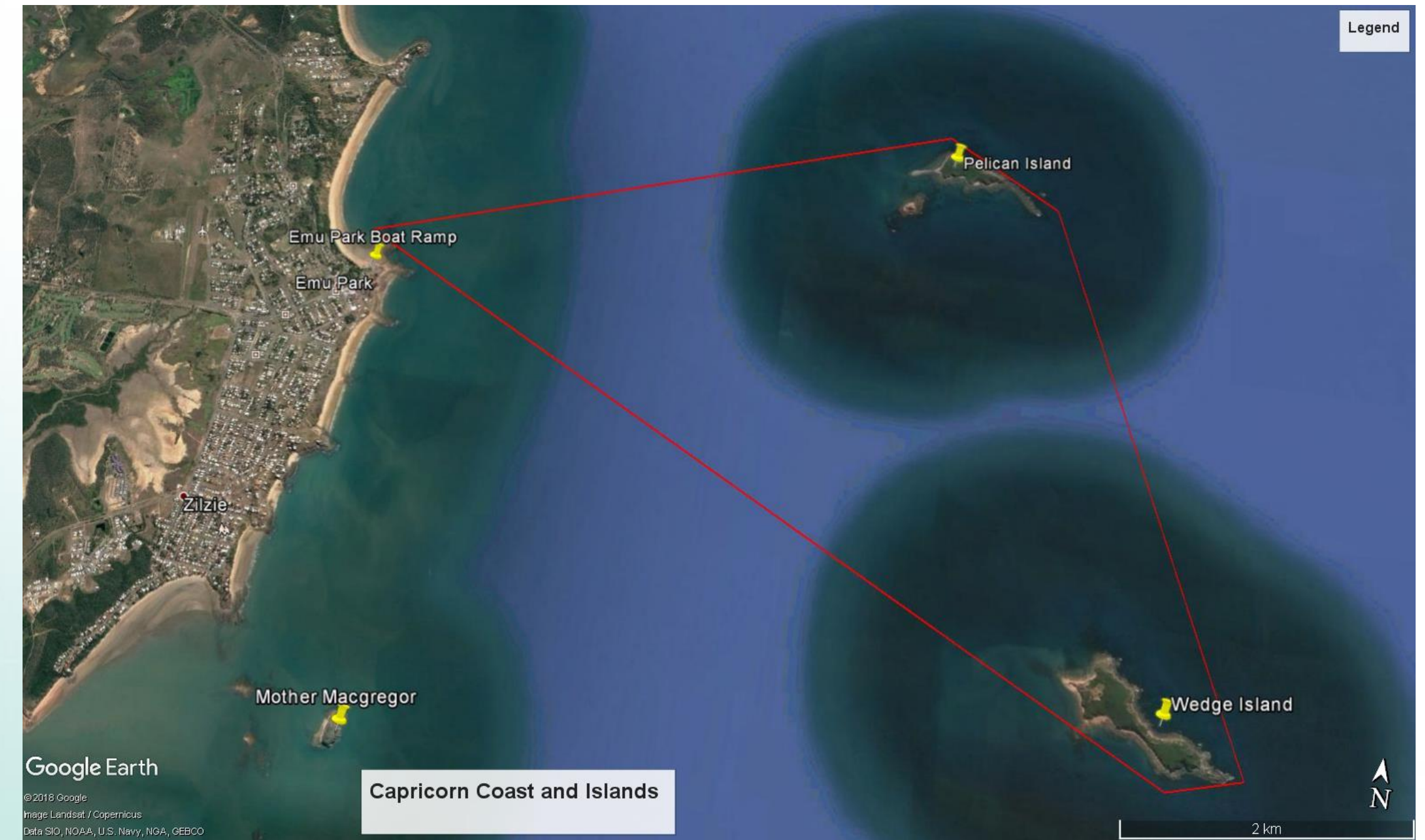
06.34am 3.68m

12.54pm 0.94m

19.12pm 4.01m



The Short course is a 11.5km marathon and will start between two buoys off Fishermans Beach Emu Park. Paddle 5.5km out towards Pelican Island and then turn around Pelican Island to return to Fishermans Beach Start/Finish line. Direction around Pelican Island will be dependant on conditions on the day and course could be altered to maximise conditions on the day.



