



# 20<sup>TH</sup> ANNIVERSARY REGATTA

## THE RAMP

### IAN SHAW PARK

## Programme

Saturday 16 November 2019

High Tide: 10.50am

Low Tide: 16.40pm

6.35am	Karakia
6.45am	Registration Open Unload & Rig Waka
7.00am	Safety Checks Open
7.45am	<p><b>Race 1 BRIEFING (5KM)</b> All Female W1 Divisions All Novice and Juniors MUST WEAR LIFE JACKETS</p> <p><b>Race 2 BRIEFING (5KM)</b> All Male W1 Divisions All Novice and Juniors MUST WEAR LIFE JACKETS</p>
8.15am	<p><b>Race 1 START</b> All Female W1 Divisions</p>
8.30am	<p><b>Race 2 START</b> All Male W1 Divisions</p>
9.45am	<p><b>Race 3 BRIEFING (5KM)</b> All Female W6 Divisions ALL Novice and Juniors MUST WEAR LIFE JACKETS</p> <p><b>Race 4 BRIEFING (5KM)</b> All Male W6 Divisions All Novice and Juniors MUST WEAR LIFE JACKETS</p>
10.15am	<p><b>Race 3 START</b> All Female W6 Divisions</p>
10.30am	<p><b>Race 4 START</b> All Male W6 Divisions</p>
11.30am	<p><b>Race 5 BRIEFING (5KM)</b> All Female W12 Division All Junior &amp; Novice MUST WEAR LIFE JACKETS</p> <p><b>Race 6 BRIEFING (5KM)</b> All Male W12 Divisions All Novice and Juniors MUST WEAR LIFE JACKETS</p>
11.45am	<p><b>Race 5 START</b> All Female W12 Divisions</p>
12.00pm	<p><b>Race 6 START</b> All Male W12 Divisions</p>

There will be Hot Soup after each Race

**REGISTRATIONS CLOSE TUESDAY 12 NOVEMBER 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:**

**\$30 Fee for all Juniors and Seniors  
(one fee even if racing multiple times)**

## 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

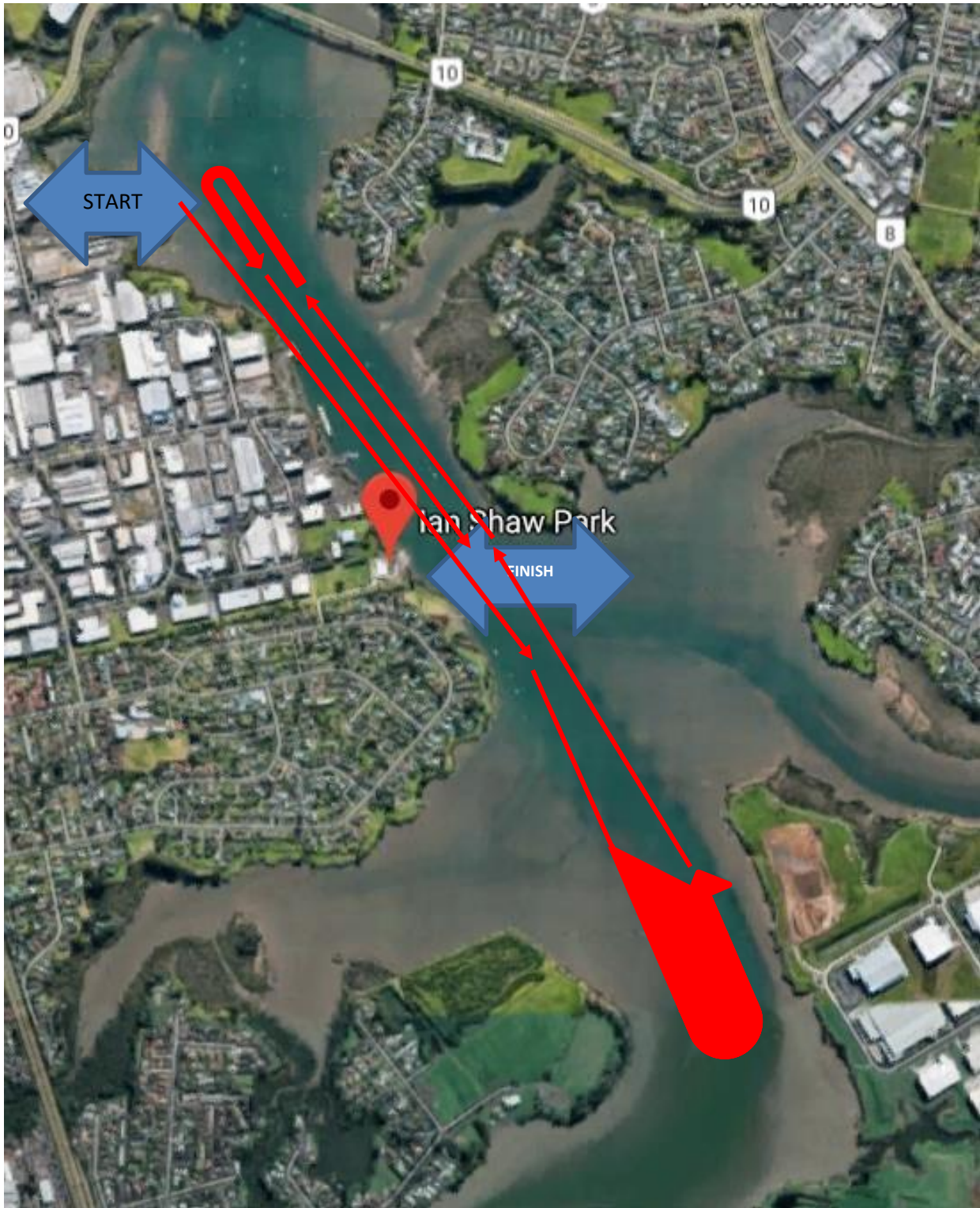
**The Race Director has the right during the race to withdraw any team, if in his/her opinion, it is considered that the crew is in danger or likely to be unable to complete the race.**

**All Races (5KM)**

Start at Triangle  
Turn at 2<sup>nd</sup> Bridge



All Races (5KM) Bad Weather



## Venue Information

The Ramp, Ian Shaw Park  
Panama Road, Mt Wellington

The following are key areas for your information:

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

