

NQ OCEAN PADDLE SERIES 2019

Series Information 2019

General Information



[/North Queensland Ocean Paddle Series](#)



[/NQOPS](#)

This booklet consists of important information competitors will need prior to the event. Please take your time to read through this booklet to ensure you are prepared for the event.

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About Us

NQ Ocean Paddle Series (NQOPS) aims to create an opportunity for North Queenslanders to experience what most of us take for granted – our beautiful ocean waters. The series enables those to compete competitively, for self-improvement or even just for the fun of getting out in the sun.

Courses are based within Townsville, Magnetic Island and Innisfail varying in distances to suit expert, intermediate and beginner and junior paddlers.

The 2019 series consists of 7 events in total, each having a Long, Short, SUP and Junior Options.

Registrations

Entrants can register through our website www.ngoceanpaddleseries.com.au. We encourage competitors to register online to avoid the “On the Day” late registration fee of \$10 per craft.

If you are registering on the day, please be early so that we can process your registration in a timely way.

NQ Ocean Paddle Series 2019 Events

Long Course – Long course paddler are mostly point to point paddles.

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Short Course – Short course paddles are designed for the less confident paddler. The course are mostly out and back laps ensuring that paddlers can pull into shore if required. There are a few selected point to point races

SUP and Junior – SUP and Junior paddlers will paddle approx half the short course distance.

The last race of the short course series will be a point to point race for Short course, SUP and Junior paddlers.

All races are subject to change depending on weather conditions.

| Race 1 – Strand Paddle Day | |
|--|--------------------------------|
| Date | Sunday 10 th March |
| LONG COURSE - km | 12km |
| Briefing time | 1:30pm |
| Start Location | The Strand beside The Rockpool |
| Start Time | 2:00pm |
| Finish location | The Strand beside The Rockpool |
| SHORT COURSE - km | 4km |
| SUP & JUNIOR – Km | 2km |
| Short Course Briefing time | 1:30pm |
| Short Course Start time | 2:00pm |
| <i>Distances are approx. and subject to change</i> | |

| Race 2 – Horseshoe Bay to Picnic Bay | |
|--------------------------------------|---|
| Date | Saturday 27 th April (part of Adventurethon) |
| LONG COURSE - km | 20km |
| Briefing time | 2:15pm |
| Start Location | Horseshoe Bay |
| Start Time | 2:30pm |
| Finish location | Picnic Bay |
| SHORT COURSE - km | 9km |
| Briefing time | 3:15pm |
| Start Location | Picnic Bay |
| Start Time | 3:30pm |
| Finish location | Picnic Bay |
| SUP & JUNIOR -km | 2km |
| Briefing time | 3:45pm |
| Start Location | Picnic Bay |

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|--|-------------------------|
| Start Time | 4:00pm |
| Finish location | Picnic Bay |
| PRESENTATIONS – All Races | 6pm – Picnic Bay |
| <i>Distances are approx. and subject to change</i> | |

Race 3 – River Rush

| | |
|--|---|
| Date | Saturday 29 th June & Sunday 30 th June (part of Adventurethon) |
| LONG & SHORT COURSE | Saturday 29 th June |
| LONG COURSE - km | 14km |
| Briefing time | 7:15am |
| Start Location | New Boat Ramp @ 5 th Avenue |
| Start Time | 7:30am |
| Finish location | Pallarenda |
| SHORT COURSE - km | 10km |
| Briefing time | 8:00am |
| Start Location | Pallarenda (roundabout) |
| Start Time | 8:15am |
| Finish location | Pallarenda |
| | |
| SUP & JUNIOR COURSE | Sunday 30 th June |
| SUP & JUNIOR - km | 1km |
| Briefing time | 7:15am |
| Start Location | Pallarenda (near the roundabout) |
| Start Time | 7:30am |
| Finish location | Pallarenda (near the roundabout) |
| <i>Distances are approx. and subject to change</i> | |

Race 4 – Etty Bay

| | |
|-------------------|-----------------------|
| Date | 13 th July |
| LONG COURSE - km | 23km |
| Briefing time | 1:45pm |
| Start Location | Cowley Beach |
| Start Time | 2:00pm |
| Finish location | Etty Bay Beach |
| SHORT COURSE - km | 8km |

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| | |
|--|--------|
| SUP & JUNIOR – km | 4km |
| Short Course Briefing time | 1:45pm |
| Short Course Start time | 2pm |
| <i>Distances are approx. and subject to change</i> | |