The Long Course is a 18km marathon and will start between two buoys off Fishermans Beach Emu Park. Paddle 5km out towards Pelican Island and then turn around Pelican Island and paddle 5km to Wedge Island and then return 8km to Fishermans Beach Start/Finish line. Direction around Pelican Island/Wedge Island will be dependant on conditions on the day and course could be altered to maximise conditions on the day.



Schedule of Events

Please note times are approximate and we ask paddlers be ready prior to times indicated. altered at discretion to give the best race conditions for competitors.

Event Times and Courses may be

Sunrise 6.32am Sunset 17.17pm

Day	Approx. Time	Event / Divisions	Distance
Friday 4 June	7:30 AM	Registration Open	
	9:00 AM	Welcome ceremony / blessing	
	9:30 AM	Race Briefing for Short Course	
	10:00 AM	OC1 / OC2 /V1 Short course All Divisions	11.5km
	10:15 AM	CLINIC - PANEL of Champions: Mike MT, Robyn S, Danny T, Pete D, 50 minutes under shade	
	12:30 PM	Presentations Short Course	
	12:45 PM	Race Briefing for Long Course	
	1:15 PM	OC1 / OC2 / V1 Long Course All Divisions & AO Ocean Downwind (excluding U16)	24km
		Presentations Long Course & AO Ocean Downwind	
Saturday 5 June	6:30 AM	Registration Open	
	7:00 AM	Canoe Blessing	
		Race Briefing for OC6 U16 & U19 Women / Women / Adaptive / Mixed / Novice	
		Unlimited OC6 & V3 Demonstration Race Womens, Mixed Sort Course	
	7:30 AM	OC6 U16 & U19 Women / Women / Adaptive /Mixed / Novice	11.5km
		Unlimited OC6 & V3 Demonstration Race Women & Mixed Short Course	
	8:30 AM	Race Briefing for OC6 U16 & U 19 Men / Men / Novice	
		Unlimited OC6 & V3 Demonstration Race Men Short Course	
	9:00 AM	OC6 U16 & U19 Men / Men / Novice	11.5km
		Unlimited OC6 & V3 Demonstration Race Men Short Course	
	10:30 AM	Presentations Short Course	
	11:00 AM	Race Briefing Unlimited OC6 Demonstration & OC6 U16 & U19 / Women's Long Course	
	11:30 AM	Unlimited OC6 Demonstration & OC6 U16 & U19 / Women's Long Course	18km
	11:45 AM	CLINIC - PANEL of Champions: Mike MT, Danny Topfer, Pete D 50 mins under shade	
	1:30 PM	Race Briefing Unlimited & OC6 U16 & U19 / Men's Long Course	
2:00 PM	Unlimited OC6 Demonstration & OC6 U16 & U19 / Men's Long Course	18km	
2:15 PM	CLINIC - PANEL Robyn S & Jane H 50 mins under shade		
	Presentations Long Course		
Sunday 6 June	7:30 AM	Registration Open	
	8:30 AM	Briefing Unlimited OC6 Demonstration & OC6 Mixed long Course	
	9:00 AM	Unlimited OC6 Demonstration & OC6 Mixed Long Course	18km
	11:30 AM	Presentations Long Course	

THANKS FOR ATTENDING NATIONAL CHAMPIONSHIP MARATHONS & AO OCEAN DOWNWIND RACE 1 2021



Presentations



Most presentations will be held outside the Lions Shack at Bell Park Emu Park after each event on the sand area. Due to the requirements of Covid-19 for sports events this approach will minimise the duration of presentations and allow competitors to be present while sport is in play.

The OC1/OC2/V1 Long Course & AO Ocean Downwind Race 1 presentations will be held at the finish point directly after the event.

Facilities on the Day

Please support the local Emu Park businesses and community throughout the event. We sincerely ask you support and give back to our local community that are assisting our club to host this event.

