

**PITTWATER OUTRIGGER
RACING CLUB INC.**



**INVITES YOU TO THE
AOCRA NSW STATE TITLES
OCEAN REGATTA 2019**

**SATURDAY 27TH APRIL 2019
PALM BEACH (STATION BEACH), NSW**

Events

Briefing: All Ultra, Juniors & Novice 7:45am

Juniors (3kms), Ultra & Novice (6kms) Race Start 8:00am

Presentation: Juniors, Novice & Ultra Short 10:10am

(To be held after the Women's & Mixed long course has commenced)

Briefing: Long Course – Women & Mixed 9:15am

Long Course Women & Mixed 16.5km Race start 9:30am

Briefing: Long Course – Men 11:15am

Long Course Men's 18km Race start 11:30am

Briefing: Short Course all Divisions 1:45pm

Women's, Mixed & Men's 8km Race Start 2:00pm

Briefing: The Warm Down 3:20pm

Women's, Mixed & Men's 5km Novelty Relay 3:30pm

Presentation: Long & Short Courses approx. 4:20pm

(i.e. 15 Minutes after last race)

Post Regatta Drinks – The Park House Hotel 6:30pm

(Address: 2 Park Street, Mona Vale NSW 2103 (Old Mona Vale Hotel))

RACE INFORMATION

Mandatory for all Races

All OC6 canoes must have storm covers, 6 approved life jackets, 2 bailers, 25m tow rope and a spare paddle.

OC6 Junior, Ultra and Novice Course – Pink Line on Map

The race will start on the Pittwater side of Palm Beach. Leave Station Beach and head south up Pittwater towards Bayview for 1.5kms. Junior course to go around buoy (Ama turn) and return to start line for their finish. Total approx. 3kms. Ultra and Novice course to continue with a second (2nd) lap returning to the start line for the finish. Total approx. 6kms. Ama turns for the Novice course too.

OC6 Short Course – Red Line on Map (Alternate Course Green Line on Map)

The race will start on the Pittwater side of Palm Beach. Leave Station Beach and head for western side of Lion Island with Barrenjoey headland on your right. Go around Lion Island in a clockwise direction and from the eastern side of Lion Island head back to the start line. The finish is the start finish line, heading south.

OC6 Long Course – Yellow Line on Map (Alternate Course Blue Line on Map)

The race will start on the Pittwater side of Palm Beach. Leave Station Beach and head for western side of Lion Island with Barrenjoey headland on your right. Go around Lion Island in a clockwise direction and from the eastern side of Lion Island go towards Barrenjoey Headland. Head south along Palm Beach to a buoy mid-way along Palm Beach. Ama turn around the buoy, paddle north along Palm Beach heading for Box Head, leaving Barrenjoey Headland to your left. A buoy will be located approx. 2 km north of Barrenjoey Headland. Ama turn around the buoy and head south for the finish line. The finish line is the same as the start line.

The Warm Down – White Line on Map

This is a 5km “Novelty” Relay Race with well earned **“Mystery Prizes”**. Comprising OC1, OC2, V6 relay legs of 800 meters with turning buoys @ 400 meters.

Canoe Relay Order

- OC2
 - OC1
 - V6
 - OC1
 - OC2
- } Clubs to bring their own craft

Start from Station Beach, Ama turn around one of the buoys 400 metres west of the shoreline and return. Each paddler in the V6 must paddle 1 leg of an OC1 or OC2 leg. No more than 6 paddlers per entry. Where required, paddlers from other crew Clubs can be utilised.

FULL DETAILS AVAILABLE ON RACE DAY. COURSE WILL BE SUBJECT TO CONDITIONS ON THE DAY. IT WILL BE ADJUSTED TO ENSURE THE BEST POSSIBLE RACE CONDITIONS

Queries and Contact

Queries should be directed to:

George Floth (Race Director) on 0418 442 329 / gfloth@floth.com.au

John Ross (Assistant Race Director) 0423 123 163 / jro81523@bigpond.net.au

Peter Watson (PORC Secretary) 0414 299 051 / peterw@dh-co.com.au

Amenities

The traditional Coffee Van will be in attendance as well as the local café “The Boathouse” at the southern end of Station Beach.

Male/female toilets are provided in the Park just behind the beach as marked on the map supplied.

Safety

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.

Rough Seas

In the event of rough seas, all courses will be set in the shelter of Pittwater. The venue will remain the same, and courses will be modified.

Parking

There is Pittwater Council ‘Pay & Display’ parking provided at Governor Phillip Park including on the north western side of the Park at Station Beach (near the seaplane wharf) where the regatta will be run from.

