

Paddler Guide

AOCRA National Sprints 2019

This paddler guide contains all relevant information for this event including:

- Site map
- Lane map
- Race distances
- Kawana Lake warning

There WILL NOT BE a paddler briefing each morning.

Enjoy the event, paddle hard and respect your fellow paddlers and all our officials and volunteers.

Schedule

| | |
|------------------------|------------------------|
| Early Registration | Thursday 2pm to 5pm |
| Race Day Registration | Fri, Sat, Sun from 6am |
| Welcome Ceremony | Friday 7.30am |
| Race call commencement | Friday 8am |
| Race call commencement | Sat & Sun 7am |

Registration

Early registration is recommended, and **photo ID is required**. Juniors may have a parent, coach or guardian confirm identity if they do not have a Photo ID (licence or student ID card).

Registration is open 2pm until 5pm Thursday 31st January at the Lake Kawana Finishing Tower and from 6 am on race days. **If you are racing in the first 5 races on Friday, it is advisable to register on Thursday afternoon.**

When your **Photo ID, AOCRA membership and division** are confirmed you will receive a wrist band with your AOCRA membership number on it. If you do not have this band and number when you present **at Marshalling Check-in**, you or your team will **not** be able to compete.

Racing

The finishing tower is in-line with the finishing line for 500 metre events and start – finish line for the turn events. There will be a maximum of 4 lanes available for the turn events and 6 lanes for the straight events. All events will be filmed, and we have a state of the art finishing camera on the finish line. All starts will be filmed.

OC6 canoes have been provided at the generosity of local clubs. To minimise canoe damage and maximise paddler safety please treat all canoes and competitors with the utmost respect.

When loading V1's, stand between the canoe and ama. Lower yourself onto the seat and then swing your legs in. Do not lead with the feet as the hulls and gunnels are not designed to sustain the weight at these points without damage occurring.

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Race Call

Racing will commence each day at 7:00 am. Race announcers will call teams and individuals as per the following:

1. 1st call race # (approx. 20 minutes before the event) - Teams get ready
2. 2nd call race # (approx. 15 minutes before the event) - Teams make your way to the pre-holding area.
3. 3rd and final call race # (approx. 10 minutes before the event) - Teams at pre-holding awaiting check-in.

Please listen for race calls and be at pre-holding early. Race check-in will close on the final call. You must know your race and lane number. Once the final lane draw is issued, familiarize yourself with the program order and be prepared in advance for your race call. If you are in the first 5 events, you must present directly to the pre-holding area no later than 7:15 am on the day of racing. In order to get through the large amount of race events, the first race shall commence sharp at 7.30 am with or without the entire field.

- **Holding A and Check-in**

Paddlers will be called from the pre-holding to lane rows in Holding-A for check-in. The check-in race number will be displayed. To check in for team events, **all team members** must be present. Your wrist band will be used to confirm your ID and details. Without this you/and your team will not be able to proceed.

All team members must be in the correct uniform. All paddlers in any one team **shall** wear the same uniform top (colour and design). You may have a combination of short sleeve, long sleeve, singlet so long as the colour and design criteria are met. Any additional difference may only be between male and female in mixed crews and where a V12 crew is a combination of paddlers from 2 or more correct uniformed crews. Sunglasses and hats are not considered as part of the uniform so can be worn freely.

- **Holding B**

Once your team is checked in, you will be directed to Holding B where you will wait for the preceding race to load. You cannot leave the holding area for any reason before your race. Toilets are provided within the holding area.

- **Holding C**

Once the preceding race is loaded, you will be called to lane rows in Holding C. Once there, you will find coloured drop containers for personal items. **Do not leave Valuables.** You will be advised of the colour pertaining to your particular race. Please remember the colour to enable retrieval following your race.

- **Loading**

From Holding C you will be directed to load your canoe. Straight races will load from canoe #1 (lane 1) following sequentially. Once directed, please proceed towards the pre start line, via the transit lane, (outside lane far bank) remembering to hold numerical formation. You must keep off

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the race course at all times. If heading to the 500 m start line, please stop paddling your canoe as you pass racing canoes. Once you are positioned behind the pre start line, you are under instruction from the race starter. **Starts will not be held for crews not in position.**

Lanes

Turns races will have **5** x 26 m lanes with a coloured centre turning flag.

