

# NSW STATE TITLES PROGRAM

27 – 28 March 2010

Hosted By:  
Port Stephens Outrigger Canoe Club  
Proudly Supported by:



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## SPONSORS ACKNOWLEDGEMENT

The Port Stephens Outrigger Canoe Club would like to take this opportunity to acknowledge and thank our generous sponsors.

This event would not be possible without these sponsors, and we would like to encourage participating teams to support our sponsors wherever possible.

## REGATTA OVERVIEW

The 2010 N.S.W. State Titles for the Australian Outrigger Racing Association inc. will be held on Saturday 27<sup>th</sup> March on the pristine waters of Port Stephens.

There are over 900 registered outrigger paddlers from 18 clubs in the N.S.W. zone that are eligible to compete in six person canoes for the honor of champion team in NSW .

Teams will compete within a number of age divisions and gender classifications over a variety of courses.

Novice and Junior teams will be first to race over a course of 3 -6 km set inside Shoal Bay.

The Short Course event will be for Womens, Mens and Mixed teams and held over a 8km course that will follow the perimeter of Shoal Bay and may include some more challenging racing conditions.

The Long Course, also for Women, Men and Mixed will be held over an 18km course that will involve a course around the three islands off the heads of Port Stephens. This race is for experienced paddlers only and conditions may be very challenging.

In the event of extremely poor weather conditions the courses may be altered.

Following the presentation at Shoal Bay Spa and Resort on Saturday night there will be the legendary outrigger party that is compulsory to attend for all competitors.

On Sunday 28<sup>th</sup> there will be a single Novelty event with over \$5000 in prizes that will be available to all competitors. After the serious competition of Saturday this event will test athletic skills in the context of having fun.



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## PROGRAM OF EVENTS

Sat 27 March 2010	
All Day	Food and beverage for sale at Shoal Bay Resort & Spa.
Briefing : 7.30a.m. Race Start: 8.45a.m.	OC6 Juniors , U12 to U19 , Novices Distance : 3km and 6km
Briefing : 8.45 am Race Start: 9.15 am	OC6 Short Course - Women Distance: 8km
Briefing: 10.15am Race Start: 10.30am	OC6 Short Course – Men Distance: 8km
Briefing 11.30 noon Race Start: 12.00pm	OC6 Short Course – Mixed Distance: 8km
Briefing: 1.00pm Race Start: 1.30pm	OC6 Long Course – Women & Mixed Distance: 18km
Briefing: 3.00 pm Race Start: 3.30 pm	OC6 Long Course – Men Distance : 18km
Presentation 6.30pm	Medal presentation for Saturday's State Titles Races will be held at Sandyfoot Café & Bar at Shoal Bay Resort & Spa. Full bar facilities. Parents & children welcome.
Sun 28th March 2008	
All Day	Food and beverage for sale at Shoal Bay Resort & Spa.
Briefing 9.30am Race Start: 10am	The MOTHER of all races twin peaks challenge 8km + additional legs
PRESENTATION 12:00	Country Club Hotel Courtyard (directly across foreshore) Over \$5000 cash + prizes presented

**Please note:**

**All races must start on time. Races will not be delayed for late starters.**

**ALL CANOES MUST HAVE STORM COVERS, 2 BAILERS, 25m TOW ROPE & 6 LIFE JACKETS.  
CANOES WILL BE CHECKED**

**N.B.** Drink Vouchers will be handed out at presentation for best dressed



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## RACE INFORMATION

At State Titles events competitors are required to wear their Club's uniform. Failure to do so may result in disqualification.

The course maps attached show the preferred route in favourable conditions. If weather or sea conditions are not suitable there are a variety of options for alternate courses.

OC6 Juniors and Novices.

The race starts at Shoal Bay wharf and proceeds west along Shoal Bay Beach to A buoy placed at the end of the beach in the case of the juniors and off Fly Point in the case of the Novices.

In both races an ama turn will be made around the buoy and the finish line will be Directly in line with Shoal Bay wharf.

OC6 Short Course Women, Men & Mixed.

The race starts off Shoal Bay wharf and heads north across the opening between the heads to a buoy off the last portion of beach before Yacaaba headland.

The canoes then turn west to a buoy off Jimmies Beach then South to Nelson Head and finally east to the finish directly off Shoal Bay wharf. The course is basically a rectangle that fits inside Shoal Bay.

Competitors need to be aware of tide, swell and wind conditions as canoes may be affected, especially on the first leg of the course.

OC6 Long Course Women, Men & Mixed.