The parking ticket machines take \$1 and \$2 coins so please bring change. A Credit Card payment option is available on some machines. There is limited parking at no charge on Barrenjoey Road at the entrance to Governor Phillip Park.

Boat Trailer Unloading / Loading

There will be designated areas for the **temporary** unloading / loading of boat trailers allowing ease of access to Station Beach. Please unload as early as possible to avoid congestion. Our club members will assist you to unload where possible. If you need a hand please ask.

Please be considerate of others and use common sense when parking boat trailers after unloading / loading so as not to block public access to the car park and emergency road access to the Light House and houses at the northern end of Barrenjoey Headland as marked on the map supplied.

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 may 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 clubs 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. The Race Committee reserves the right to the arbiter in any dispute regarding eligibility and registration of competitors.
6. The Regatta Rules March 2018 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.
7. All crews must start the race with 6 paddlers and finish with the same 6 paddlers.



AGE DIVISIONS

Age Divisions for Junior Competitors

Junior Competitors must turn at least 10 years of age in the Racing Year. Junior Competitors will not have reached the age of 20 years during the Racing Year

Novices must be in their first year of paddling with an experienced steers person

Age Divisions for All Competitors

The following age divisions shall apply to OC6 events, based on calendar year of competition:

	Adult Age Divisions	Women's Age	Men's Age
i.	21 and Under	20 to 21 Inclusive	
ii.	Open	Adult age i.e. 20 yrs and above	
iii.	Masters	40 yrs and above	40 yrs and above
iv.	Senior Masters	50 yrs and above	50 yrs and above
v.	Golden Masters	60 yrs and above	60 yrs and above
vi.	Platinum Masters	70 yrs and above	70 yrs and above
vii.	Juniors eligibility to compete in Adult events	a) 19U division may compete in adult divisions (21U and Open) without the need for parental or coach consent. b) Must be aged 14 yrs and above and have: i) written parental / guardian permission ii) written approval of qualified outrigger specific coach	

Note: there must be three (3) teams to make a division.

Tides

SYDNEY (PITTWATER) <small>TIMES AND HEIGHTS OF HIGH AND LOW WATERS</small> <small>Times are in local standard time (UTC +10:00) or daylight savings time (UTC +11:00) when in effect.</small>	April 2019 27 0423 1.43 SAT 1120 0.49 1708 0.98 2231 0.60
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RACE FEES

Juniors:

OC6 = \$90 per team/canoe (equivalent to \$15.00 per paddler)

Novices:

OC6 = \$150 per team/canoe (equivalent to \$25.00 per paddler)

Ultra-Short:

OC6 = \$150 per team/canoe (equivalent to \$25.00 per paddler)

Seniors:

OC6 = \$180 per team/canoe - Short Course Races (equivalent to \$30.00 per paddler)

OC6 = \$240 per team/canoe Long Course Races (equivalent to \$40.00 per paddler)

Novelty Event:

Free of Charge - Register just prior to the event

Race fees must be paid **ON LINE** by **Direct Debit or Credit Card**.

A late fee of \$50 will apply for team registrations submitted after Wednesday 24th April 2019.

CLUB AND TEAM NOMINATIONS

19th April, 2019



By this date, we ask your club to lodge a Club Nomination online at www.aocra.com.au

