

## 2019 Waka Ama Long Distance Nationals Pānui 1 | October 2018

*Whakataka te hau ki te uru  
Whakataka te hau ki te tonga  
Kia mākinakina ki uta  
Kia mātaratara ki tai  
E hī ake ana te atākura  
He tio, he huka, he hauhu  
Thei mauri ora*



*E ngā tini, e ngā mano, he karanga tēnei ki te hunga waka kia whakarauika mai ki ngā wai o Tāmaki Makaurau. Ka tū ngā whakataetae hoe tawhiti o te motu te tau 2019 ki kōnei. Nau mai, haere mai.*

### 2019 LONG DISTANCE NATIONALS

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Auckland Region Outrigger Canoe Association (AROCA) in association with Waka Ama New Zealand (WANZ) is proud to host the 2019 Waka Ama Long Distance Nationals (LDNs) to be held in Auckland at The Landing, Okahu Bay on 19<sup>th</sup> - 20<sup>th</sup> April 2019.



### IMPORTANT DATES

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- 1 April Entries close
- 5 April Roster closes
- 11/12 April Clubs invoiced for registration fees
- 19 April LDN Pōwhiri
- 19 April Race 1,2 and 3
- 20 April Race 4, 5 and 6
- 21 April Back Up Race Day

### BACK UP RACE DAY

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If the weather or sea conditions make it unsafe to paddle any one of the allocated races then Sunday, 21<sup>st</sup> April 2019 is the back-up race day. Paddlers are advised to make plans to be available that day.

## ENTRY FEES

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The fees for all entries received prior to 29 March are:

Grade	W6	W1 Rudderless/W1 Rudderred/W2	Combination
Seniors	\$60 each	\$60 each	\$90 each
Juniors	\$40 each	\$40 each	\$60 each

### NOTE:

- If a senior paddler is entered in both the W6 and W1 Rudderless/W1 Rudderred races the entry fee payable is \$90.00.
- If a Junior paddler is entered in both the W6 and W1 Rudderless/W1 Rudderred races, the entry fee payable is \$60.00.
- Entry into a third event would cost a further \$30.00 for seniors and \$20.00 for Juniors ie: W6 + W1+W2 = \$120.00/Senior or \$80/Junior.
- Entries received after 1<sup>st</sup> April 2019 will be deemed to be late entries and will be charged an additional \$20 per paddler.
- Any late changes after the 1<sup>st</sup> April will incur an additional \$20 per paddler administration fee e.g. division changes, paddler swap, additions.

**Any club that withdraws teams after being invoiced will still be charged the full entry fee**

**All team entries are to be entered via the Waka Ama New Zealand website through your Club Coordinator.**

## RACE DISTANCES AND COURSES

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All race courses are on the open water of the Waitemata. The race course will be set closer to the event based on the weather and ocean conditions to provide all paddlers with an enjoyable, challenging and safe experience.

Waka	Distance	Divisions	
<b>W6:</b>	24-28km	Open, Master and Senior Master	Men, Women & Mixed
	16-20km	Gld Master, Master 70, J19	Men, Women & Mixed
	10-12km	J16	Men, Women & Mixed
	10-12km	Adaptive	Mixed
	10-12km	Short course*	Men, Women & Mixed
<b>W1 Rudderred/Rudderless:</b>	16km	Seniors (U23, Open, Master, Snr Master, Gld Master)	Men & Women
	10-12km	Master 70, J16, J19	Men & Women
<b>W1:</b>	10-12km	Adaptive	Men & Women
<b>W2/W3:</b>	16km	Seniors (U23, Open, Master, Snr Master, Gld Master)	Men, Women & Mixed
	10-12km	Master 70, J16, J19	Men, Women & Mixed
<b>W2:</b>	10-12km	Adaptive	Men, Women & Mixed

\*Not a medal category

## INDICATIVE PROGRAMME

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### Thursday, 18 April:

4.00pm – 7.00pm	Registrations and administration enquiries open
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### Friday, 19 April:

