

HEKILI OUTRIGGER CANOE CLUB

Is proud to present the eighth

Great Barrier Reef Ocean Challenge & 2018 National Changeover Titles

And the Mini G & Junior Sprints



AOCRA NQ ZONE SATURDAY 2nd JUNE - SUNDAY 3rd JUNE 2018
CAIRNS





Hekili Outrigger Canoe Club present- GBROC & 2018 National Changeover Titles *Invitation*

The members of Hekili Outrigger Canoe Club invite you to compete in our eighth GBROC, Australia's longest distance race, incorporating the 2018 National Changeover Titles. This year we have a few new events that will enable paddlers of all abilities to experience paddling along part of the spectacular tropic waters of North Queensland.

Over two days, we have a variety of races for you to compete in. For those experienced OC1, OC2, V1, and Ski paddlers who like a challenge, come along and paddle in the 45km Iron race. Along the same spectacular Yorkeys Knob to Port Douglas coast, will be the 45km National Changeover Titles for our OC6 crews. This course gives all competitors a continuous downwind run and should make for some fast times and exciting racing. Crews should anticipate average race times of between three and five hours.

For a shorter race, we offer the Mini G starting near the Marlin Marina and finishing at Yorkeys Knob, approximately 18kms. This race is perfect for all paddling abilities, offering novices and Under 19's a chance to feel for the GBROC experience. It is open to OC6 crews, OC1, OC2, V1, Ski and SUP board paddlers. This race is also a downwind run and should take between one to two hours to complete.

After the senior paddlers have completed the Mini G, our junior and senior novice paddlers have a chance to compete in OC6 sprints at Yorkeys Knob. To promote friendly club rivalry and foster the sport of outriggering, Saturday's racing will conclude with a Club Relay comprising of junior and senior paddlers. Those clubs with no juniors or limited juniors are welcome to borrow juniors from other clubs.





Program of events

- ❑ The race program will run on time, or at the discretion of the Race Director.
- ❑ The Race Director will not wait for crews to get to the Start Line.
- If the weather deems it necessary it is at the race director's discretion to change the course.
- ❑ Course distance may be varied according to weather conditions and start times may change. Please ensure you check with race officials on the day and attend all race briefings prior to the event.
- ❑ AOCRA Regatta rules will apply. Support boats will be at a ratio as prescribed in the AOCRA regatta rules.
- ❑ AOCRA National Regatta rules will apply to the National OC6 Changeovers Titles.

Saturday 2nd June 2018: Mini G- approximately 18kms

Time	Event	Location
6:00am	Registration for Mini G opens & scrutineering commences	Sugar Terminal Boat Ramp, Trawler Base Rd Portsmith Cairns
7:30am	Race briefing	
8:30am	Mini G commences Ensure you allow enough time to paddle to the start line.	Eastern end of Marlin Marina approximately 2.4km from boat ramp.

Participating craft of Mini G race:

- OC6, OC1, OC2, V1 paddlers
- Double Skis/ Ocean Skis/Spec Skis/SUP Board paddlers



Program of events

Saturday 2nd June 2018: Junior and Senior Novice Sprints & Club Relay

Time	Event	Location
10:00am	Registration for junior events and club relay	Yorkeys Knob Main Beach, Northern End of Sim's Esplanade
10:40am	Junior Sprints briefing	Yorkeys Knob Main Beach, Northern End
11:00am	Junior Sprints Senior Novice Sprints	Yorkeys Knob Main Beach, Northern End
12:00pm	Club relay briefing	Yorkeys Knob Main Beach Northern End
12:15pm	Club relays	Yorkeys Knob Main Beach Northern End
After racing is completed	Presentation of Mini G, Junior, Senior Novice and Club relay events	Yorkeys Knob Main Beach Northern End

Sunday 3rd June 2018: GBROC 45km Iron and OC6 National Changeover Titles

Time	Event	Location
Saturday 2nd June 1pm to 6pm	Registration for Iron and OC6 National Changeover Titles	Yorkeys Knob Main Beach, Northern End of Sim's Esplanade
Sunday 3rd June 7:00am	Sign on, allocation of tracking device & scrutineering	Yorkeys Knob Main Beach, Northern End
8:00am	Race briefing	Yorkeys Knob Main Beach
8:30am	OC6 National Changeover Titles starts	Between two buoys in front of rock wall at Northern end of Yorkeys Knob
8:40am	45km Iron Race other craft starts	
Conclusion of race	Presentation	Port Douglas Life Saving Club



NOMINATION FEES:

Nominations closes Friday 18th May

Please be aware that our late fees are set high to ensure everyone nominates by 18th May. Due to the logistics of organising safety boats per paddler ratio, late nominations can cause organisation problems.

