



Parihaka Sports Club Inc. Sprints Regatta

Saturday Race Programme – 20th Nov'10

Venue	Beach Road, Onerahi (next to Onerahi Yacht Club) Low tide approx. lunchtime
Time	9 a.m. – 3 p.m.
Distance	W6s - 500m / 1500 / 4.5km W1s - 500m
Official Email address	gaila@manaiapho.co.nz
9 a.m.	Karakia
9.15 a.m.	Registrations (or before the day) Race briefing
9.30 a.m.	Mixed Relay Race commences
12 – 12.30 p.m.	LUNCH
3pmish	FINISH

Parihaka appreciates the costs that are incurred for teams for travel, hireage of waka, kai to get to all the regattas In Tai Tokerau. Therefore by keeping our expenses to a minimum we can charge a cheaper entry fee for everyone.

We are providing on the day a BBQ and hopefully the coffee man.

All we ask is that you are early and ready for the start of the day

ENTRY FEE	\$5 per adult
	School age NO CHARGE
CATEGORIES	J16 / J19 / MEN & WOMEN
ENTRY FORM	Complete the Entry Form, please have all paddler names recorded. Email us with the teams you are entering.
DRESS/UNIFORMS:	All paddlers must dress to suit conditions and be prepared for warmer clothing.
RACE BRIEFING:	All steerer's or a club member to attend – fairly straight forward.
LIFEJACKETS:	Clubs please ensure you have lifejackets for your teams, NKOA Safety Rules to be adhered. (Safety Rules below)
NO PROTESTS	
SAFETY CHECK:	All waka will be required to pass a safety check by the Safety Officers before racing.
RACE RESULTS:	We will not be taking times at this regatta.
CANCELLATIONS:	Please ensure that you email us with a contact person with a cell phone number. A decision will be made closer to the day.

Race Events

Race Event 1:

- W6 - (500 metres) – “Mixed Relay”
 - 3 men, 3 women , 1 singles men, 1 singles women
 - Every club can compete – (if you don’t have a womens W1 paddler let us know).
 - Two W6 mixed teams : start from beach, two turning points, back to beach and change
 - W1 womens one way sprint, W1 mens return sprint (change at beach)

Race Event 2:

- W1 Men – (500 metres - twice)
 - Run in between the women W6s
- W6 women & junior teams– (500 metre sprint - twice)
 - We will attempt to run all races together, waka availability
 - Two 500m sprints, return to start line and a 2nd race will run

Race Event 3:

- W6 men & junior teams– (500 metre sprint - twice)
 - We will attempt to run all races together, waka availability
 - Two 500m sprints, return to start line and a 2nd race will run
- W1 Womens – (500 metres - twice)
 - Run in between the mens W6s

LUNCH BREAK (1/2 HOUR)

Race Event 4:

- W6 women & junior teams– (1500 turns)
 - We will attempt to run all races together, waka availability

Race Event 5:

- W6 men & junior teams– (1500 turns)
 - We will attempt to run all races together, waka availability

Race Event 6:

- W6 any mix – (4.5km Limestone Island)
 - We will attempt to run all races together, waka availability