



Te Rua Manga Race

Cook Islands Outriggers Association Inc.

The Ramp, Ian Shaw Park,
Mt Wellington, Auckland

Programme

Saturday 31st August 2019

High Tide: 7.42am
Low Tide: 13.40pm

6.35am	Karaka
6.45am	Registration Open Unload & Rig Waka
7.00am	Safety Checks Open
7.45am	Race 1 BRIEFING (10KM) All Senior W6 Divisions All W6 Novice MUST WEAR LIFE JACKETS Race 2 BRIEFING (2KM) All Junior W1 Divisions All Junior MUST WEAR LIFE JACKETS
8.15am	Race 1 START All Senior W6 Divisions
8.30am	Race 2 START All Junior W1 Divisions
9.45am	Race 3 BRIEFING (5KM) All Senior W1 Divisions ALL W1 Novice MUST WEAR LIFE JACKETS Race 4 BRIEFING (5KM) All Junior W6 Divisions All Junior TEAMS MUST WEAR LIFE JACKETS
10.15am	Race 3 START All Senior W1 Divisions
10.30am	Race 4 START All Junior W6 Divisions
11.30am	Race 5 BRIEFING (5KM) All W12 Open Division All Junior & Novice MUST WEAR LIFE JACKETS NOTE: This race will proceed if more than 5 Online Entries by due date & time
11.45am	Race 5 START All W12

There will be Hot Soup after each Race

REGISTRATIONS CLOSE WEDNESDAY 28th August 2019 11.59PM
There will be no registration and payment on the day

Please register on-line at the NKOA (Wakaama NZ) website to ensure that the organisers provide sufficient support vessels

ENTRY FEES:
Juniors \$10.00 Seniors \$20.00
(one fee even if racing multiple times)



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Safety Rules

All paddlers must comply with the NKOA safety rules and regulations as follows:

W1 Waka must:

- be of a seaworthy design and construction
- Waka with cockpits must carry bailer. Rudder optional but recommended for open water / rough water
- carry one flare/mobile phone
- carry one flotation device per paddler.
- carry one spare paddle
- all sit-on W1 waka must have leg ropes attached.

W6 Waka must:

- be of a seaworthy design and construction
- carry adequate bailers (2)
- carry one flotation device per paddler (6). Junior paddlers must wear their lifejackets during the race.
- carry two spare paddles
- be fitted with sprayskirt
- carry one flare/mobile phone
- kiato and Ama must be securely lashed. Extra lashings in case of repairs are necessary
- be fitted with a tow rope.

W12 Waka must:

- be of a seaworthy design and construction
- carry adequate bailers (2)
- carry one flotation device per paddler (12). All Junior paddlers must wear their lifejackets during the race.
- carry two spare paddles
- Kiato and Ama must be securely lashed. Extra lashings in case of repairs are necessary
- be fitted with a tow rope.

Paddlers / Crews must:

- be capable of handling their Waka in the expected conditions
- be able to swim and be comfortable in the expected conditions
- be trained in and capable of self-rescue techniques e.g. righting a capsized Waka
- have a degree of skill and fitness to enable them to finish the race in any conditions that might be expected
- be dressed for the expected conditions

The Race Director has the right during the race to withdraw any team, if in his/her opinion, it is considered that the crew is in danger or likely to be unable to complete the race.

Race 1 – W6 All Seniors (10KM)

- Start: Black Buoy
- Turn: 3 Triangle
- Finish: Jetty (Pink Flag)