- Clubs must lodge a "Club Nomination".
- Individuals can also lodge a race nomination with payment via credit card.
- Each OC6 crew competing in the National Changeover Titles must be registered under the same club. For all other events, crews can consist of paddlers from mixed clubs.
- GBROC 45km is an ultra-endurance event, therefore the Race Committee require that no paddler 16 and under can participate; paddlers aged 17, 18 and 19 wishing to nominate in the Open Division must provide written approval from their club coach prior to nominating to NQ Zone Secretary, Michelle Lynes nqzoneaocra@outlook.com and the Event Manager, Rhys Morgan.

International Outrigger Competitors- Must confirm they hold valid travel insurance and MUST complete a '2018 International Paddler Indemnity Form' for each paddler prior to race day. This will be emailed to your team manager once identified. Note the \$8 AOCRA Sports insurance day fee is NOT available.

Non AOCRA Members- May only race in non-outrigger craft, ie. SUP & Ski and MUST pay the \$8 AOCRA Sports Insurance day fee. This excludes the international Paddlers (see above). Non AOCRA Members must lodge an "Individual Nomination" with credit card payment online.

Mini G:

- **Nomination is \$45 for AOCRA members, \$55 for Non-AOCRA members per person if lodged with payment by 6pm Friday 18th May 2018 online at www.aocra.com.au**
- Late Fee is \$100 per person if paid after 6pm 18th May 2018.

Junior, Senior Novice Sprints and Club Relay:

- **Juniors have a flat rate of \$25.**
- **Senior novice OC6 sprint: \$13**
- Club relay is included in the cost of competing in the Mini G.
- Final nominations must be lodged with payment by 6pm Friday 18th May 2018 online at www.aocra.com.au

45Km GBROC Iron & National Changeover Titles:

- **Iron Nomination is \$120 for AOCRA members, \$130 for non-AOCRA members per person if lodged with payment by 6pm Friday 18th May 2018.**
- Late fee is \$200 for all paddlers if paid after 6pm Friday 18th May.
- Note: Double ski Paddlers must nominate twice for each craft = \$260. ** Includes AOCRA sports insurance.
- **OC6 National Changeover fees: \$60 per person if lodged with payment by 6pm Friday 18th May.**
- **OC6 Changeover crews will also have to pay the cost of their personal support boat.**
- Late fee for OC6 Changeover team will be an extra \$10 per paddler.



GREAT BARRIER REEF OCEAN CHALLENGE MINI G DETAILS- approx. 18kms

Race Director for this event will be TBA. Medical Director for this event will be Pauline Greer.

RACE REGISTRATION: Saturday 2nd June, from 6:00am Sugar Terminal Boat Ramp, Trawler Base Rd. Portsmith)

RACE BRIEFING: Saturday 2nd June, 7:30am (Sugar Terminal Boat Ramp, Trawler Base Rd)
A minimum of your steerer plus one crewmember must attend the briefing.

RACE START: 8:30am—Eastern end of Marlin Marina, Cairns approximately 2.4km from boat ramp.

