



Invites

All clubs to participate in our V1, OC1, OC2 & OC6 Lake Macquarie Challenge Regatta to be held at Gwandalan, on beautiful Lake Macquarie (Lake Awaba)

When: Saturday 6th March, 2021

Where: Point Wolstoncroft Sport & Recreation Centre, Kanangra Drive, Gwandalan 2259 NSW

7:30 Race 1: V1, OC1 & OC2 Event 4km/8km/12km.

9:00 Welcome to Darkinyung Country and Lake Awaba

9:30 Race 2: OC6 Ultra Short 4km

11:00 Race 3 OC6 Short Course 8km

12:30 Race 4 The Murray's Beach Reach: Long Course Women's & Mixed 12km

2:00 Race 5 The Lake Macquarie Challenge: Long Course Men's 14.8km

3:30 End

ALL CANOES MUST HAVE:

Storm covers, at least 2 bailers, 25m tow rope tied to the canoe, at least 1 spare paddle attached, 1 pfd per participant worn or included. Mobile Yachtbot that has been registered and turned on prior to race start.

A COVID-19 QR sign will be prominently displayed at the sign-in marquee and other areas of the Point Wolstoncroft Sport & Recreation Centre. Participants and supporters who have contact with or are regarded as living in a designated hot zone must not attend. Anyone exhibiting symptoms or who have not been notified of their negative test result must not attend.

The Lake Macquarie Challenge

is Makai Lakes Outrigger Canoe Club's inaugural regatta. Set amid the grounds and sparkling waters of the magnificent Point Wolstoncroft Sport and Recreation Centre and its peninsula, paddlers will experience pristine scenes on their way around Pulbah Island and the adjacent shores of the southern end of **Awaba**, the lake's traditional name before European colonisation.

On everyone's behalf we acknowledge that the land on which we stand and the water on which we paddle is the shared **traditional land and water of the Darkinyung and Awabakal people. We pay respect to the Elders and the Youth, both past and present.**

- MLOCC values its safety and that of its visitors.
- Only clubs approved by AOCRA NSW Zone with a CovidSafe plan may attend this regatta. Makai Lakes OCC Plan will be on display at the sign-on marquee.
- The Lake Macquarie Challenge and all other races will adhere to COVID safety requirements according to all Government regulations.
- Teams must provide their own COVID Safety Marshall who is easily recognizable by wearing a Hi Vis Vest. The COVID Safety Marshall is responsible for maintaining adherence to COVID Safety regulations including social distancing, hand sanitising and cleaning of canoes prior to and after this event.
- Teams must remain within their own club groups and maintain physical distancing from other clubs.
- Race briefings are set out according to the program below. Should conditions change significantly, race briefings may be held using alternative means.
- A race control centre will be located in the main building as indicated on the map attached, namely the building overlooking the Eastern shore from which all races will commence.
- Team registration is to be undertaken by the Team Coach/captain/Leader who will collect team wristbands and distribute them to their paddlers. Race participants must wear the wristbands for the duration of the race day.
- Race courses are subject to conditions on the day.
- These races are held on enclosed waters.



Race Day Schedule

6:00 -7:00 a.m.	Set up: Traffic controllers etc	Place marker buoys on race course; carry out risk assessment of conditions; set up sun shades; registration tables; designated canoe rigging area; first aid station; coffee van
7:15 a.m.	Briefing	Race rules; event guidelines; water safety Safety check of V1s, OC1/OC2 craft; registration of all participants.
7:30 a.m.	Race Start	OC1 Juniors
7:45 a.m.	Race Start	V1s, OC1/OC2 4km, 8km, 12km
9:00 a.m.	Welcome to Country	Smoking Ceremony, Didgeridoo & Song by Gavi Duncan of Awabakal & Darkinyung
9:15 a.m.	Briefing	OC6 Ultra Short Course
9:30 a.m.	Race Start	OC6 Juniors
9:45 a.m.	Race Start	OC6 Ultra Short Course
11:00 a.m.	Briefing	OC6 All Short Course categories. Race rules; event guidelines; water safety; direction of course; checks.
11:15 a.m.	Race Start	OC6 Short Course All categories after checks.
12:15 p.m.	Briefing	OC6 Long Course for Men's Women's & Mixed
12:30 p.m.	Race Start	OC6 Long Course Women's and Mixed
2:00 p.m.	Race Start	OC6 Long Course Men's
3:30 – 3:45p.m.	Pack Up	Acknowledgements of sponsors, clubs, teams.