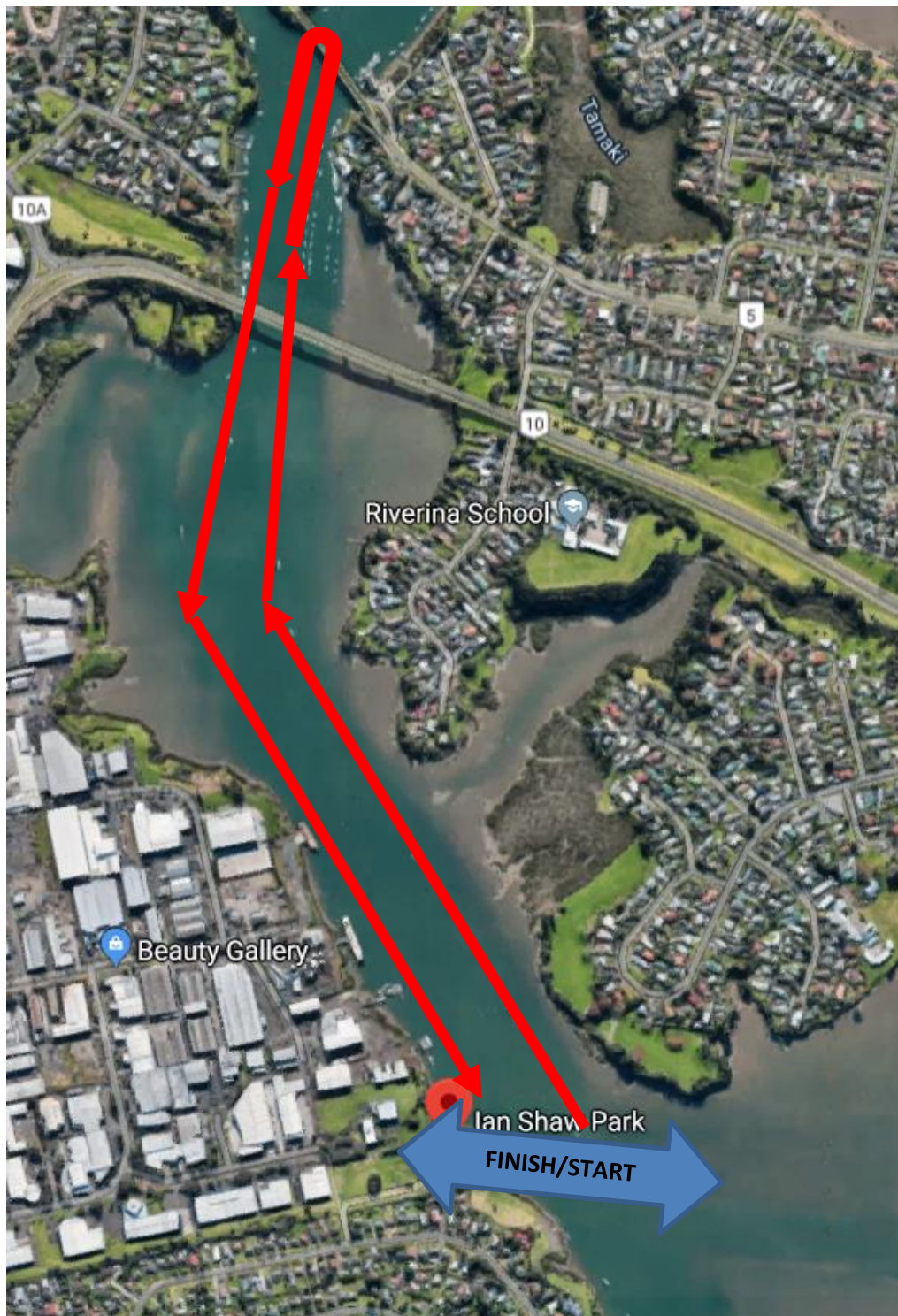
Race 2 – W1 – All Juniors (2KM)

- Start: Triangle
- Turn 1st Bridge
- Finish: Jetty (Pink Flag)