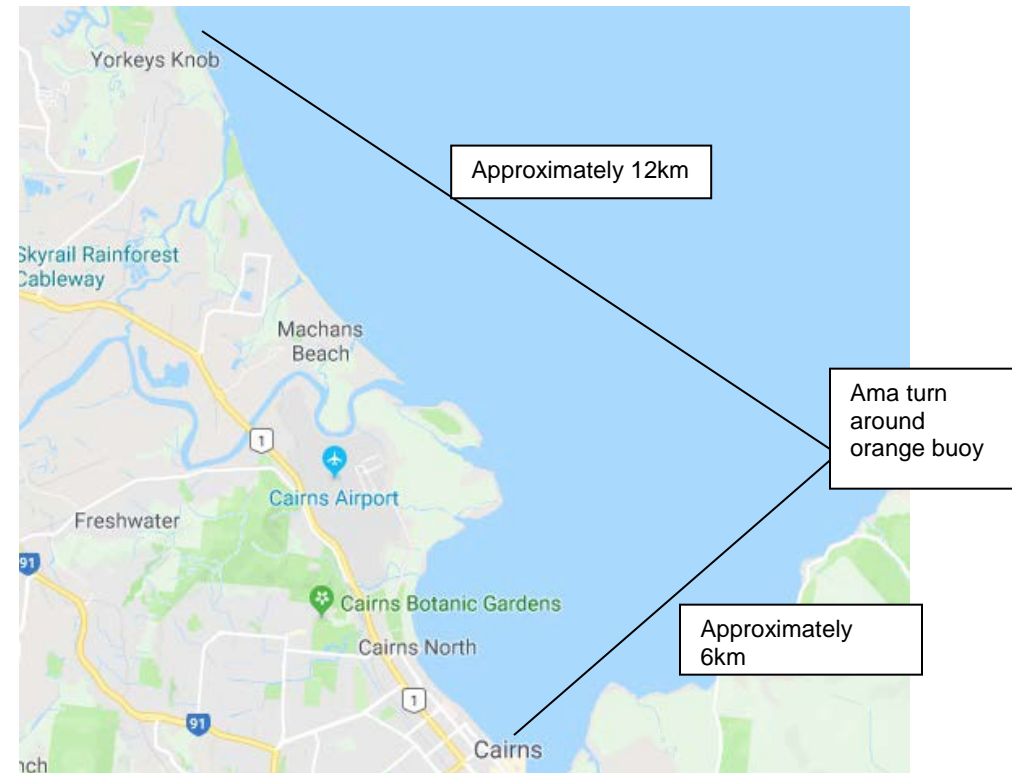
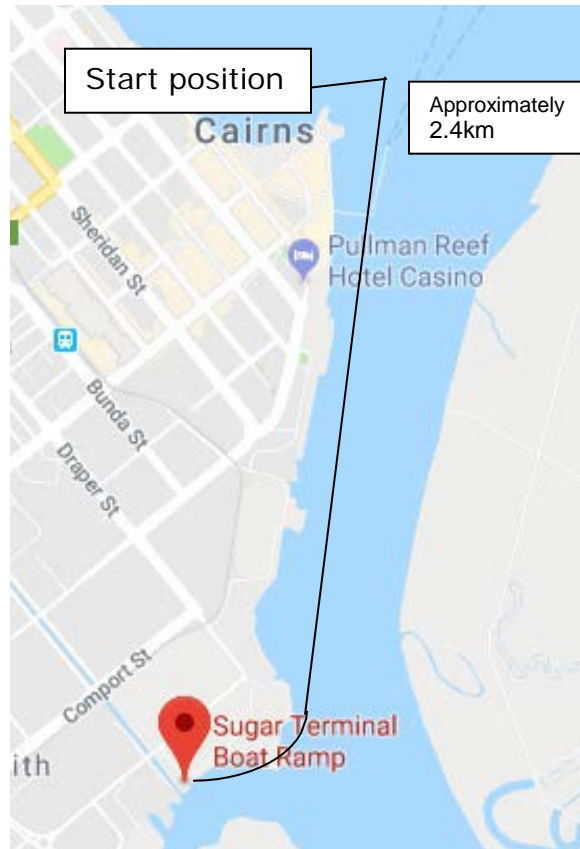
Divisions:

OC6	U19 Men	U19 Women	U19 Mixed
OC6	Open Men	Open Women	Open Mixed
OC6	Masters Men	Masters Women	Masters Mixed
OC6	Senior Master Men	Senior Master Women	Senior Master Mixed
OC2	Open Men	Open Women	Open Mixed
OC2	Master Men	Master Women	Master Mixed
OC2	Senior Master Men	Senior Master Women	Senior Master
OC1	Open Men	Open Women	
OC1	Master Men	Master Women	
OC1	Senior Master Men	Senior Master Women	
V1	Open Men	Open Women	
SUP boards	Open Men	Open Women	
Double Ski	Open Men	Open Women	Open Mixed
Ocean Ski	Open Men	Open Women	Master Men
Spec Ski	Open Men	Open Women	

- Crews are required to enter the water at the Sugar Terminal Boat Ramp, Trawler Base Rd, Portsmith, then paddle 2.4 km to the race start at the Eastern end of the Marlin Marina, Cairns.
- This is the closest boat ramp to the race start. There is sufficient parking and rigging areas for all craft and trailers.
- Crews will paddle out of Trinity Inlet for approximately 6km in a NE direction towards False Cape, make an ama turn around the orange buoy and continue on in a NW direction towards the finish line between two buoys at Yorkeys Knob.
- Competitors outside of NQ Zone requiring a canoe, please contact us and we will provide you with details of local clubs willing to hire canoes.