Enquiries: Race Director: **Ray Bennie** 0412 322 336 ; Michelle Strang 0432 681 938; (President) or Neil Strang 0432 685 428 (Secretary).

First Aid in the Point Wolstoncroft central building overlooking the eastern shore. **Dr Iliyana GP** will be in attendance for the duration of the day. Serious issues will be Ambulanced to nearest hospital (probably to Wyong or The John Hunter Hospital). This building also provides toilets. Ramp available. Ping pong table is for Centre patrons only.

It is mandatory to wear water shoes in the lake, especially along the shoreline due to the presence of razor clams and other hazardous marine creatures in the shallows.

Children must be supervised at all times by their own parents/guardians.

Boat Hire: Makai Lakes OCC's OC6 race boat is available for hire. \$150/ event. It will be fully equipped. Paddles also available if needed. Call Ray to negotiate. There is also an OC2 if interested.

Gold Coin Donation at the Boom gate: Please drop a gold coin at the gate to help us provide the Welcome to Country by the Darkinyung performer, Gavi. The ceremony begins at 9:00 a.m.



NOMINATIONS

Club, Team & Individual Nominations by 2nd March, 2021 Enter & Pay Online at www.aocra.com.au

Race Entry Fees: All Junior Paddlers \$15 Senior Race fees **V1, OC1 & OC2** : 4km - \$15 per paddler 8km - \$20 per paddler 12km - \$25 per paddler; Ultra Short **OC6**: \$25.00 per paddler, \$20 for seniors (**\$150.00 per crew**); Short Course **OC6**: \$30.00 per paddler (**\$180.00 per crew**) Long course **OC6**: \$40.00 (**\$240.00 per crew**).

Age Divisions for Junior Competitors Junior division competitors shall not have reached the age of 20 years during the race year of competition or be 10 years of age during the calendar year of competition.

Age Divisions for Senior Competitors.

Open - 20 years and over Masters - 40 years and over Senior Masters - 50 years and over Golden Masters - 60 years and over Platinum - 70 years and over. Age is what you will be 31 December 2021.

Juniors Eligibility to compete in adult events 19U division may compete in adult divisions (U21 and Open) without the need for parental or coach consent. Must be aged 14 yrs and above and have: written parental /guardian permission written approval of qualified outrigger-specific coach.

Please Note: There must be three (3) teams to make a division

Competitor Information Conditions of eligibility

1. Only a competitor who is a financial member of a club affiliated with AOCRA Inc. and is a current registered competitor with AOCRA Inc. is eligible to nominate and compete in any event.
2. AOCRA Inc., the Race Director, or the Race Committee reserves the right to request proof of identity or age [i.e. ID card with photograph] of a competitor at any time.
3. The Race Committee reserves the right to be the arbiter in any dispute regarding eligibility and registration of competitors. The Race Directors decision is final.
4. The REGATTA RULES [as amended] of the Australian Outrigger Canoe Racing Association Incorporated shall apply. For full details of these rules, please refer to www.aocra.com.au
5. All OC6 will be required to carry 2 bailers, spare paddles, spare water, covers and 25 metre tow ropes (tied to canoe) and 6 life jackets approved by AOCRA for the events. Safety Inspection Members of the zone committee & host club will be performing safety inspections on all canoes. If a canoe fails to meet the required AOCRA Safety guidelines, the canoe will be ineligible to take part in the event.

Parking

Offloading of canoes must take place on the eastern shore of the facility, follow first turn right after boom gate to offload only. V1s, OC1/2s to be in place along the shoreline before each race starts. Once race is complete, V1s, OC1/2s to remove craft from shoreline (ie back to car/trailer) to allow access for OC6s.

There will be **free** parking available with designated areas. There will be designated volunteers to assist with cars and boat trailers. No parking is permitted among the Centre's buildings. Remember to drop a gold coin in the bucket for the Welcome to Country. More generous donations greatly appreciated.