Race 5 – Around Magnetic Loop

| | |
|--|--|
| Date | Sunday 11 th August |
| LONG COURSE - km | 5 stages – 37.9km total Anti-Clockwise Stage 1 – 4.46km ALMA BAY to PICNIC BAY Stage 2 – 9.26km PICNIC BAY to WEST POINT Stage 3 – 10.9km WEST POINT to HORSESHOE BAY Stage 4 – 9.78km HORSESHOE BAY to ALMA BAY Stage 5 – 3.5km ALMA BAY to NELLY BAY |
| Briefing time | 8:15am |
| Start Location | Nelly Bay |
| Start Time | 8:45am |
| Finish location | Nelly Bay |
| SHORT COURSE & SUP- km | 10km |
| Short Course Briefing time | 8:15am |
| Short Course Start time | Approx. 9:30 or when the long course reach Westpoint |
| <i>Distances are approx. and subject to change</i> | |

Race 6 – Cape 2 Cape

| | |
|--|---------------------------------|
| Date | 15 th September |
| LONG COURSE - km | 25km |
| Boat loading | 7:45-8:15am |
| Start Location | Boat loaded onto Sealink vessel |
| Start Time | Approx. 12pm |
| Finish location | Pallarenda |
| SHORT COURSE - km | 12km |
| Short Course Briefing time | 12pm @ Tobruk Beach |
| Short Course Start time | 12:30pm @ Tobruk Beach |
| <i>Distances are approx. and subject to change</i> | |

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| Race 7 – Magnetic Mystery | |
|--|--------------------------|
| Date | 9 th November |
| LONG COURSE - km | 8-16km |
| Start Location | Magnetic Island |
| Start Time | Approx 3pm |
| Finish location | Townsville coastline |
| SHORT COURSE - km | 2-8km |
| Short Course Briefing time | |
| Short Course Start time | Approx. 3pm |
| <i>Distances are approx. and subject to change</i> | |

***Distances and Timings are subject to change due to conditions on the day**

Safety and Emergency

Safety Equipment

All competitors must wear a Personal Flotation Device (PFD) and Leg Leash for every event. All long course competitors must have a smoke flare on craft during the race.

Smoke flares can be purchased from us for, contact: admin@ngoceanpaddleseries.com.au

SAFETY REMINDER

- Wearing a level 50 (type 2) foam PFD is compulsory.
- All paddlers must wear a leg leash
- Long Course paddlers must carry an orange smoke flare

Know the Course

We advise all competitors to study the course before participating to ensure they are familiar with what is to be expected. It is also important for competitors to be sure that they are able to complete each course safely in regards to their fitness capabilities. Safety precautions will be undertaken at each event to ensure the safety of all competitors.

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Course maps and other information can be reached in this brief and on our website, Facebook Page and information booklets sent out before each event. Do not hesitate to contact us if you have further questions.

On Course Water Safety

Buoys

Buoys will be placed throughout the course to ensure each competitor recognizes where to go. This will prevent competitors becoming lost and confused.

Rescue & Safety Boats

Between two to three boats or jet skis will be monitoring the long course throughout each event. These craft will constantly examine the front, middle and rear of the fields in search of paddlers experiencing difficulties and ensuring competitors feel safe.

The short course will have at least 1 safety boat and possibly a kayak monitoring the course.

Other Crafts

Competitors must give way to other crafts in water. Other crafts that are larger in size must be avoided and once passed; competitors are fine to then follow on from behind.

Emergency/Safety Signals

Keep to your Craft

Competitors are strongly advised to keep close and attached to their craft in an emergency. This will make it easier for Safety Officers locate individuals.

Signalling

In an emergency or in need of help, competitors are advised to get in contact with any water safety on course. This can be done by:

- Where possible keep paddling. You are safest while paddling in your boat.
- Yell or signal in any way to other paddlers and safety craft.
- If you have come out of your boat and require assistance, wave your paddle in the air or signal other craft in any way. Falling out occurs often and many times paddlers do not require assistance, so if you require assistance you need to attempt to signal.
- Communicating to other paddlers in the race and letting them know of your circumstance, other paddlers are then advised to then communicate the issue to the next safety craft they see on course.
- Do not hesitate to deploy your flare if you require urgent assistance and you cannot gain the attention of the safety craft. It is best to deploy the flare before you drift too far off course or fall along way behind other craft.

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It is advisable for long course competitors to take a mobile phone with you in a waterproof case/bag to use in the event of emergency. Please ensure that you have the emergency contact number Joel Savage 0447496489 and secondary contact Tamara Savage 0409408059 programmed into your phone.

Some paddlers purchase a cheap or second-hand pre-paid to use as an emergency phone to avoid the possibility of losing an expensive smart phone.