25th April, 2019



By this date, the crew registrations to be submitted online at www.aocra.com.au

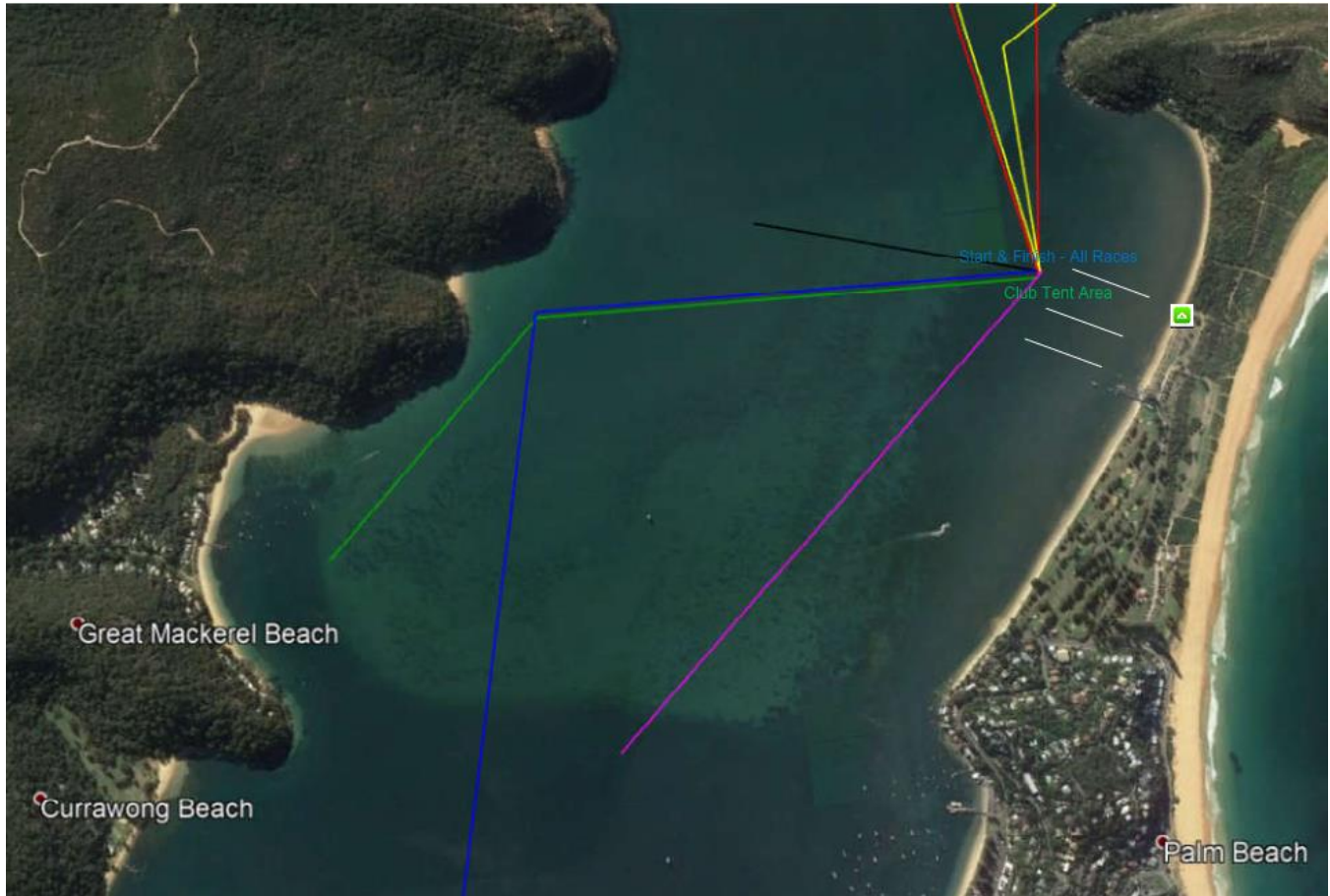
MAPS

Short and Long Course



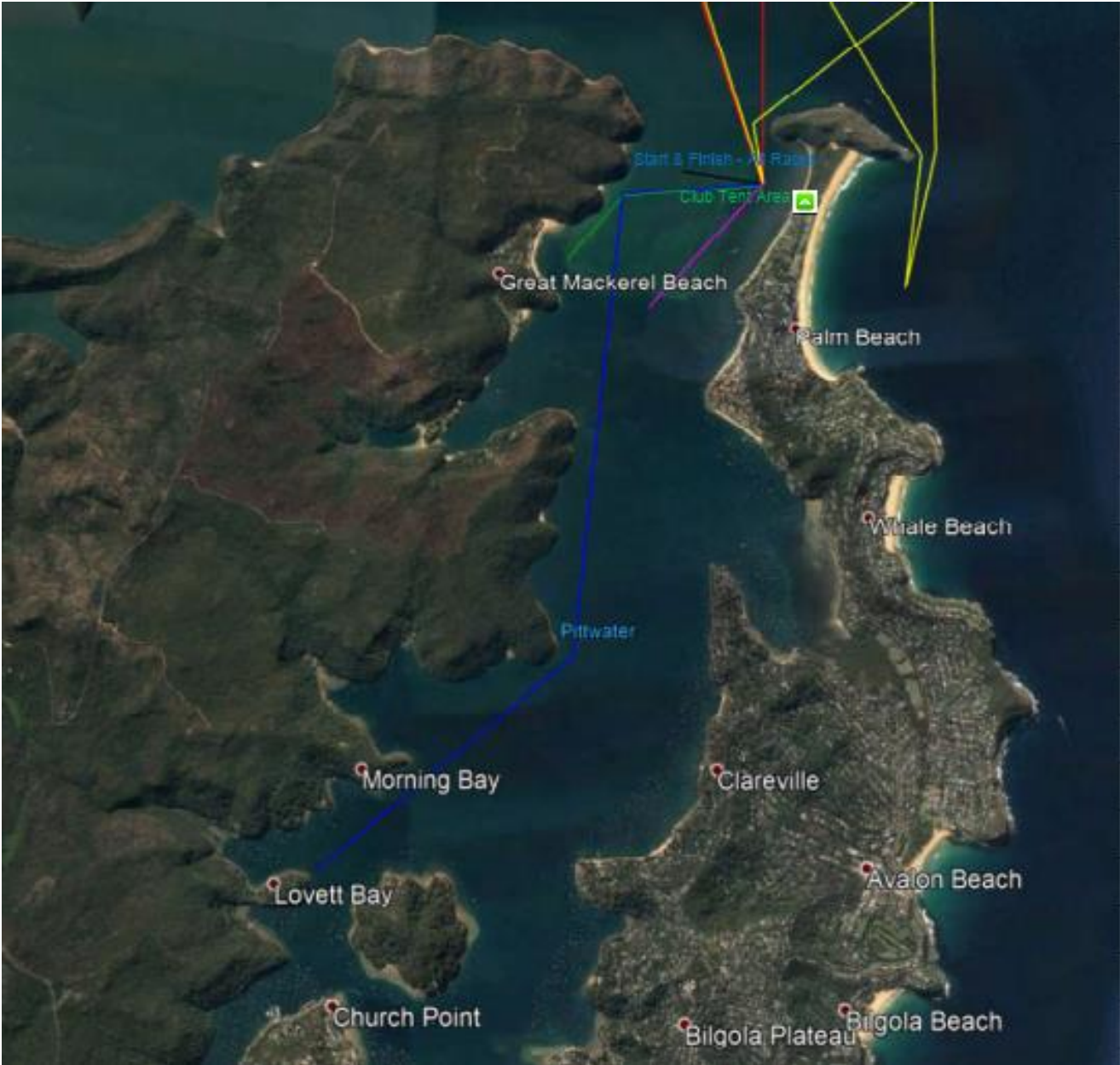
Short Course – Red Line
Long Course – Yellow Line
Approximate Start Line – Black Line