Amenities Club marquees can be erected in designated areas. Each club will be a COVID-19 BUBBLE to maintain safe distancing according to NSW & National Pandemic guidelines. Male and Female toilets are available inside the central building facing the eastern shoreline. Participants are required to respect the property and facilities of Point Wolstoncroft Sport & Rec Centre.

COFFEE will be available from a mobile vendor. Closest shops are at the Gwandalan and Summerland Point Shopping Centres. Lake Munmorah Woolworths, Swansea & Caves Beach are also a short drive.

Although bins are clearly marked and available, clubs and individuals are asked to keep their area clean. No smoking is permitted on site.

Accommodation

Contact Point Wolstoncroft Sport & Recreation Centre for cabin availability 0249761666. Local accommodation nearby include **Swansea**: (Blue Pacific 0249711055), Swansea Hotel 0249711227, Swansea Lakeside Holiday Park 0249712869, BlackSwan Waterfront Motel 0249711392; **Lake Munmorah, Belmont**: Belmont Palms Motel 0240412164, Caves Coastal Bar & Bungalows and Caves Beach Resort 0249809999 (**Caves Beach**) , **Blacksmiths** Beachside Holiday Park 0249712858. For better rates, call them directly. Makai Lakes OCC is not responsible for accommodations.

Safety

Inspections All V1, OC1 & OC2 paddlers must wear a **non-inflatable PFD**, wear a **leg leash** and carry a **mobile phone** in a waterproof bag. **Water shoes are mandatory because of the infestation of razor clams which can seriously lacerate unprotected feet.**

OC6 Canoes: Makai Lakes OCC Safety Officer will be performing safety inspections on all canoes. If a canoe fails to meet the required AOCRA safety guidelines, the canoe will be ineligible to take part in the event. Efforts will be made to help as much as possible eg gaffer tape, tow rope, pfd's, bailers etc.

CONDITIONS OF ELIGIBILITY: 1. Only a competitor who is a **financial member** of a club affiliated with AOCRA Inc. and is a **current registered competitor with AOCRA Inc.** is eligible to nominate and compete in any event.

2. A competitor may only compete in an event for one club of which he/she is a current and financial member. However, composite teams from different clubs can be entered in the event that a club is short a paddler/s and would be unable to race otherwise. This rule is not intended to put in a SUPERCREW and leave paddlers from your own club on the shore. It is a case by case submission that must be granted by AOCRA NSW Zone, prior to the regatta.

If you turn up to a race without prior informing the Zone, you will be disqualified. It is suggested the paddler from the other club wear their own club shirt so they are clearly identified by other teams that this is a mixed club team. Points will be awarded to the club paying the race fee or if both club pay, equal points will be awarded.

3. AOCRA Inc, the Race Director, or the Race Committee reserves the right to request proof of identity or age (i.e. identification card with photograph) of a competitor at any time.

4. For Mixed Crew events, a minimum of 3 women paddlers must be in the crew to constitute a mixed team.

5. There must be at least 3 teams to constitute a division eligible for point score.

6. The Race Committee reserves the right to be the arbiter in any dispute regarding eligibility and registration of competitors. The Race Director's decision will be final. Every effort will be made to start races and briefings on time. Races will not be delayed for late starters.

7. 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.

8. The Regatta Rules version on AOCRA website www.aocra.com.au of the Australian Outrigger Canoe Racing Association Incorporated shall apply to all New South Wales regatta races.

9. All crews must start the race with 6 paddlers and finish with 6 paddlers.

No pets are permitted at this event.

If you take **medication** before or after strenuous activity, please include it with your equipment. No medications will be available to replace yours if you forget. If you have a condition of concern eg asthma, diabetes, etc please inform **Dr Iliyana** in the club house before and after your event (precautionary).