Map showing course to get from Sugar Terminal Boat Ramp, Trawler Base Rd Portsmith to race start at Eastern end of Marlin Marina.



Mini G race course from Eastern end of Marlin Marina to Yorkeys Knob Northern End.



JUNIOR, SENIOR NOVICE SPRINTS & CLUB RELAY

Race Director for the event will be TBA. Medical Director for this event will be Pauline Greer.

RACE REGISTRATION: Saturday 2nd June 10:00am at Yorkeys Knob Main Beach, Northern End of Sim's Esplanade

RACE BRIEFING: 10:40am Saturday 2nd June

FIRST RACE STARTS: 11:00am

JUNIOR AND SENIOR NOVICE SPRINTS:

Canoe	Division	Distance
OC6	Minnow Sprints	250m
OC6	U12 Sprints	250m
OC6	U14 Sprints	500m
OC6	U16 Sprints	500m
OC6	U19 Sprints	500m
OC6	Senior Novice	500m

Club Relay made up of Junior and Senior paddlers:

- **First leg:** Each team will compete in a 4km OC6 race that is made up of 3 senior paddlers and 3 junior paddlers. The total sum of the three junior paddlers must not exceed 42 years. Eg. 12 year old + 14 year old + 16 year old.
- **Second leg:** One junior and one senior will paddle 2km in an OC2.
- **Final leg:** of the relay is a junior paddling 1km in an OC1 or V1.
- Clubs without juniors may borrow juniors from other clubs.



GREAT BARRIER REEF OCEAN CHALLENGE - 45km

National OC6 Changeover Titles and Iron Marathon— RACE PROGRAM

Race Director for this event will be TBA. Medical Director for this event will be Pauline Greer.

RACE REGISTRATION: **Saturday 2nd June, between 1pm and 6pm** @ Yorkeys Knob Main Beach Northern end of Sim's Esplanade. You will need to provide your canoe number and an emergency contact number.

RACE SIGN ON: Sunday 3rd June, from 7:00am Yorkeys Knob Main Beach. One person from each crew will be given a tracking device to wear while racing.

RACE BRIEFING: Sunday 3rd June, 8:00AM (Yorkeys Knob Main Beach, Northern end of Sim's Esplanade)