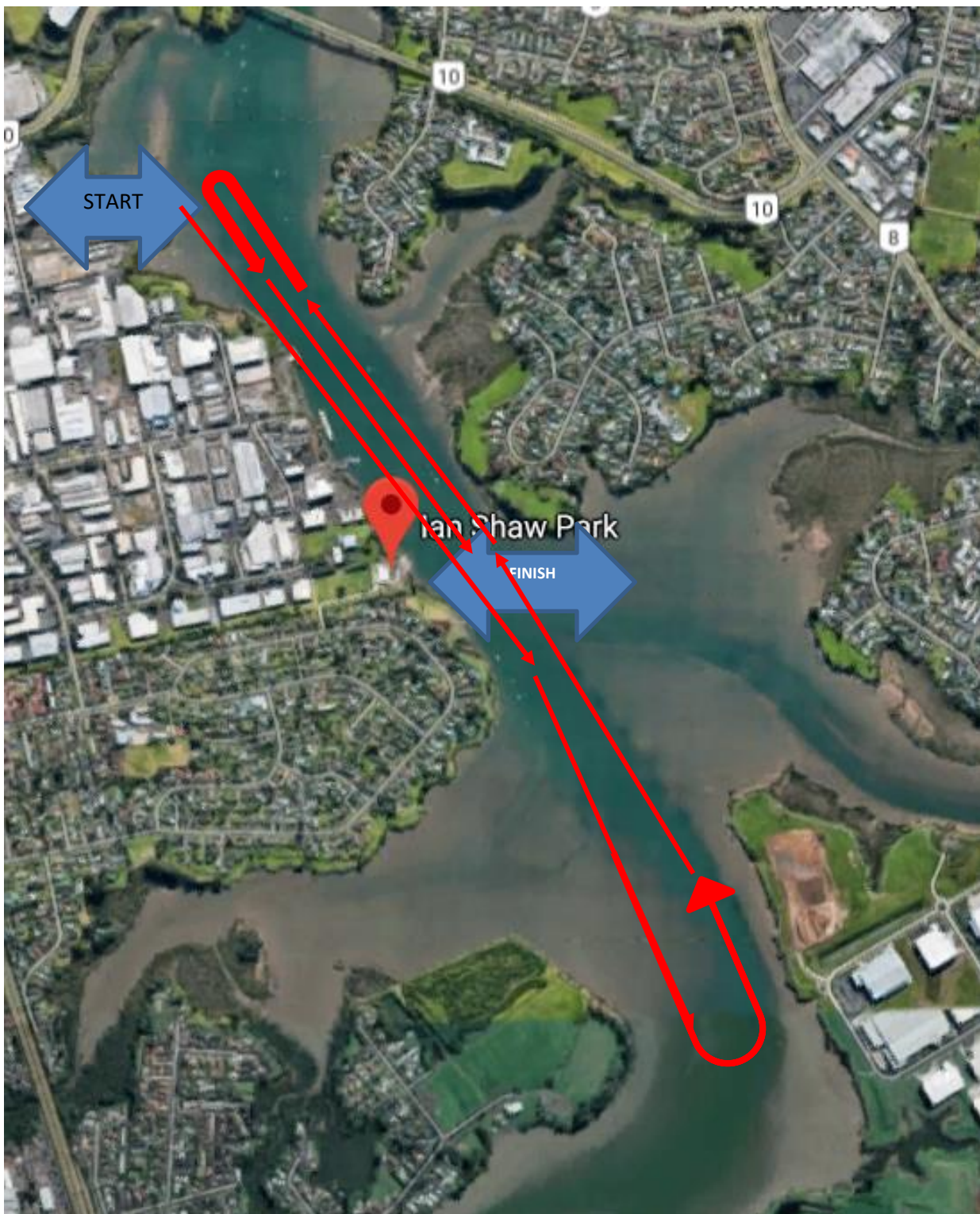
Race 3 – W1 – All Seniors (5KM)

- Start: Triangle
- Turn 2nd Bridge
- Finish: Jetty (Pink Flag)



Race 4 – W6 All Juniors (5KM)

- Start: Black Buoy
- Turn Green Pole
- Finish: Jetty (Pink Flag)



Race 5 – W12 All (5KM)

- Start: Triangle
- Turn 2nd Bridge
- Finish: Jetty (Pink Flag)



Venue Information

The Ramp, Ian Shaw Park Panama Road, Mt Wellington

The following are key areas for your information:

Admin	Inside the ARC Shed in front of building
Safety Checker & Loading Bay	In front of Admin & ARC Building
Soup Station	Next to Admin
First Aid	Admin/Soup Station
W1	Area for W1 storage - Drop-off on Flat Rock Reserve
W6	Area for W6 storage - Drop-off on Ian Shaw Park
Club Trailers	Area for Club Trailers – Drop-off on Ian Shaw Park
Public Parking	Sand/grass area (depending on weather) when you drive into Ian Shaw Park, Flat Rock Reserve. More parking on Panama Road.
Toilets	Public Toilets will be at the bottom of the NHM and the side of the ARC Building

If you have any questions, please come and see us at Admin