The race starts off Shoal Bay wharf and heads around Tomaree headland then south to a buoy off Fingal spit. An ama turn is taken around the buoy and the course is then north and proceeds around the three islands: Boondebah Is, Little Is and Cabbage Tree island. A direct line is taken back to the finish off Shoal Bay wharf.

Conditions over this course can become extremely challenging and crews must be well prepared before undertaking this race.

CLUB and TEAM NOMINATIONS

Before : 20<sup>th</sup> March 2010 online at [www.aocra.com.au](http://www.aocra.com.au)

RACE FEES

OC6 events : \$25 per competitor for each division (150.00 per team)

Junior events : \$10 per competitor ( \$60 per team )



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## AGE DIVISIONS

### Age Divisions for Junior Competitors

Junior division competitors shall not have reached the age of twenty during the race year of competition or be under 10 years of age during the year of competition.

### Age Divisions for Senior Competitors

The following age divisions shall apply :

- (a) Under 21 competitors both female and male are those who shall not have reached the age of 22 during the race year.
- (b) Open competitors both female and male shall be of an adult age ranging from 18 to 65 in the year of competition.
- (c) Master competitors for male shall be in accordance with the National Aocra ruling that states you must be turning 40 or greater for master division, 50+ for senior master division and 55+ for golden master division in the calendar year of racing. For women the age is 35 or greater for masters, 45 or greater for senior masters and 55 or greater for golden masters.
- (d) NSW Zone rules apply where teams shall be of the same gender applicable for that event unless otherwise approved by the Zone Management Committee or AOCRA .
- (e) Mixed crews must have at least 3 women paddlers.

### Other regatta rules and competitor information

- There must be at least 3 teams to constitute a division eligible for medals, prizes or point score.
- The REGATTA RULES (as amended) of the Australian Outrigger Canoe Racing Association Incorporated shall apply. Full details of these rules are available on the website : [www.aocra.com.au](http://www.aocra.com.au)
- Club Uniforms must be worn
- For the State Titles races teams must be drawn from members of the same club
- Only a competitor that is a financial member of a club affiliated with AOCRA Inc. and is a current registered member with AOCRA is eligible to nominate and compete in any event.
- AOCRA Inc and the Race Director or Race Committee reserve the right to request proof of age or identity ( i.e. ID card with photograph ) of any competitor.
- The Race Committee reserves the right to be the arbiter in any dispute regarding eligibility of competitors . The Race Directors decision will be final.
- Every effort will be made to start races and briefings on time. Races will not be delayed for late starters.
- In the event of a protest the team lodging the protest will be required to fill in a protest form and provide a \$50 surety with the Protest Committee. The Protest Committee will be made up of 3 persons appointed by the Race Director . In the event of the protest being upheld the aggrieved club will receive the \$50 surety back.
- All canoes will be inspected prior to racing and if the required safety equipment is not present, the canoe is not approved by AOCRA or judged unseaworthy then it will not be allowed to compete. A flouro tag will be affixed to canoes that have been safely checked by the Safety Officer.



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## PROGRAM FOR SUNDAY 28<sup>TH</sup> MARCH 2010

THE  OF ALL RACES TWIN PEAK CHALLENGE

**PRIZE MONEY ON OFFER : \$5000 MINIMUM**

9.30 am. Race Briefing.

10.00 a.m. Race Start.

Race Distance : 8 km plus other legs.



### RACE DESCRIPTION

This race is open to OC 6 canoes only. Teams may be made up of any six people from any club ALL competitors must be AOCRA registered members

The race will commence off Shoal Bay wharf and proceed north to the beach on the opposite shore of Shoal Bay .

One member of the team is required to climb to the top of Yacaaba headland using the designated track and collect a special token on a lanyard from of the race marshals.

In the mean time, the other five members of the team must paddle the canoe around a buoy situated at Jimmys Beach – approximately 2km westward. There will be a safety boat stationed at this buoy to ensure each team rounds this buoy.

The team must then return to the beach and pick up their sixth member who now has returned with the token.

The six member team now returns to shoal Bay and drops one person from the team who must climb Tomaree headland and retrieve a different token. Any member of the team can do the climb up Tomaree. When the sixth member returns with the token the team must paddle together past Shoal Bay wharf and onto the beach in front of Shoal Bay Resort & Spa.

There will be team officials on the beach to receive the tokens and record the team finish.

Teams must finish with their original six members in the canoe and in possession of the two tokens to be eligible for prize money.

Teams must complete the various legs of the course in the order described.