Straight races will have **6** x 13 m lanes.

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 between the coloured flag and the small yellow buoy.

Race Start

1. 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. All race starts will be **nonverbal**.
2. Start flags will be located approximately 60 metres in front of the start line. For all 250 m and 500 m straight races, they will be on the **right hand** side of the competitors. For the turns events, they will be on the **left hand** side of the competitors. An aligner is located in line with the start line.
3. 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. Canoes 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.

Sprint Rules

- Competitors must start and finish in their own lanes.
- 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.

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- Turns are to be made anti-clockwise around the assigned lane turn buoy and with the whole canoe **within** the assigned lane marker buoys, including the 15metre buoys.
- Turning otherwise or without the entire canoe and ama rounding the turn buoy will be cause for disqualification. A canoe may avoid disqualification if it subsequently correctly rounds that assigned turn buoy and within the assigned lane marker buoys.
- Paddlers must remain seated throughout the race.

Race Completion

On race completion, lanes 1, 2 and 3 proceed directly to the unloading area. Other lanes should form an orderly line for unloading, being careful to avoid canoes which are lining up for race starts. Canoes should be reversed into position at the appropriate lane number.

Unloading

Exit canoe and clear the unloading area promptly. Collect any items in your coloured drop container and leave the holding area through the exit point as indicated.

Results, Disqualifications and Protests

Race timing is recorded using remote triggered photo finish and timing equipment. Course judges and support boats monitor all lanes. Starts and finishes are photographically recorded.

Results including any disqualifications are posted on the results board and online. Please check your results promptly. All 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 15 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. The Infringement officer will be located in front of the tower.

Please refer to AOCRA Training and Regatta Rules for more details.

- **Progressions**

The first canoe across the line for each heat will progress straight to the final. The remaining final starting spots will be made up from the overall fastest heat times.

If an event has more than 3 heats, progression (as above) will be to Semi Finals then Final.

First Aide

The first aide tent is located at the finish line to deal with any medical issues.

Canoe Blessing

There will be a Welcome performed by the Gubbi Gubbi Dancers on Friday morning at 7.30am followed by a blessing. It would be wonderful if you could all attend.

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Volunteer and Key Personnel

AOCRA events are run by volunteers and without them there would be no racing. Please treat them with respect and courtesy. If you are able to offer your services, we can always use more volunteers.

Race Distances

Minnows – Straights 250mtrs, Turns 250mtrs x 2

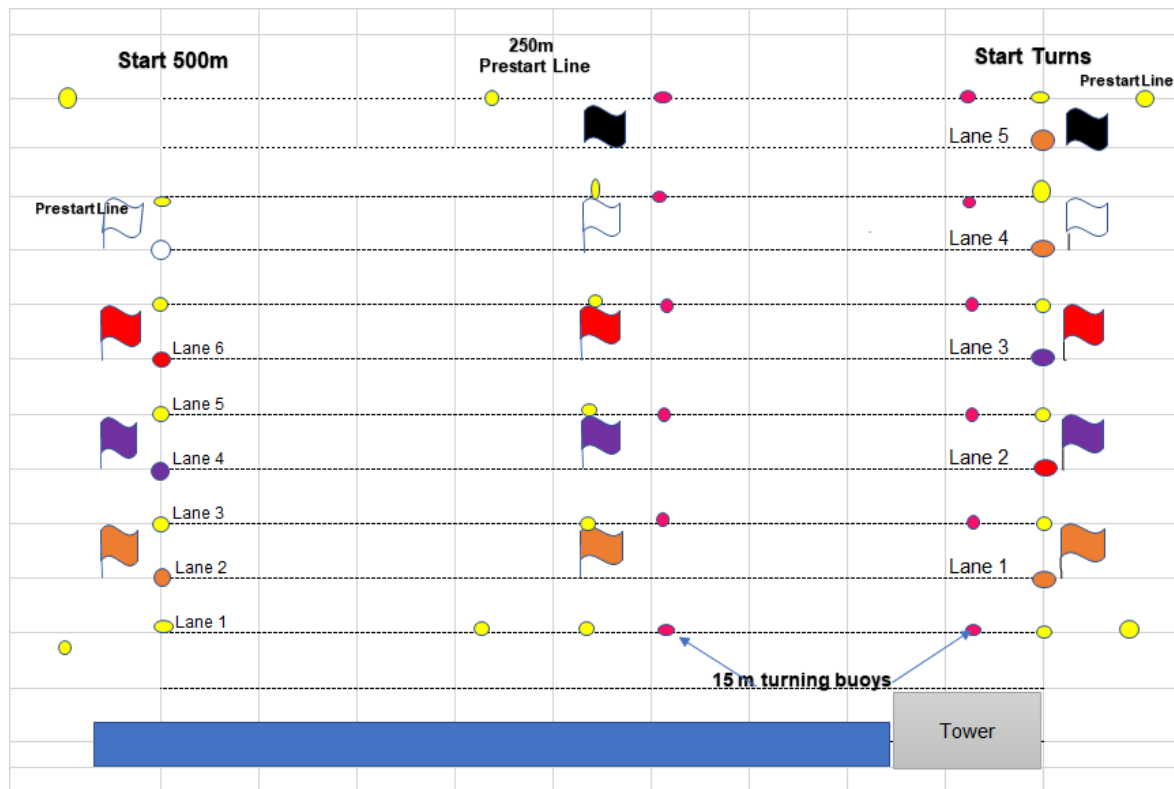
12U & 14U – Straights 250mtrs, Turns 500mtrs inc 1 turn at 250mtr line

