



NATIONAL SPRINT TITLES AND WORLD QUALIFIERS FOR HILO 2020

Friday 31ST January, Saturday 1st February, and Sunday 2nd February

MAYORAL MESSAGE

AOCRA National Outrigger Sprint Titles 2020, Lake Kawana, Jan 31- Feb 2 2020

I can't think of a better place than our Sunshine Coast for the 2020 National Outrigger Sprint Titles. Over the course of three days, some of our nation's best paddlers will battle it out at Lake Kawana, whilst also having the opportunity to experience everything we have to offer here on our Sunshine Coast.

I have no doubt that all competitors, their cheer squads and officials will enjoy this action-packed event for another year – and our region is delighted to be your hosts.

I particularly want to wish the best of luck to those teams and individuals gearing up to represent Australia at the 2020 IVF World Sprint Championships being held in Hilo, Hawaii this August.

I am sure you will do Australia proud.

Your expertise and enthusiasm will be sure to inspire the next generation of paddlers and encourage many to make use of our waterways and enjoy the great outdoors.

The Sunshine Coast has a packed calendar of exciting sporting events lined up for 2020 and it is great way to kick off the year with such a rousing display of sporting prowess.

A huge thank you to the event organisers and those who have donated their time to make these sprint titles an annual success story.

Don't forget to tag the photos from your stay with #sunshinecoast and #visitsunshinecoast.

Best of luck to all and I hope you enjoy your time on our Sunshine Coast.

Best Regards

MAYOR MARK JAMIESON



Gallagher

Insurance | Risk Management | Consulting

MAYORAL WELCOME MESSAGE

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 2020 National Sprint Titles Regatta at Lake Kawana. It is a great honour for AOCRA to once again host this magnificent event, the pinnacle to the Sprint Regatta calendar in Australia.

This 3 day competition is a great celebration of athletic excellence, team work, camaraderie and leadership with the country's top sprinters competing in over 100 events. The National Sprint Titles 2020 is a significant event for Kawana on the Sunshine Coast, which attracts 600 to 700 athletes each year from around Australia. This year the National Sprint Titles are also the qualifying event for Australia Club teams to compete in August 2020 at the IVF World Sprint Championships in Hilo Hawaii.

Comprising a full competition schedule, the regatta welcomes athletes of all ages. We thank our destination partners Visit Sunshine Coast and our ongoing sponsors Sunshine Coast Council and Gallagher along with our merchandising partners, The Branding Office. Thanks as well to the local community for embracing the visiting competitors, officials, volunteers and supporters each year. I would 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.

While you compete with each other, we ask that you co-exist peacefully together, respecting the same rules, sharing your canoes and your emotions with your fellow athletes. This is how you show that in sport we are all equal. This is how you show the unique power of sport to unite people.

Enjoy the experience everyone.

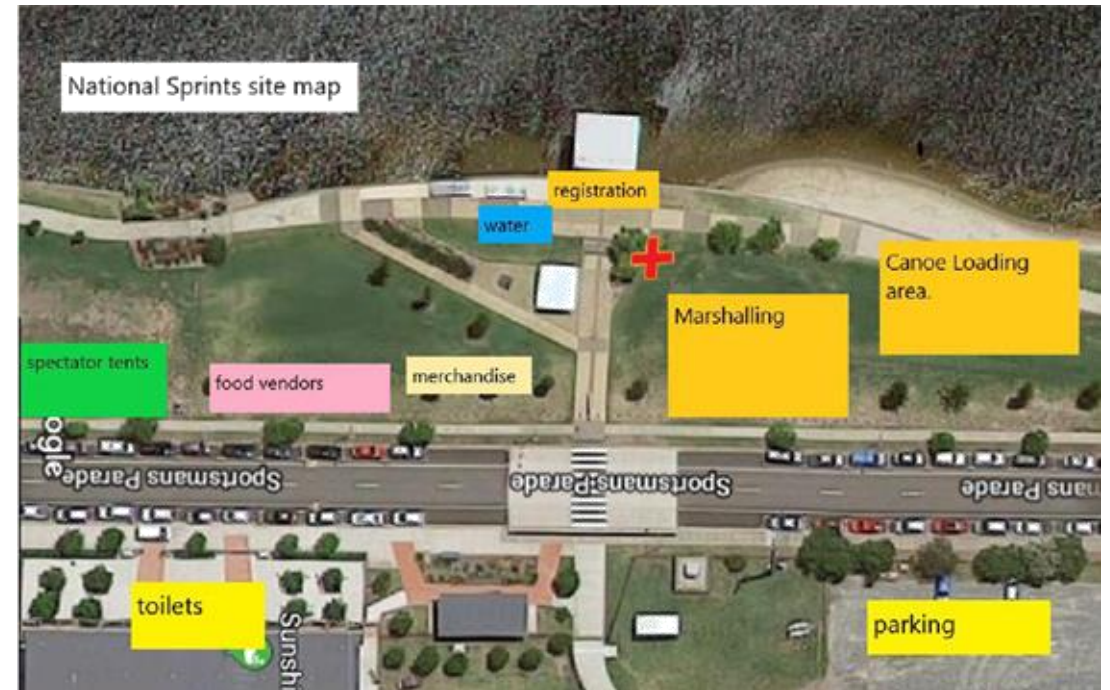
Katherine Cole
President AOCRA



PRESIDENT'S WELCOME MESSAGE

LOCATION AND SITE MAP

Lake Kawana - 31 Sportsman Parade,
Bokarina, Qld 4575



Refreshments - A variety of food vendors will operate all day over the three-day event. Water station and coffee vans will also be available on-site.