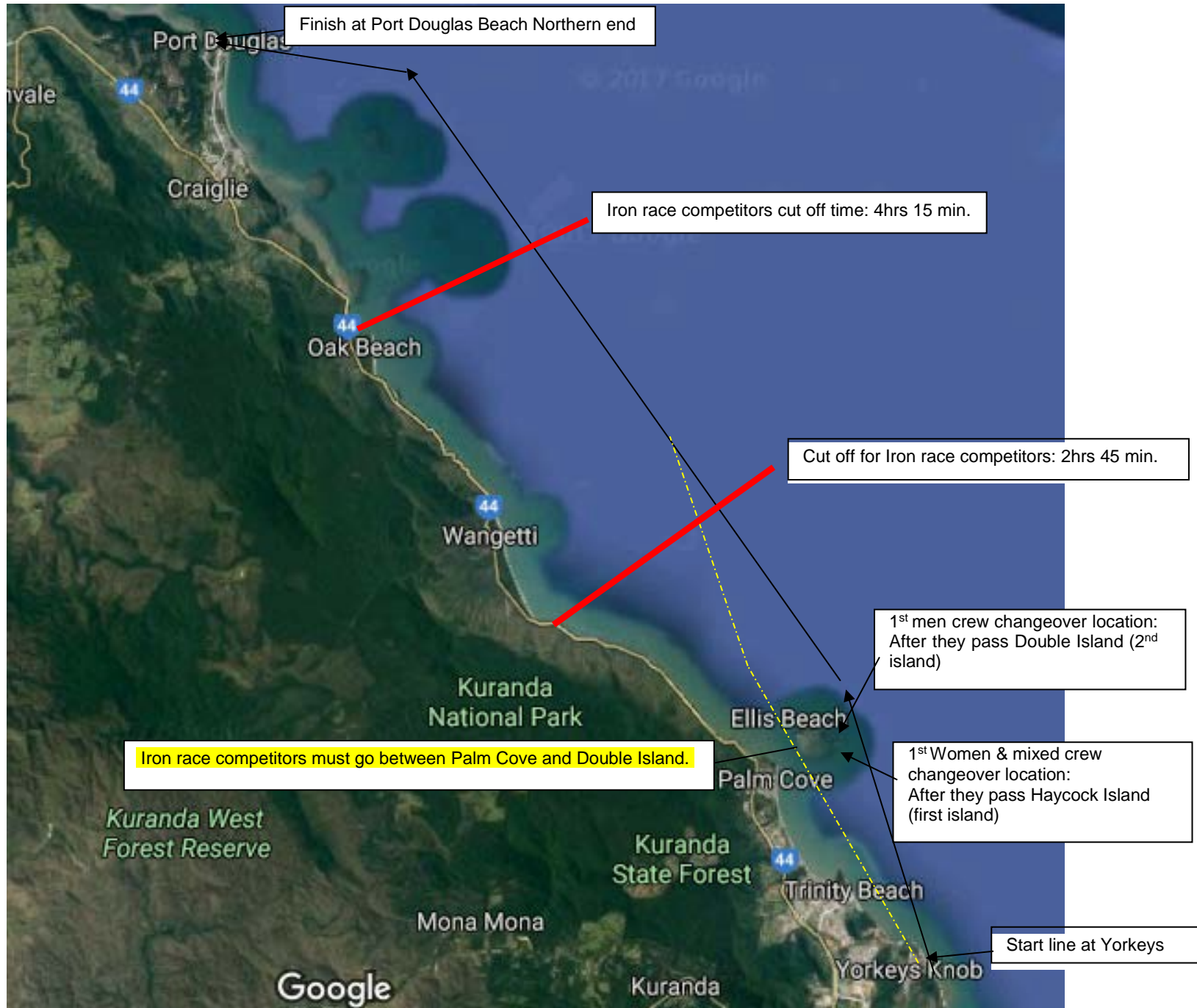
RACE START: **8:30am Wave One- OC6 National Changeover Titles**
8:40am Wave Two- OC1/OC2/ V1/ Ski's (45km Iron only)

Divisions: *Maximum 3 men in canoe racing at once. **Plastic Craft Not Acceptable

45km National Changeover Title race:			
OC6	Open Men	Open Women	Open Mixed*
OC6	Masters Men	Masters Women	Masters Mixed*
OC6	Senior Master Men	Senior Master Women	Senior Master Mixed*
45km Iron marathon:			
OC2	Open Men	Open Women	Open Mixed
OC2	Senior Master Men	Senior Master Women	Senior Master Mixed
OC1	Open Men	Open Women	
OC1	Master Men	Master Women	
OC1	Senior Master Men	Senior Master Women	
V1	Open Men	Open Women	
Double Ski	Open Men	Open Women	Open Mixed
Ski	Open Men	Open Women	
Ski	Master Men	Master Women	Senior Master Men



Iron marathon and National OC6 Changeover Course- Yorkeys Knob to Port Douglas





GBROC Iron & National OC6 Changeover Title Course:

- All competitors will compete a 45km course, commencing from Yorkeys Knob Main Beach, 18km north of Cairns.
- The start line will be set between two buoys in front of the rock wall at the northern end of Yorkeys Knob Main Beach.
- OC6 National Changeover Title competitors will paddle NNW (340°) rounding the southern side of Haycock Island, keeping Double Island on the left for 10.2km (5.5nm).
- Iron marathon competitors will paddle between Palm Cove and Haycock Island, keeping Double Island on the right of them.
- Canoes will then head NW (315°) direct to Port Douglas. The large buoy north of Alexandra Reefs will mark the final 3km (1.4nm) leg into Four Mile Beach, Port Douglas. Crews commence their approach to the finish line by passing between two buoys directly in front of the Port Douglas Surf Life Saving Club on the northern end of Four Mile Beach.