16U & 19U – Straights 500mtrs, Turns 1000mtrs inc 3 turns

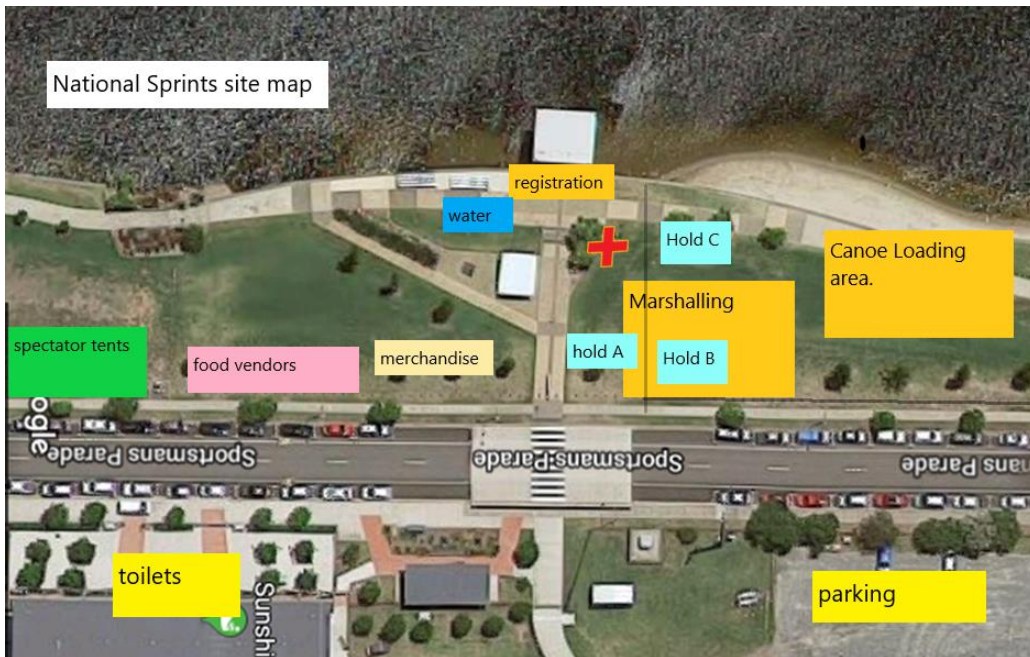
Opens – Straights 500mtrs, Turns 1500mtrs inc 5 turns

MST, SNR and GLDN – Straights 500mtrs, Turns 1000mtrs inc 3 turns

Platinum – Straights 500mtrs, Turns 500mtrs inc 1 turn at the 250 mtr line.



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For your information.



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