Business in the area include: Accommodation, Bakery, Cafés, Chemist, Fuel Station, Newsagency, Supermarket, and more

OC1/2 & V1 Canoe Transport

Want to “rock up to rocky” but not sure how to get your boat there No problem there are options available for you whether you’re based in Perth, Melbourne, Sydney or for that matter anywhere else. We have negotiated transport for your OC1 /2 & V1 to get there for the race safe and sound. A renowned safe pair of hands in covered transport. Pick up dates , points and costs will be communicated shortly. Get your canoe on the truck to rocky and show us what you’ve got.

OC6 Canoe Hire

Clubs bringing canoes are welcome to share information on loaning out their canoes. Please contact clubs towing canoes directly on availability.



Emu Park

Emu Park is a quiet coastal community town which lies south of Yeppoon and east of Rockhampton. It is part of a pleasant scenic drive from Rockhampton which includes Emu Park, heads north along the coast to the Capricorn Coast National Park before reaching Yeppoon.

It is known primarily for its views across to Great Keppel Island, Anzac Memorial Walk and its remarkably beautiful Singing Ship sculpture. When the sculpture is singing, it is great downwind conditions for local outrigger paddlers and a well know Downwinder Start/Finish Point for Rocky Outrigger Canoe Club on weekends and their annual Downwinder event.

Location: Emu Park is located 664 km north of Brisbane and 45 km north-east of Rockhampton.