Junior, Novice, Ultra Short & Alternate Course



Junior, Novice & Ultra Short Course – Pink Line
Short Course Alternate Course – Green Line
The Warm Down – White Lines

Long Course Alternate



Long Course Alternate – Blue Line



Emergency Access Road to Lighthouse

Boat Unloading Area

Toilet Block

Registration Tent

Palm Beach Water Airport

Governor Phillip Park

Barrenjoey Boating Services

SPONSORS

We would like to thank our local sponsors for their support of the Pittwater Outrigging Racing Club Inc.



SYDNEY OFFICE

P +61 (0)2 9419 4100

W www.floth.com.au



Pittwater Day Surgery is a privately-owned day surgery facility. The concept for the facility was developed by Dr Frank Elsworth, who is an ENT surgeon, in collaboration with the NSW Department of Health.

The building has been designed to exceed the requirements of local and state health care and legislation, Australian Standards and Building Codes. Particular attention has been given to having the best medical equipment for patient care and up to date Information Technology to enable efficient booking and admission procedures.

Suite 202, 20 Bungan Street, Mona Vale NSW 2103

Phone: (02) 9979 3888

Email: admin@pittwaterdaysurgery.com.au

www.pittwaterdaysurgery.com.au



SEDA Services is a specialised HVAC service provider. SEDA delivers high quality and energy efficient design, installation and maintenance services to a wide range of industries.

SEDA has developed an impressive suite of blue chips clients and supports a number of large facilities across a wide property portfolio. Our dedicated team of technicians strive to ensure our clients receive reliable, consistent service at a competitive price.

SEDA specialize in completing small through to large upgrade works, including complex shutdown and after-hours changeovers and services such as:

- Installations including refrigerant pipe work and ductwork
- Commissioning and Balancing
- Preventative Maintenance Programs
- Annual Fire Damper Test and Certification
- Water Treatment, Legionella Testing
- 24 hour Breakdown Service Calls
- Emergency Paging Service
- Air Quality Control

SEDA Services are capable of developing customised service contracts to suit a client's requirements, offering Industry level service and support to the following sectors:

- Government
- Education
- Defence
- Health & Aged Care
- Financial Services
- Commercial
- IT
- Retail
- Residential
- Leisure
- Museum & Gallery Facilities

SEDA Services offers a design & construct service for clients, specializing in fit outs, refurbishment and new build projects. We have a strong background in essential services and smoke exhaust upgrades to retail and commercial buildings. Seda offers engineering, installation, drafting and commissioning services, to provide a turnkey, one stop solution for your HVAC construction needs.

SEDA Services also offers Energy Solutions including Cogeneration & Trigeration, Environmental Performance Solutions and Integrated technology processes and reporting.

SEDA Services is always looking for motivated top tier candidates to join our growing team of mechanical services specialists. If you are interested in joining SEDA, please forward your CV to careers@sedaservices.com.au