### PRIZES :

First team home : \$1200

Second team : \$600

Third team : \$500

Random prizes draw: 8 x \$300 for teams completing the course only.

Teams will be allowed to win one cash prize only

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## OTHER RACE INFORMATION & RULES FOR THE MOTHER OF ALL RACES TWIN PEAK CHALLENGE

- Only team members that collect the two tokens and complete all legs of the course in the order described will be eligible for prize money.
- OC6 canoes will require storm covers, spare paddle, 6 lifejackets and 25m tow rope.
- The Race Director has the absolute discretion to disqualify any team under any circumstances. Teams that inhibit the progress of other teams to complete the race will be disqualified.
- Prize money or prize cheques will be handed to winning teams at a presentation to be held in the beer garden at Shoal Bay Resort & Spa.
- Entry cost is \$20 per team member (\$120 per team)
- Enter on line at [www.aocra.com.au](http://www.aocra.com.au) before March 26<sup>th</sup>. Late entries will be accepted.
- Teams are still required to sign in at the official tent before race briefing. Teams will require a name.
- The running/climbing legs involve some rough tracks and appropriate footwear will be needed.
- The climb to the summit of Yacaaba headland is arduous and it is recommended that the team member taking on this leg carries appropriate hydration with them.
- We anticipate the race will take approximately 2hrs to complete.
- The paddling leg will be heavily affected by an outgoing tide. Steerers will need to take this into account.



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## ADDITIONAL INFORMATION

### About Port Stephens:

Port Stephens is an easy 2½ hour drive north of Sydney along the F3 highway. Port Stephens is not a city, but rather a region spread around and beyond the magnificent waterways of 'Port Stephens'. Covering nearly 1000 square kilometres the area boasts exceptional diversity in terms of what there is to see and do. Nature is at the centre of all that is Port Stephens.

So depending on whether you want to get in there and do everything, or enjoy yourself at a slower pace (perhaps wet a line and watch the sun go down while the family exhausts themselves...), Port Stephens will be able cater to your requirements. This Blue Water Paradise is forever changing its colours.

Covering almost 126 square kilometres of water, there are enough water-based activities to satisfy the entire family. From snorkelling to diving, jet skiing to fishing, or outrigger canoe racing the biggest problem will be deciding what to do first! One of the most popular pastimes is to spend the day aboard a cruise boat, enjoying the company of the magnificent resident bottlenose dolphins that live in the port. Alternatively, you could choose to be a part of the annual migration of the whales which takes place between June and November.

For more information visit [www.portstephens.org.au](http://www.portstephens.org.au)

### Accommodation

The event's preferred accommodation supplier is the 4½ star Shoal Bay Resort & Spa. Competitors, support crews, family and friends have been offered a great deal on accommodation, from **\$151 per person** per night, bed & breakfast, twin share in a water view apartment. Subject to availability. Terms and conditions apply. Telephone 1800 18 18 10 for enquiries and reservations, mention outrigger.

For more information about the resort, visit [www.shoalbayresort.com](http://www.shoalbayresort.com).



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## About Shoal Bay Resort & Spa:

Set on 5 acres of beachfront, Shoal Bay Resort & Spa is your idyllic location from which to enjoy all of the action and excitement of the Port Stephens Outrigger Challenge. Boasting 200 one, two and three bedroom self-contained apartments, this 4 ½ star resort can cater to a variety of budgets. Facilities include:

- ✓ Aqua Spa, with
    - Three mineral spa pools
    - 25m indoor heated lap pool
    - Fully Equipped gymnasium
    - 12 indulgent treatment rooms
  - ✓ Occies Kids Club
  - ✓ 4 beachfront restaurants
  - ✓ 5 bars
  - ✓ Country Club Hotel
  - ✓ Cellarbrations Bottleshop
  - ✓ Games Room
- and more.....



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RESORT & SPA



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## Car Parking Facilities

Secure undercover car parking is available for guests staying at Shoal Bay Resort & Spa. Other car parking during the event is available along the beach front at Shoal Bay. Trailer parking is located at the Eastern end of Shoal Bay, near Tomaree Headland.

## Amenities

Public toilets and beach showers will be available during the event. The event's preferred catering supplier, Shoal Bay Resort & Spa, will be selling food and beverages throughout the event.

## Safety Inspections

Members of the Port Stephens Outrigger Canoe Club will perform safety inspections on canoes immediately prior to each race. If a canoe fails to meet the required AOCRA safety guidelines, the canoe will be ineligible to take part in the event.