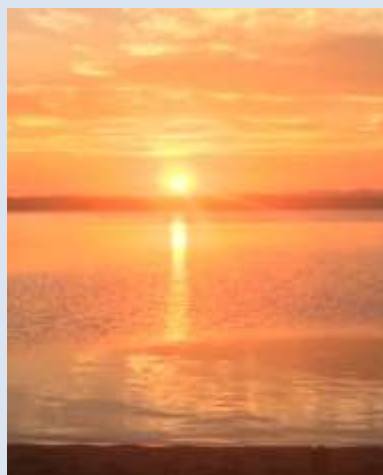
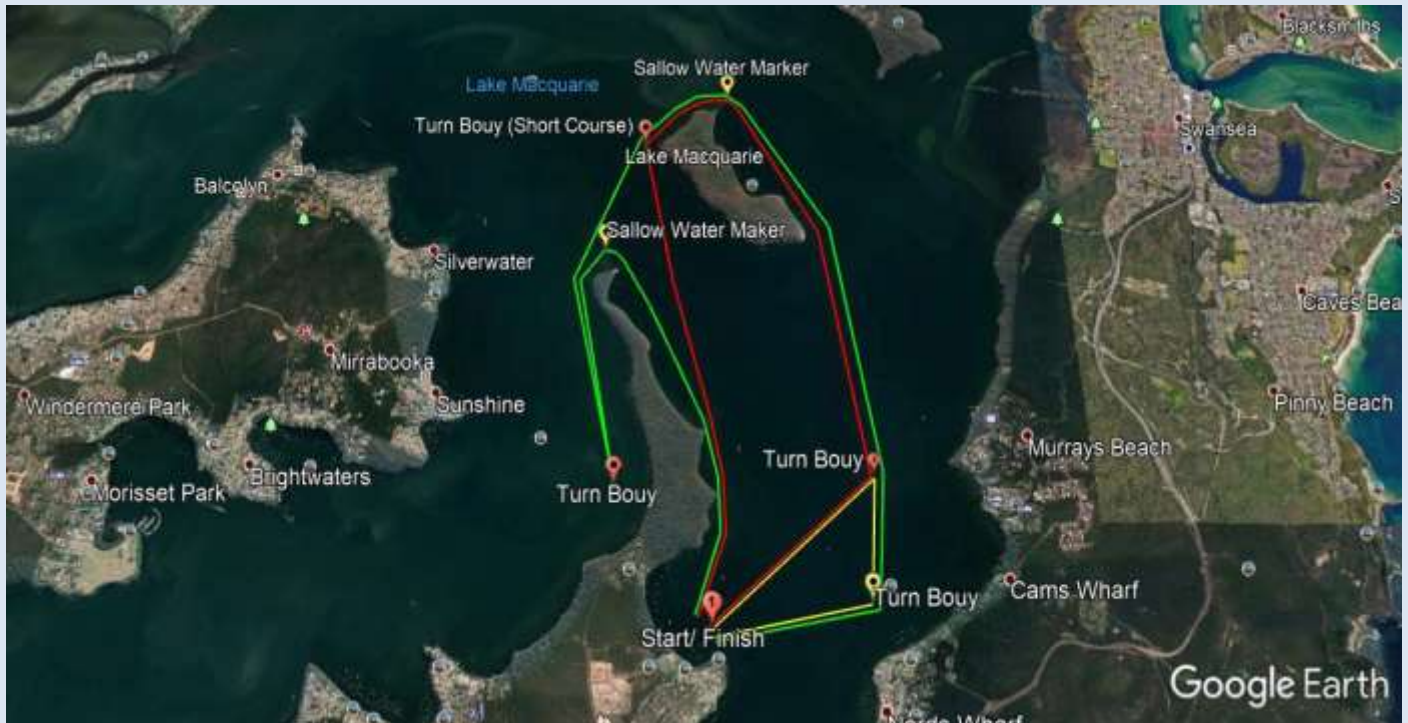


