

### Kia ora koutou

- Come along and support this kaupapa and enjoy some Waka Ama paddling. The kaupapa is to raise awareness on breast cancer and to “TEST your BREAST”.
- Remember to wear pink and **“PINK YOUR WAKA”** to win prizes.
- Enjoy a free sausage sizzle (for paddlers) after your race and meet some of the amazing people who will be here to offer support and advice.
- Listen to our very own Diva, Krissie Knapp who will stun you with her musical talent.
- Hear some stories from our Breast Cancer Champions; Some of our best paddlers will talk about their journey.
- Go to the Facebook page for updates from paddlers: “100% of Kaiwaka Screened”. Post your pics here
- All proceeds will go to Aratika Cancer Trust. Webpage: [www.aratikatrust.co.nz](http://www.aratikatrust.co.nz)

Contact Hellen on [hellzup@gmail.com](mailto:hellzup@gmail.com) or 021567692

### Keep calm, paddle and get checked

<b>VENUE:</b>	Lakefront, Rotorua – Far end of the Lakefront, by the Te Arawa Waka.
<b>W6 TRAILERS/VEHICLES</b>	A designated area has been set aside for unloading and rigging. You will be guided by our volunteers when you arrive.
<b>ALL OTHER VEHICLES</b>	You will be directed to designated parking areas. As it is a public area, parking will be shared with others.
<b>W1 WAKA (RUDDERED AND RUDDERLESS)</b>	An area is designated for W1 Waka
<b>PROGRAMME</b>	
7.30am	Registrations Open – Register on the day or use the online registrations – Pay on the day.
	Safety Checks
8.30am	Karakia/Race Briefing
9am	W6 Women, J16 Women, J19 Women and Mixed (7Km)
10.15am	W6 Men, J16 Men, J19 Men and Mixed (7km)
11.30am	W1 All paddlers, ruddered and rudderless (7km)
12.30pm	Whanau Race (2km)
1.15pm	Prizegiving
<b>THINGS TO KNOW</b>	
J16 and up	Paddlers must be J16 and up. Must be a minimum of 12 years of age and have an experienced steerer. Intermediate crews will not be eligible.
Register on-line	Put your registrations through the on-line registrations. It will enable us to organise your race for maximum enjoyment and fun!
Registrations	10.00 per paddler. Pay on the day at registration.
Lakefront	Toilets are available in the reserve, a playground for the kids and a café.
Kai	Other healthy kai options will be available for purchase.
Coffee!	The coffee guy will be there to give you your fix!
Health Services	Local Health services will also be available for you to talk with.
Lif jackets Compulsory	J16 paddlers must wear approved and fitted lifejackets. Whanau Race paddlers must also wear approved and fitted lifejackets.
Waka Checks	<ul style="list-style-type: none"> <li>• W6 canoes must have 2 bailers and 6 lifejackets and 1 spare paddle.</li> </ul>

	<ul style="list-style-type: none"> <li>W1/W2 canoes must have 1 bailer (for sit in canoes), 1 x lifejacket per person and 1 spare paddle.</li> <li>All waka will have to pass a safety check and be marked before racing. Any boats not marked will not be permitted to race. (Refer to NKOA Rules for safety equipment requirements).</li> </ul>
Spray Skirts	All waka must have spray skirts available on the day. The Race Director may make spray skirts compulsory if the conditions warrant it.
Race Cancellation	The race organisers have the right to cancel the race or refuse entry if safety of the paddlers is at risk.
Race Briefing	The Steerer and waka captain must attend the race briefing.
Waka Assistance	If a waka needs assistance, the paddler in seat 3 is to raise their paddle. Support boats will assist as required.
Right of way	The lead waka will have the right of way. Give way to waka on the turn buoy if they are ahead of you. No intentional collisions will be tolerated. Respect the Waka.
Clothing	Make sure all paddlers are wearing appropriate clothing for the water and weather conditions.
Event control	The Race Director and his/her officials have absolute control of the event.
Whanau Race	This race is for members of the same whanau to paddle together. Younger members can also participate. An experienced steerer is required. Lifejackets are compulsory and must be worn. Please make sure there are enough lifejackets for each paddler. Lifejackets are the responsibility of the paddler.
Novice Paddlers	These are paddlers who are first time paddlers and should paddle with experienced paddlers also in their waka.
W1 Rudderless	Paddlers doing W1 rudderless must be experienced.
Paddles and Lifejackets	You must provide your own paddles and lifejackets.
Gear for Sale	Lynora has offered gear for sale with proceeds going to Aratika Cancer Trust. Email: <a href="mailto:Lynora@lwear.co.nz">Lynora@lwear.co.nz</a>



Contact Person: ..... Phone number: .....

W6 J16 Women	W6 J19 Women	W6 Open Women	W6 Master Women	W6 Senior Master Women
W6 J16 Men	W6 J19 Men	W6 Open Men	W6 Master Men	W6 Senior Master Men
W6 J16 Mixed (Race 1)	W6 J19 (Mixed Race 1)	W6 Open Mixed (Race 1)	W6 Master Mixed (Race 1)	W6 Senior Master Mixed (Race 1)
W6 j16 Mixed (Race 2)	W6 J19 (Mixed Race 2)	W6 Open Mixed (Race 2)	W6 Master Mixed (Race 2)	W6 Senior Master Mixed (Race 2)
W1 J16 Women Rudderless	W1 J16 Men Rudderless	W1 Open Men Rudderless	W1 Master Men Rudderless	W1 Senior Master Men Rudderless
W1 J16 Women Rudderred	W1 J16 Men Rudderred	W1 Open Men Rudderred	W1 Master Men Rudderred	W1 Senior Master Men Rudderred

1	
2	
3	
4	
5	
6	

Team Captain..... Club Official ..... Date: .....

## W1/W2 REGISTRATION FORM

Club Name: ..... Team Name: .....

Contact Person: ..... Phone number: .....

**Please circle your race category:**

W1 J16 Women Rudderless	W1 J16 Men Rudderless	W1 Open Men Rudderless	W1 Master Men Rudderless	W1 Senior Master Men Rudderless
W1 J16 Women Rudderless	W1 J16 Men Rudderless	W1 Open Men Rudderless	W1 Master Men Rudderless	W1 Senior Master Men Rudderless
W1 J16 Women Rudderless	W1 J16 Men Rudderless	W1 Open Men Rudderless	W1 Master Men Rudderless	W1 Senior Master Men Rudderless
W1 J16 Women Rudderless	W1 J16 Men Rudderless	W1 Open Men Rudderless	W1 Master Men Rudderless	W1 Senior Master Men Rudderless

**Paddlers' Names:**

1	
2	

**Signed:**

Team Captain..... Club Official ..... Date: .....



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