## First Aid

The event will be attended by an officer from the St John's Ambulance service.

## Security

Boats may be left on Shoal Bay beach overnight, however, there will be no permanent overnight security presence so clubs do so at their own risk.

## Spare Canoes

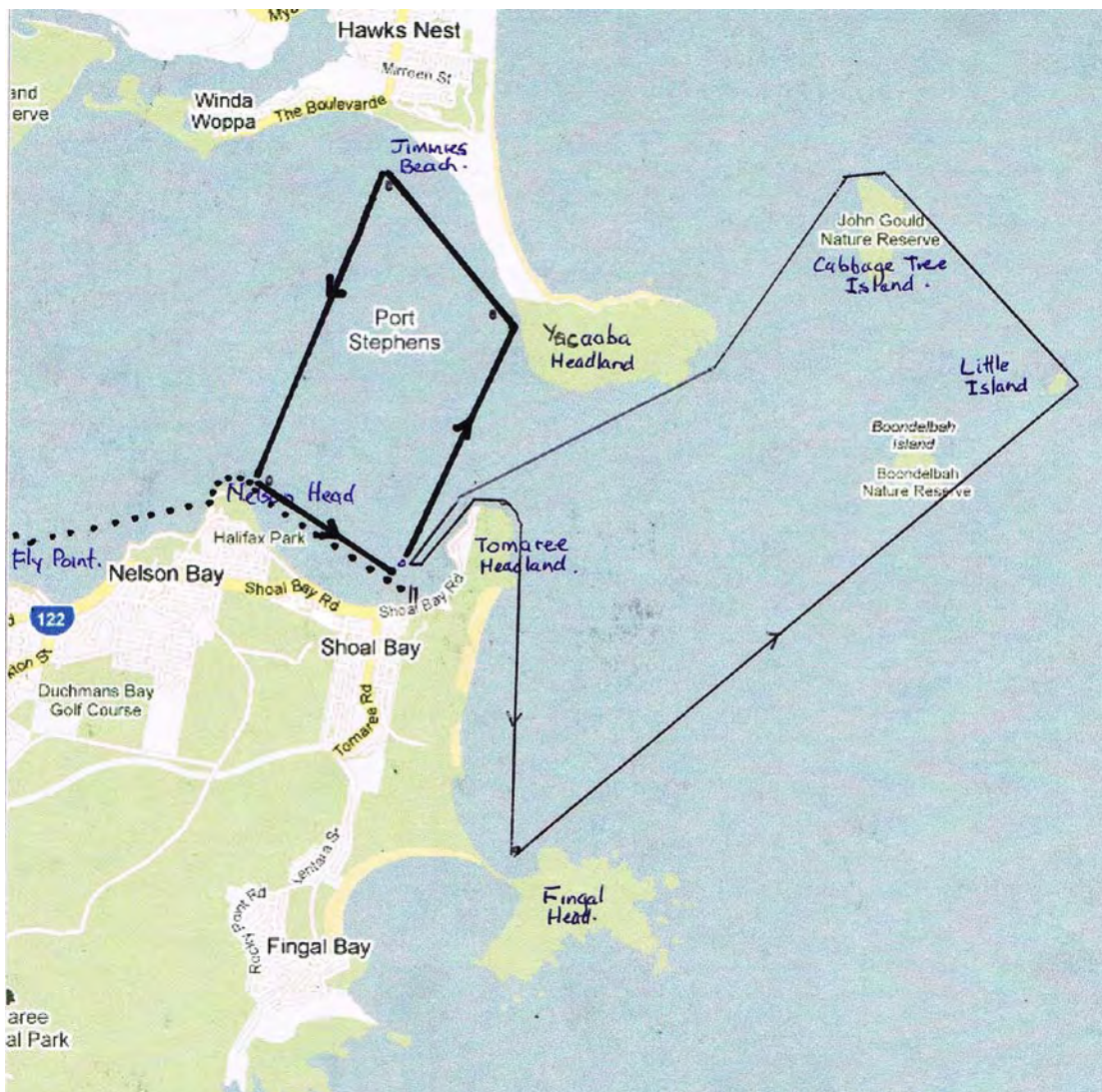
If you are in need of a canoe, or your club has spare canoes that you are able to bring and make available to clubs travelling long distances to compete at the regatta, could you please let Rory Milne of the PSOCC know on 0408 631 081 or [rorymiln@nsw.chariot.net.au](mailto:rorymiln@nsw.chariot.net.au).



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# COURSE MAP



- ..... Junior & Novice Course
- Short Course
- Long Course



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