Point Wolstoncroft from the west

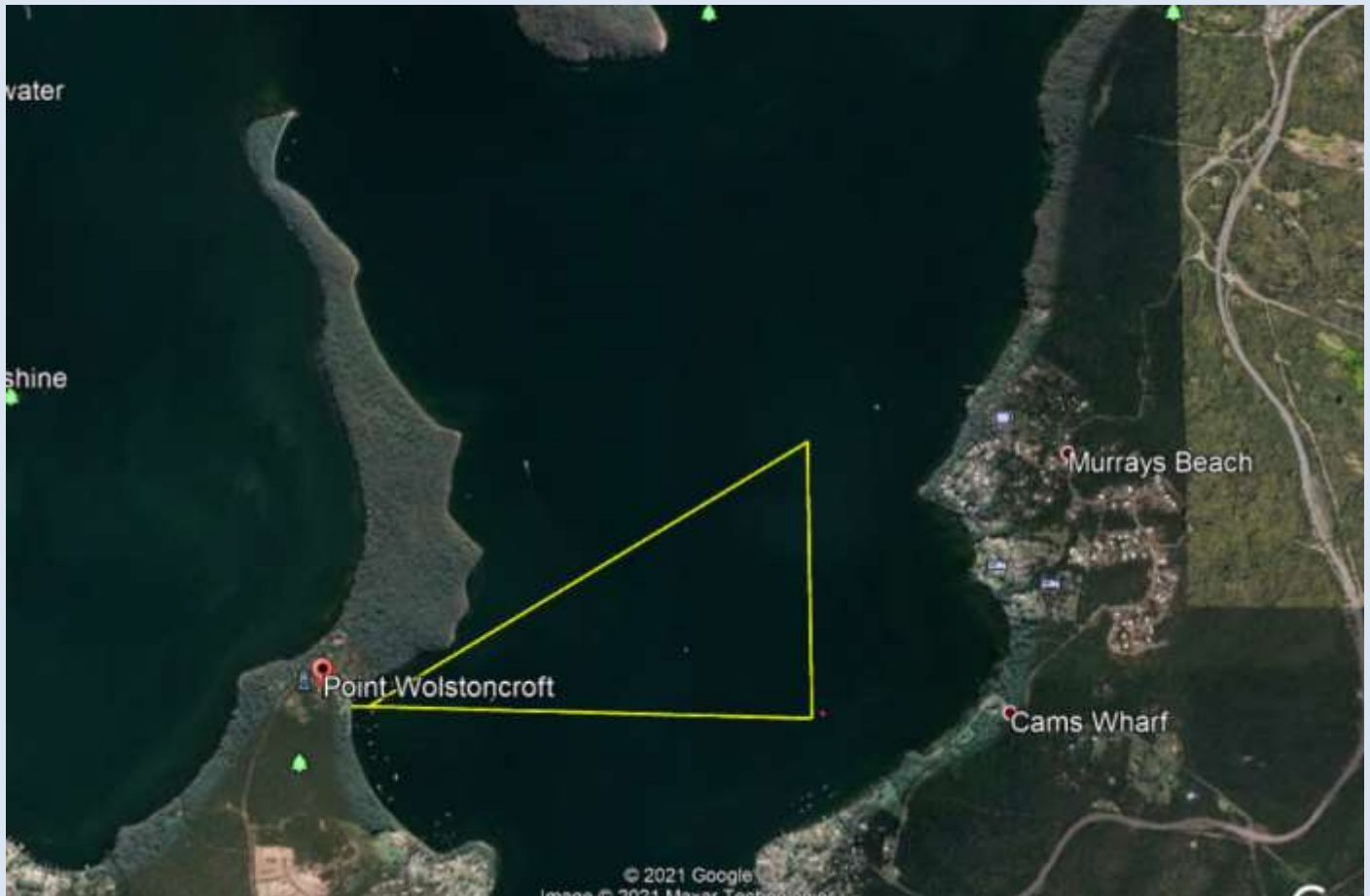


Proud locals

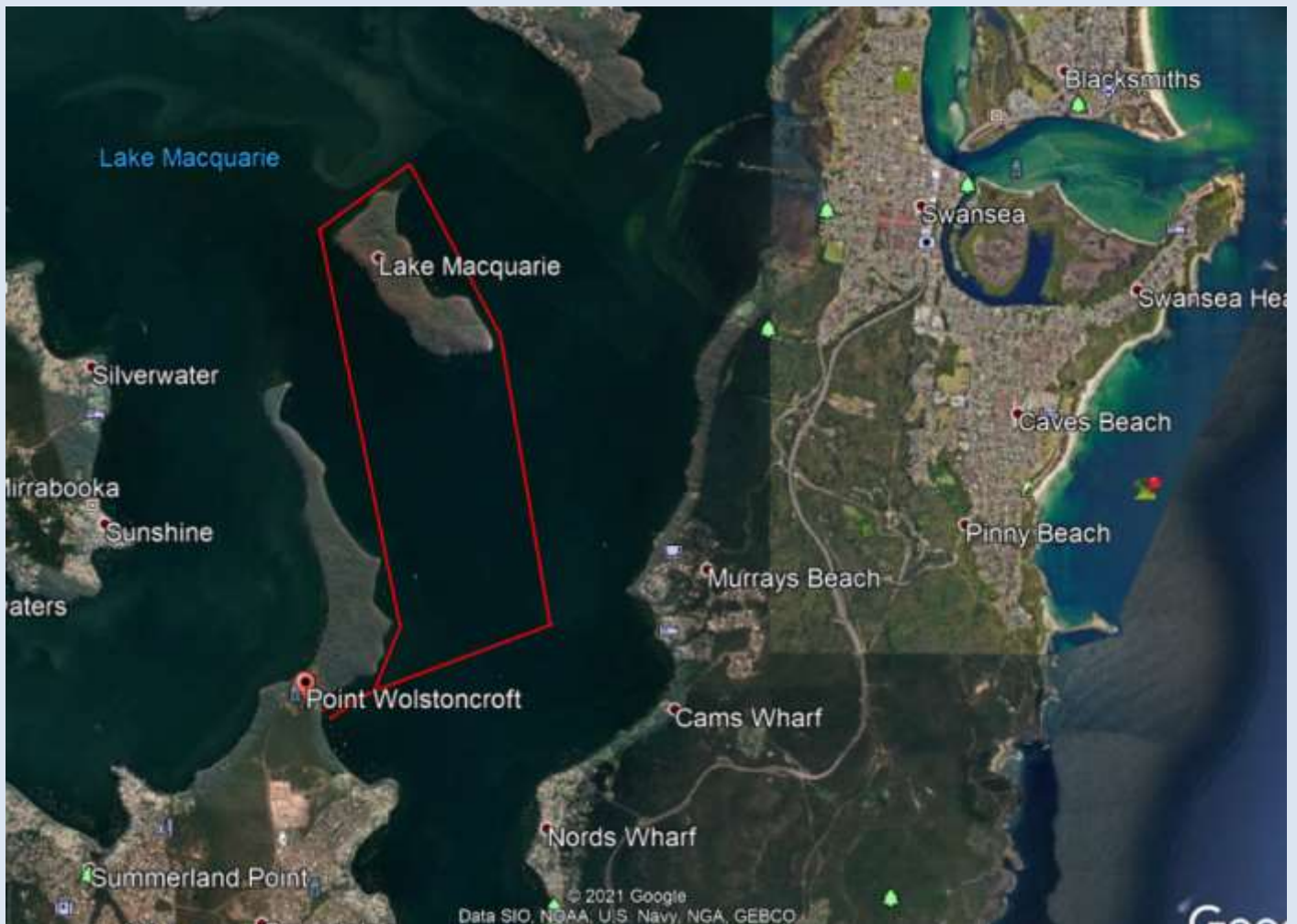
The 2021 Lake Macquarie Challenge Overview



Juniors, Novice & Ultra Course: Paddle East to buoy 2km, ama turn North for 1.2 km, ama turn to return to Pt Wolstoncroft. A Minnows course (1km) can be set up within the bay if there is a demand for it. Call Ray Bennie.