Photo Credit:
Fishermansbeachhp.com.au



Photo Credit:
Capricorn Enterprise Centre

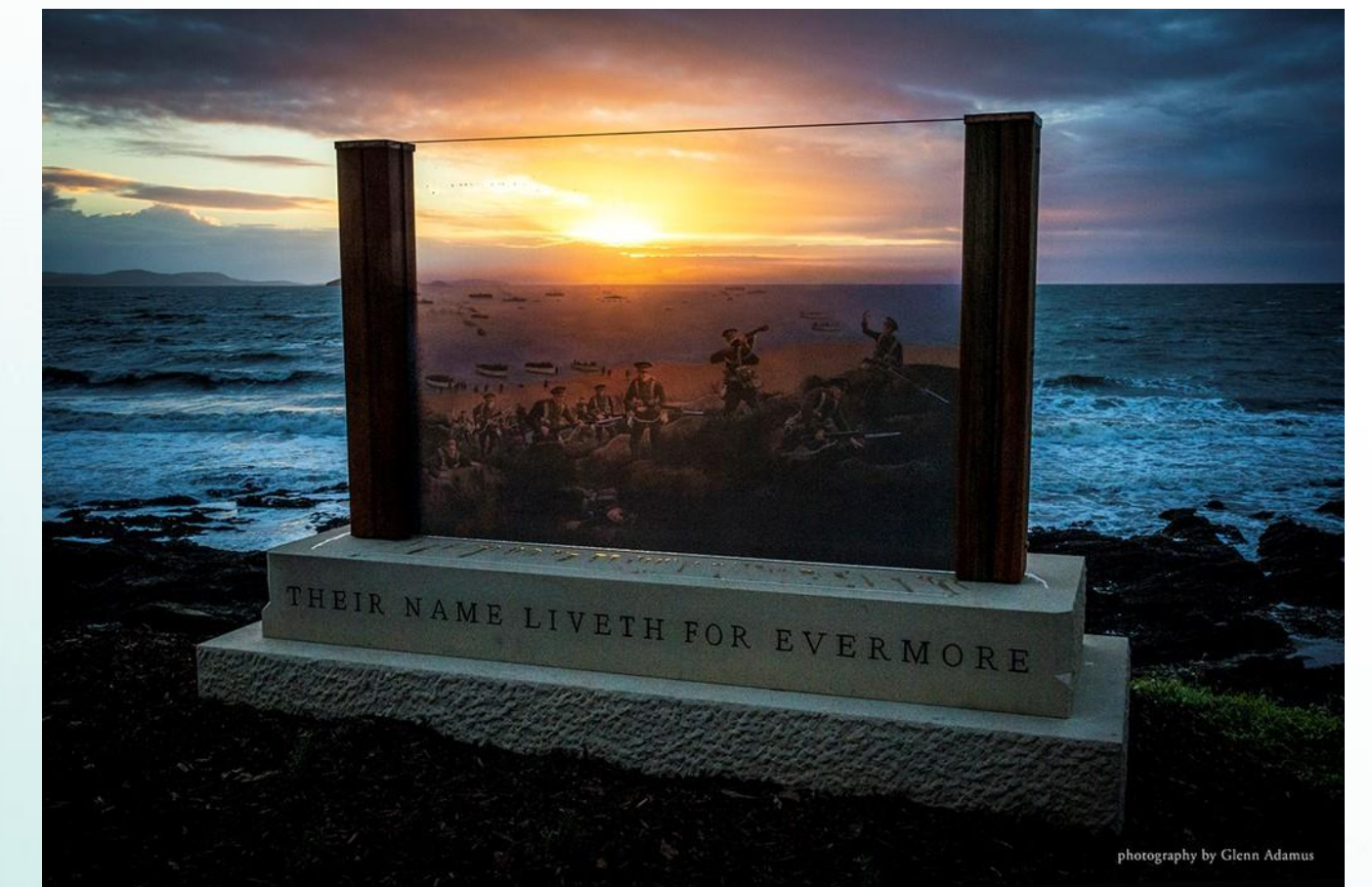


Photo Credit:
Capricorn Enterprise Centre



Trailer Parking

Canoe trailer parking and storage will be provided at the Emu Park Police Station Compound at 46 Pattison Street (Scenic Highway) Emu Park, 4710.

Friday afternoon OC6 canoes are to be unloaded on the beach as marked and then trailers stored at Emu Park Police Compound.

OC1/OC2 V1 Trailers can be stored Friday afternoon to Sunday or Monday if you are staying a little longer.



Canoe Rigging and Unrigging

Rig as per the AOCRA Rules and any additional direction given by the Race Director.

Canoes can be unloaded from the trailer parking area of the Emu Park Boat Ramp at the Fisherman's Beach end of Hill Street Emu Park. Canoes can be rigged in the park area of Bell Park. Please bring your trollies as at low tide can be a fair way to the beach.

Friday morning priority will be given to unloading for all small craft events. Friday afternoon priority will be given to unloading OC6 trailers so they can be stored at the Police Station.

Sunday priority will be given for loading to clubs towing the longest distance as a courtesy to those clubs.



Towing and Travel assistance



There is a towing and travel assistance pool provided by AOCRA.

Towing assistance will be provided for OC6 Trailers with a minimum of 3 canoes and OC1/OC2 Trailers with a minimum of 9 Canoes. The towing assistance for canoes traveling >600km and >1000km.

Travel assistance will be provided for outriggers traveling >1000km and >2000km.

Please note the assistance pool for towing and travel which will be shared between applicants. Towing and Travel assistance Forms must be completed and forwarded to secretary@aocra.com.au by email no later than **10 days after the event.**

See applicable forms on www.aocra.com.au

Accommodation Options

There are a range of accommodation options including Backpacking, Caravan Parks, Motels and Resorts available in Emu Park and surrounding areas to suit the needs and requirements of our paddlers. Please go to Visit Capricorn for further information.

<https://www.visitcapricorn.com.au>

Rocky Outriggers 30th Anniversary

Thanks for hosting and congratulations to Rocky Outriggers on celebrating 30 years as a club this year.

Everyone is invited to help Rocky Outriggers celebrate by attending our event and celebrating on the water where we all love to be.



Thanks to our sponsors:



Your support is greatly appreciated by all for this National Championship event.

A special mention to:



Lions Club Emu Park – supplying their facility at special rate to support our event

Keppel Sands Coast Guard – supplying on water support boats and first aid response for our event

Yeppoon Coast Guard – supplying on water support boats and first aid response for our event

Emu Park Police Station – supplying secure canoe trailer parking for our event

