



AOCRA & Norfolk Island Wa'a
Outrigger Club
invite you to

NOC
the rock



norfolk ocean challenge

20 - 25 January
2019

19 - 26 January ex Brisbane
20 - 27 January ex Sydney



Paddle in Paradise on Norfolk Island in 2019 20 - 25 January 2019

19 - 26 January ex Brisbane | 20 - 27 January ex Sydney

The Norfolk Ocean Challenge has fast gained a reputation for combining a week of competition, socialising, fun and holidaying all presented in one brilliant week in January on Norfolk Island.

V6 races include a

- 26km Round the Rock Island Marathon,
- 12km Iron to outlying Phillip Island
- Sprints from stunning Emily Bay

Expect features such as paddling through an 8m wide naturally formed basalt rock arch and past sheer cliff faces, rock caves and World Heritage listed convict buildings. On Norfolk you'll find crystal clear water, great snorkeling from the beach, a unique Island culture, fabulous food and a clean environment.

**Challenge yourself to paddle in
paradise in January 2019 at
NOC the Rock**

NOC the Rock is an AOCRA event hosted by NIWOC

With thanks to our local Sponsors...

Diamond Sponsors



Gold Sponsors



Silver Sponsors



Likturk Transport

Bronze Sponsors



Lions Club of Norfolk Island & Lions Club of Arthurs Vale



Also proudly supported by Norfolk Island Regional Council, Norfolk Island Tourism, Paddle Shop Pty Ltd, Stuck on a Rock, Norfolk Plumbing & Gas, Frances Beecham, Wild Wood + some wonderful private donations from interested Community Members

IMPORTANT:

To qualify for race entry, paddlers must first book their travel package through Norfolk Island Travel Centre and stay at one of our sponsor properties.

**Travel package prices from
\$1159pp twin share ex Brisbane &
\$1199pp twin share ex Sydney**

Travel Package includes:

- ✓ Return economy class seat plus bag airfare to Norfolk Island
- ✓ Meet & Greet at the Norfolk Island Airport
- ✓ Return airport transfers on Norfolk Island
- ✓ Seven night's accommodation
- ✓ Seven days car hire per apartment (Petrol additional and payable on island)
- ✓ Half Day Island Tour
- ✓ Complimentary Mini Golf and A Walk in the Wild rainforest walk
- ✓ Bonus Norfolk Island discount shopping card with free gift

**To book your travel email: maria@travelcentre.nf
<https://www.norfolkislandtravelcentre.com/events/noc>**

Conditions apply

- Prices are current today subject to availability & change without notice
- Travel insurance strongly recommended

Race registration is additional to holiday package prices and is payable via AOCRA website.

Race Rules/ Safety

All AOCRA rules and regulations will be enforced, as per the AOCRA Regatta Rules available under the Administration tab on the AOCRA website.

However, please note:

- ❖ Women racing in Men's crews must ask for permission before nominating.
- ❖ ALL AUSTRALIAN outrigger paddlers must be current AOCRA members AND members of an affiliated Club.
- ❖ INTERNATIONAL PADDLERS must sign a waiver form and have proof of their travel insurance to cover overseas competition. Must also be able to demonstrate membership of an IVF affiliated club.
- ❖ ALL Steerers must attend all briefings as per race program - 6.30am race days
- ❖ **Race Registrations:** Steerers must sign in their crew before each race. All paddlers will be checked against the nominated team list.
- ❖ Steerers from each crew will be asked to provide a mobile phone number (local accommodation mobile where possible) to an Event Coordinator at the Opening/Welcome who will be sending out any updates via SMS to the nominated crew contact.

Race Divisions:

Open Women, Open Men, Open Mixed, Master Women, Master Men, Master Mixed, Senior Master Women, Senior Master Men, Senior Master Mixed, Golden Master Women, Golden Master Men, Golden Master Mixed



Nomination Information

Please Note: Race registration is additional to holiday package prices.