Paddling vendors will be operating over the weekend. Official Merchandise will be trading on site during the event but will also be taking on-line orders via link prior to the event. Follow AOCRA facebook and website for more information when available.

First Aid –there will be designated first aid officers available at the regatta site for the duration of the event.

RACE RULES AND SAFETY

This event will be run in accordance with the [AOCRA Regatta and Training Rules](http://www.aocra.com.au) as detailed on www.aocra.com.au updated April 2018.

V1

A paddler may only paddle in one age division per event type. For example a Master paddler may compete in either Open or masters but not both.

OC6 & V12

Individual paddlers may paddle in 2 divisions in OC6, V12 events in order for clubs to field teams if necessary. However 1 team may not enter in two divisions for example both Master and Open OC6, V12. Exemptions apply for teams who have submitted intent to qualify for World Sprint Championships. This applies to both Junior and Senior divisions.

Paddlers/teams

Reminder of other relevant rules:

1. OC6 - All paddlers in a team must be from the same club. (OC6 - except for when Rule B.2.1.1d Golden/Platinum applies. Junior exemptions as per JDC directives apply.)
2. V12's – clubs may combine for this event.
3. The AOCRA uniform rule will be enforced.
4. Close of nomination date will be enforced.
5. There must be a least 2 nominations in a division to constitute an event.
6. Junior mixed teams; refer to rule change below:
 - a. U12, U14, U16, U19 gender mix is three female and three male paddlers to form an OC6 crew.
 - b. With regards to the Minnows category there are to be no gender mix stipulations. This rule change came into effect 1st July 2016

Nominations and Team sheets close on Wednesday 8th January 2020

All competitors must register online at www.aocra.com.au OC6 and V12 nominations must be done through your club registrar. Have you renewed your AOCRA Membership?

Nominations and Team Sheets close 11pm Qld Time, Wednesday 8th January 2020.

Race categories are:

- Minnows/U12/U14 and Para - mixed only OC6 straights and turns (note Minnows will do 2 straight races only)
- U16/U19/Open/Master/Senior/Golden/Platinum– mixed and same gender OC6 straights and turns
- Minnows/U12/U14 and Para – mixed V12
- U16/U19/Open/Master/Senior/Golden/Platinum - same gender V12
- U12/U14/ U16/U19/Open/Master/Senior/Golden/Platinum– V1 (please note you can only race one age division)

Senior events \$20pp per event

Junior events \$12pp per event

NOMINATIONS

ENTRY FEES

Friday 31st Jan
V1 & V12

*Please note: that V1 & V12 racing will be alternated i.e. 2 x V1 race then 1 x V12 race,
2 x V1 race then 1 x V12 race*

Saturday 1st Feb
OC6

Sunday 2nd Feb
OC6

OC6(V6) Elite Selection Trials for U19, Open and Para only

*Please note: This is a proposed schedule only as this will be finalised once nominates
have been confirmed*

SCHEDULE OF EVENTS

REGISTRATION

All paddlers are required to register and receive a wrist band. Photo ID is required. If you do not have a wrist band when you present at Marshalling to check in for your race you will not be allowed to proceed into the race holding areas. Further information regarding registration times will be provided in the paddler guide.

MARSHALLING

It is important on race day to ensure you /your team are aware of your race responsibilities. Please ensure you check the schedule each day and listen out for any announcements for your events. You will be asked to go to the Marshalling Area (undercover) prior to your race. Here your wrist bands will be checked before proceeding into holding area. There are toilets in the holding area for paddlers who have been checked in by the officials in this area. Further information regarding marshalling and the holding areas will be provided in the paddler guide.

CLUBS PLEASE NOTE

To help with running the event - All clubs will be rostered on and expected to help throughout the event in boat handling and support boats etc. Please make sure you are able to supply volunteers at these times. A roster will be created and sent to clubs – please listen for the calls and help out.

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.

ACCOMMODATION

Accommodation on the Sunshine Coast is renowned worldwide for its superb quality, award winning locations and incredible variety. Choose from hundreds of options along the coast, many boast stunning water views.

Come to life on Queensland's Sunshine Coast with the local accommodation experts. <https://visitsunshinecoast.com/accommodation>

For assistance with travel bookings and deals for groups and individuals, contact Zoe at Event Travel' <https://eventtravel.com.au/events/aocra-national-sprints/>

CONTACT

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THANKS TO OUR MAJOR AND ONGOING SPONSORS