On The Day

Registrations & Sign Up

Forms

All competitors must sign an indemnity form before attending any events. Only one form is required to be filled for the entire series.

Signing In

All competitors must sign in at the Registration Desk before attending any event. This is to ensure officials are aware of who is out in the water.

Race Numbering

Competitors will be given a race number once registered. This will be your race number for the entire series if you are to compete in any other event. These race numbers will be pinned to the front of your PFD, please return the race number at the end of the race for use at the next race.

Long Course - Craft Pick Up

Since some race start and finish points are at different locations, it is important for long course competitors to plan a pick up from the finish point. Below are options competitors may choose to plan their craft pick up:

- Plan for another individual (spectator) to drop you at start point and drive to meet you at the finish point and pick up your craft.
- Grab a buddy who is also competing in the race. You can then plan to have one car left at the start point and one at the finish point to load crafts.

It is crucial for competitors to have their craft pick up plan in order so they are not stranded or stuck at the finish location.

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Race Start/Finish & Timing System

An official will use a certain signal to start the race which will be mentioned at the race briefing. Competitors will be timed from when the signal was given until they reach finish point.

The finish point will depend on the location and be mentioned at the race briefing before the race start. The finish line will be marked with banners, gazebo and flags – visible for all competitors.

Competitors must always aim to finish between the markers which indicate the finish line in that race (mentioned by official) to ensure timers can record time and number.

Food/Drink

Free sausage sizzle, cold water and fresh fruit (thanks to The Precinct & Willows Fresh Food Market), will be available for competitors at the finish point. Spectators may purchase a sausage sizzle for \$2

Post Event

Craft Wash Down

There will be a hose available for competitors to rinse down and wash their crafts at the finish point.

Post Race Rehab

Spark posture and movement will be available for pre and post race massage as well as advice on rehab/training options. If you're feeling sore from paddling, make sure you take the time to chat to Harry and avoid injury that could put you out for the rest of the series.

Presentations

There will be no official presentations after each individual event. 1st place in each category will be awarded as they finish (this prizes can be collected from the BBQ area). Random prize draws will also be awarded based on finish position (random numbers are chosen). If you are a random prize winner you will be directed to collect your prize from the BBQ area by the timing crew.

We encourage you to stay and chat at the finish line and cheer on the final paddlers, it's a great atmosphere! We do understand however that people have many other things to do over the weekend and cannot always stay.

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Results can be found at <http://nqoceanpaddleseries.com.au/results/> quite soon after each race is completed. Where possible, results will be available on the computer at the races when most paddlers have finished or as soon as the last paddler arrives.

NQ Ocean Paddle Series Points

To be eligible to win a series position, you must compete in 3 or more series races. You can collect a race point by attending a race as a volunteer (must be pre-arranged) if you are unable to race.

Points allocation

Category Points – These are awarded based on your finish position for your category.

Overall Points – These are awarded to the top 10 based on your overall finish position (long course only) regardless of your category. They are split into Male and Female Overall. Sprint points are added to the overall points for final score.

Sprint Points – These are awarded at the sprint before each race. Sprints are split between male and female.

Long Course Categories

| | | |
|--------------------------|--------------------------|------------|
| Male Open Ski | Male Open OC1 | OC2/Double |
| Female Open Ski | Female Open OC1 | Open SUP |
| Male Masters Ski (40+) | Male Masters (40+) OC2 | OC6 |
| Female Masters Ski (40+) | Female Masters (40+) OC2 | |

Short Course Categories

| | |
|---------------------|---------------|
| Short Course Male | Junior Female |
| Short Course Female | SUP Male |
| Junior Male | SUP Female |

Other categories such as Grand Masters, Plastic Kayak, Male/Female etc will be created as required.

Points Allocation

| Placing | Points Accrued |
|-----------|----------------|
| 1st Place | 16 Points |
| 2nd Place | 13 Points |
| 3rd Place | 11 Points |

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|-------------------------------|----------|
| 4th Place | 9 Points |
| 5th Place | 7 Points |
| 6th Place | 6 Points |
| 7th Place | 5 Points |
| 8th Place | 4 Points |
| 9th Place | 3 Points |
| 10th Place | 2 Points |
| All Finishers (category only) | 1 Point |

Sprint Points Allocation

| Placing | Points Accrued |
|----------------|-----------------------|
| 1st Place | 3 points |
| 2nd Place | 2 points |
| 3rd Place | 1 point |

Race Volunteer – 1 point

Points for Race 5 -Around Magnetic Loop will be different from the standard point system as points will be awarded for each stage of the race. See Around Magnetic Loop race booklet for point details.