All competitors must register online at www.aocra.com.au
Nominations close midnight (AEDT) **31st December 2018**

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 Participant Registration : AU\$440 per paddler

Partners/ Friend/ Family registration
(for dinners & social activities)

Adults & persons over 12 :AU\$225 per person

Kids pack (under 12) :AU\$62 per child

Race registration per paddler (\$440) includes:

- ✓ Canoe hire with life jackets, tow ropes & transport
- ✓ Entry to all 4 main events: V6 26km Round the Rock Iron marathon, V6 12km Iron, V6 Sprints & V1 Sprints
- ✓ Support boats, operators & fuel for open water race days
- ✓ Jet skis, operators & fuel for open water race days
- ✓ Crane hire for pier launches
- ✓ Event site fees
- ✓ Opening Ceremony (includes event blessing, light meal & transfers)
- ✓ Leagues Club Theme Party night with presentation
- ✓ \$20 drink voucher for use at the Norfolk Island Leagues Club
- ✓ Closing ceremony (includes presentation, 2 course Island style dinner, transfers & entertainment)
- ✓ Return Norfolk Island Airport transfers
- ✓ NOC the ROCK souvenir shirt
- ✓ NOC the ROCK bag

Partners & friends are welcome and encouraged to travel to Norfolk and join the hundreds of locals who will be witnessing this spectacular event around the island throughout the week.

Partners, family and friends registration (for dinners & social activities) AU\$225 per person includes:

- ✓ Opening Ceremony (light meal provided)
- ✓ Closing ceremony island buffet dinner
- ✓ Airport transfers
- ✓ \$20 drink voucher for use at the Norfolk Island Leagues Club for use anytime whilst on the island
- ✓ NOC the ROCK bag and NOC the ROCK souvenir t-shirt

Kids (under 12) social registration AU\$62 per child includes

- ✓ Opening Ceremony (light meal provided)
- ✓ Closing ceremony island buffet dinner
- ✓ Airport transfers.

2019 Proposed Schedule of Events

Day	Time	Event	Details
Saturday 20 th Jan	12 (noon) – 2pm	Practice Paddle (ex Brisbane Paddlers)	Emily Bay
Monday 21 st Jan	2pm – 4pm 5pm 5.30pm – 6.30pm	Practice Paddle (ex Sydney Paddlers) Traditional Event Blessing (Western side Emily Bay) Official NOC Welcome at Emily Bay Under the Pines. Includes “Island Fish Fry” . Bar Service by ‘Minibar”	Emily Bay
Tuesday 22 nd Jan	6.30am	Crew Briefing – ALL Steerers MUST attend Norfolk Island Travel Centre Iron Marathon (26 Km) Staggered Start : V6 Women, V6 Mixed, V6 Men (Kingston, Emily or Cascade start subject to conditions)	Location TBA – steerers will be sent text message confirming launch site. Paddlers check with steerers.
Wednesday 23 rd Jan	6.30am	Crew Briefing - ALL Steerers MUST attend Pacific Direct Line Mid Distance Marathon (12KM) Staggered Start: V6 Women, V6 Mixed, V6 Men Kingston, Emily or Cascade start subject to conditions)	Location TBA – steerers will be sent text message confirming launch site. Paddlers check with steerers.
	6pm	Party Theme Night – Dress TBA theme Norfolk Island Leagues Club – Bistro opens 5.30pm Includes Pacific Direct Line Mid Distance Trophy Presentation & Live Music	All Welcome – Bring along your leagues club drink voucher
Thursday 24 th Jan		Rest Day - All welcome to Pot Luck Dinner	Emily Bay
Friday 25 th Jan	7.30am – 8.30am 8.30am for 9am start...	Mokutu Chalet Pursuit Races V1 : Pursuit style sprints – Women, Mixed, Men V6 : Pursuit style sprints – Women, Mixed, Men	Emily Bay
	2pm	Mokutu Chalet Pursuit presentations	Beach Bar, Emily Bay
	5.30pm for 6pm start	Closing Ceremony – Includes Norfolk Island Travel Centre Marathon Medal and Trophy Presentations, Island Buffet Dinner, Mini Bar Marquee service & Entertainment until late	“The Compound’ Kingston

This program is subject to change and some locations are subject to wind, sea and weather conditions. Any updates will be broadcast via Radio Norfolk 89.9 FM, broadcasting from 7am. Steerers will be given information via text messages.

Cancellation Policy

Every attempt will be made to conduct all races but in the very unlikely event of a part or total abandonment of races Norfolk Island Wa'a Outrigger Club will not be in a position to refund race fees.

Contacts:

Race Director : Dean Burrell
Email: dwburrell@ninet.nf

AOCRA Operation Team Manager : Emma Harding
emhard66@gmail.com

AOCRA ops team (registrations) : Connie Withrington
cwithrington64@gmail.com

For travel package information:

Maria: maria@travelcentre.nf

<https://www.norfolkislandtravelcentre.com/events/noc>