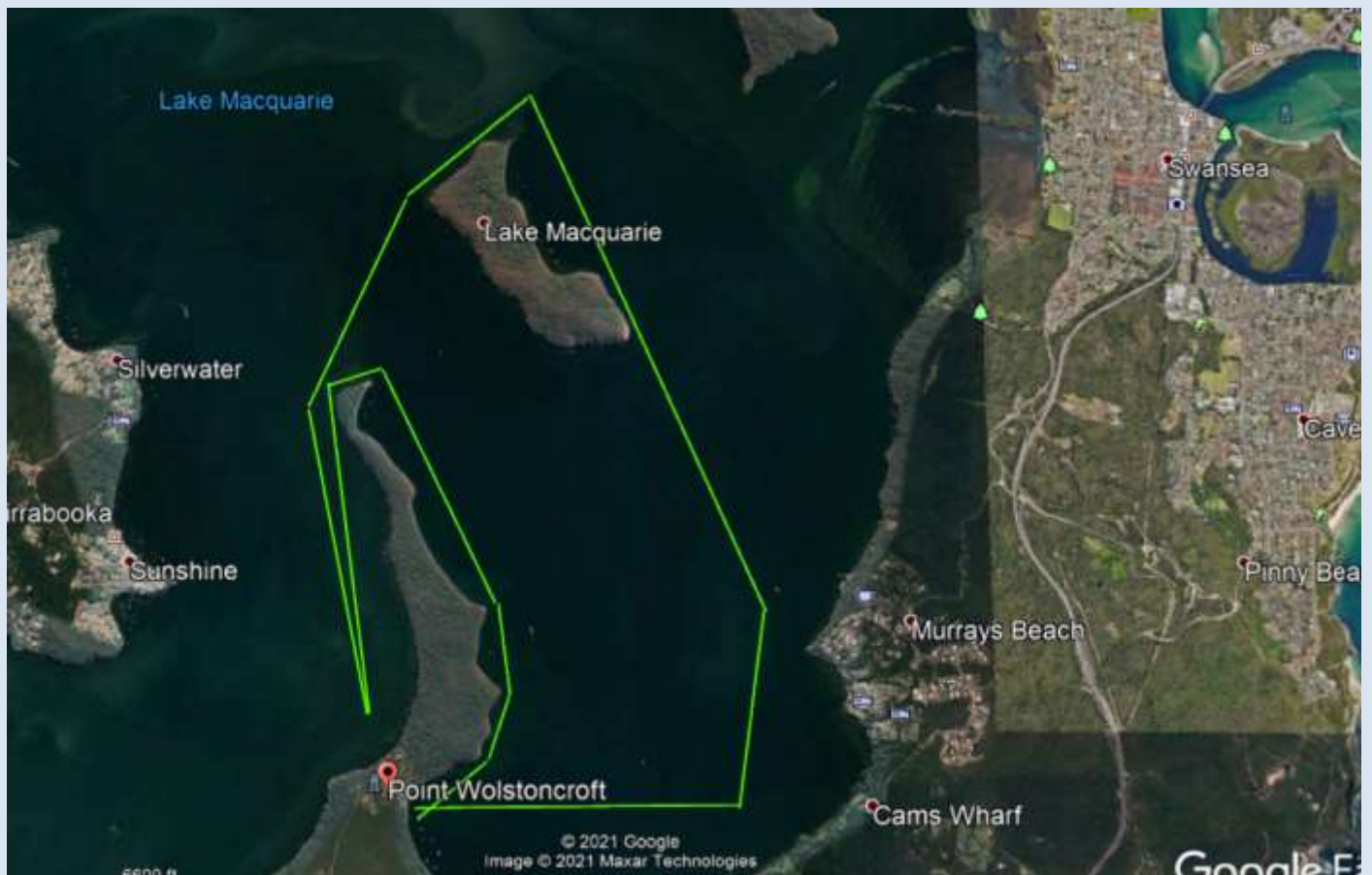


OC1/OC2, V1, OC6 Short Short Course: Paddle from shoreline NE to orange buoy 2km, ama turn North to Pulbah Island; ama turn around the right hand shallow water beacon, paddle round the island on your left to return to Point Wolstoncroft peninsula on your right to Pt W S&RC.



The Lake Macquarie Challenge

OC1/OC2, OC6 long Course (The Lake Macquarie Challenge): Paddle from shoreline East, ama turn north for 1.2km buoy then on to Pulbah Island, turning around the right hand shallow water beacon; paddle south keeping Point W peninsula on your left to turn at buoy off western side of Point W S&RC, return around the peninsula to Point W S&RC.



Point Wolstoncroft Site Map