GBROC IRON MARATHON IMPORTANT NOTES:

- Each paddler or crew must carry all necessary food and water for the duration of the race. All iron competitors are to be completely self-sufficient. Paddlers are to carry additional food, water and spare paddles on their individual support craft.
- This is an iron distance race- substitution of a crew member is not allowed at any time. The paddlers who commence the race must complete the entire distance. Substitution of a crew member will result in immediate disqualification of your entire crew.
- In the event that your craft is incapacitated or voluntarily withdrawn from the race, a safety vessel will escort your craft and crew to the nearest safe beach for landing. The safety vessel operator will notify the Race Director, who will advise a road support crew of your location for pickup.
- Cut off times will apply for Iron competitors.





GREAT BARRIER REEF OCEAN CHALLENGE 45KM CHANGEOVER TITLES & IRON MARATHON RULES

- ❑ All competitors must register on Saturday June 2nd and MUST provide the canoe number, the names of each team member and an emergency contact number otherwise you will be deemed NOT signed in.
- ❑ All paddlers competing in the OC6 National Changeover Titles are required to sign in individually with a photo ID.
- ❑ Race rashies will be handed out at registration. They are not compulsory to wear.
- ❑ All local clubs, if you are arriving the morning of Sunday 3rd June, one of your team members will still need to register your team on Saturday 2nd June.
- ❑ One person from each crew must sign in on Sunday and they will receive a tracking device to be worn in the race. It is important that this tracking device is handed back to an official at the end of the race. Please do not turn off the tracking device.
- ❑ Any paddler or crew requiring emergency assistance will not be disqualified, providing they complete the course within the time limit of 5.5hours.

OC6 CHANGEOVER TEAM:

- ❑ Each changeover crew must have their own support boat on the water. You are required to provide the Hekili secretary, Jude Kennedy contact details of support boat crew by 18th May. The support boat driver is required to attend the support boat race briefing. Date and time of this meeting will be set closer to the event date.
- ❑ The women teams may have a maximum of ten paddlers.
- ❑ The men teams may have a maximum of nine paddlers.
- ❑ Mixed crews must have a minimum of three women paddling at all times and may have a maximum team of ten paddlers.
- ❑ Hekili will endeavour to locate support boats for international and interzone crews, if required.
- ❑ Each team will be responsible for paying their support boat crew the negotiated fee.
- ❑ Each team must wear matching coloured uniforms as registered with AOCRA as seen above the gunnels of the canoe.



FIRST CHANGEOVER LOCATION:

- The first changeover for all women and mixed crews must not be made until after passing Haycock Island (Scout Hat).
- The first changeover for all men's crew must not be made until after passing Double Island.

SAFETY REQUIREMENTS:

- All OC1/Ski/ SUP board paddlers must wear leg ropes. One paddler per OC2/Double ski must wear a leg rope.
- All canoes are required to carry one PFD per paddler.
- All OC6 canoes must carry at least one additional paddle on the craft.
- All OC1/OC2 and V1 canoes must carry an additional paddle. Safety boats may carry a limited range of spare paddles for emergency use.
- OC6 canoes must carry at least one bailer and towrope.
- All craft competing in the Iron marathon and changeover marathon are required to carry a tracking device that will be provided when paddlers sign in.
- Before racing, each canoe will be checked to ensure all safety equipment is carried.

Tides:

Saturday:

Low tide 5:34am 1.6m
High tide 10:25am 1.8m

Sunday:

Low tide 6:07am 1.17m
High tide 11:51am 2m

CANOE TRAILER PARKING:

- **Mini G Race:** Canoe trailer parking is available at Trawler Base Rd Portsmith. This is next to the Cairns Rowing Club. Toilets are available close by.
- **45km National Changeover, Iron Marathon, Club Relay, Junior and Senior Novice Sprints:** Canoe trailer parking is available at the Yorkeys Knob Boating Club, 25 Buckley St, Yorkeys Knob.
- Car parking is available at the race start on Sim's Esplanade (northern end) of Yorkeys Knob Main Beach) and adjacent streets.
- Canoe parking in Port Douglas will be in the designated parking area at Reynold Park of Garrick Street.
- Car parking in Port Douglas is at the rear of the Port Douglas Shire Life Saving Club along the roadsides and at Reynold Park.



CONTACTS FOR SPONSORSHIPS & ALL ENQUIRIES TO THIS GREAT EVENT

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 Hekili Outrigger Canoe Club

SUGGESTED ACCOMMODATION LOCATIONS:

Yorkeys Knob

Palm Cove

Port Douglas

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Hekilioutrigger.com.au