Time TBC	Pōwhiri at the landing Okahu Bay
Race 1 <ul style="list-style-type: none"><li>W1 Ruffled</li><li>W1 Rudderless</li><li>W2</li><li>W3</li></ul>	W1 Ruffled: <ul style="list-style-type: none"><li>Senior Women 16km, Junior 19 Women 10-12km, J16 10-12km</li></ul> W1 Rudderless: <ul style="list-style-type: none"><li>Senior Men 16km, Junior 19 Men 10-12km, J16 10-12km</li></ul> W2/W3: <ul style="list-style-type: none"><li>Senior Women 16km, Senior Mixed 16km, Junior 19 Women 10-12km, Junior 16 Women 10-12km, Adaptive Women 10-12km</li></ul> Adaptive: <ul style="list-style-type: none"><li>W1 Adaptive Men 10-12km</li></ul>
Race 2 <ul style="list-style-type: none"><li>W1 Ruffled</li><li>W1 Rudderless</li><li>W2</li><li>W3</li></ul>	W1 Ruffled: <ul style="list-style-type: none"><li>Senior Men 16km, Junior 19 Men 10-12km, J16 10-12km</li></ul> W1 Rudderless: <ul style="list-style-type: none"><li>Senior Women 16km, Junior 19 Women 10-12km, J16 10-12km</li></ul> W2/W3: <ul style="list-style-type: none"><li>Senior Men, Junior 19 Men 10-12km, Junior 19 Mixed 10-12km, J16 Men 10-12km, J16 Mixed 10-12km, Adaptive Men 10-12km, Adaptive Mixed 10-12km</li></ul> Adaptive: <ul style="list-style-type: none"><li>W1 Adaptive Female 10-12km</li></ul>
Race 3 <ul style="list-style-type: none"><li>Short Course</li></ul>	<ul style="list-style-type: none"><li>W6 Women 10-12km</li><li>W6 Men 10-12km</li><li>W6 Mixed 10-12km</li></ul>

### Saturday, 20 April:

Race 4 <ul style="list-style-type: none"><li>W6 Junior</li><li>W6 Adaptive</li></ul>	<ul style="list-style-type: none"><li>Junior 16 Women, Men and Mixed 10-12km</li><li>Junior 19 Women, Men and Mixed 16-20km</li><li>W6 Adaptive Mixed 10-12km</li></ul>
Race 5 <ul style="list-style-type: none"><li>W6 Women</li><li>W6 Mixed</li></ul>	<ul style="list-style-type: none"><li>W6 Women (Opens, Masters, Senior Masters) 24 - 28km</li><li>W6 Women (Golden Master &amp; Master 70) 16-20km</li><li>W6 Mixed (Opens, Masters, Senior Masters) 24 - 28km</li><li>W6 Mixed (Golden Master Mixed &amp; Master 70 Mixed) 16-20km</li></ul>
Race 6 <ul style="list-style-type: none"><li>W6 Men</li></ul>	<ul style="list-style-type: none"><li>W6 Men (Opens, Masters, Senior Masters) 24 - 28km</li><li>W6 Men (Golden Master &amp; Master 70) 16 – 20km</li></ul>

## COMPETITORS ABILITY

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We are providing opportunities for experienced and capable crews and individuals in age categories from J16 and above. The term “experienced” means that teams and individuals have experience in sea conditions. All Clubs are responsible for ensuring that all paddlers are competent in the divisions that they have been entered into. The Race Director has the discretion to withdraw a team or an individual who is deemed to be unfit or unprepared to complete the race.

The short course race will provide an opportunity to those paddlers who are experienced but are unable to complete the senior distance – the short course events will not be eligible for national medals but will receive AROCA medals as an AROCA event.

## RACE DIVISIONS

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All age groups are as outlined in the Waka Ama New Zealand Race Rules, rule 50.2. Note: J16 minimum age is 11 and J19 Competitors must be a minimum age of 16 in the year of competition.

DIVISION	Minimum (Age as of 31 December 2019)	Maximum (Age as of 31 December 2019)
Junior 16	11	16
Junior 19	16	19
U23	16	23
Open	16	None
Masters	40	None
Senior Masters	50	None
Golden Masters	60	None
Master 70	70	None

- All New Zealand entrants must be from clubs who are affiliated to Waka Ama New Zealand
- All paddlers must be verified in order to enter
- Entrants from overseas clubs are welcome to register for this event but will not be eligible for medals
- The adaptive teams must comprise of 3 adaptive paddlers and 3 non-adaptive paddlers
- Mixed W6 teams must be made up of 3 men and 3 women
- Mixed W2 teams must be made up of 1 man and 1 woman
- Mixed W3 teams must have at least 1 woman

## RACE RULES

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All entrants must be familiar with the Waka Ama New Zealand race and safety rules. Refer to the following link for more information - <http://wakaama.co.nz/pages/read/1003423>.

## WAKA HIRE

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W6 Waka Hire - We encourage teams to bring their own waka to the LDNs. AROCA will not be co-ordinating waka hire arrangements at this event. Instead, Clubs and teams are invited to make direct contact with other Clubs in relation to waka hire enquiries or post any requests or enquiries via the Waka Ama NZ LDN Facebook page.

## ACCOMMODATION

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Auckland has a wide selection of accommodation options to suit all groups and budgets within close proximity to the event venue. We recommend that you use accommodation searches such as Trivago.com, Booking.com or Airbnb to secure suitable accommodation.

## QUESTIONS AND ENQUIRIES

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For any further information please go to [www.wakaama.co.nz](http://www.wakaama.co.nz) or contact us on [ldn@wakaama.co.nz](mailto:ldn@wakaama.co.nz).

On behalf of AROCA, we look forward to hosting you all in Auckland for LDN 2019!  
Nō reira e te whānau whānui tēnei te mihi ki a koutou, tēnā koutou katoa.