



Paddler Race Guide

Welcome to the inaugural Old Woman Ocean Paddle. Our team is excited to deliver an event that we hope will become a highlight on the Australian ocean paddling calendar.

The following information is intended to provide you with all the details that you will require in order to enjoy a hassle free event experience. Please familiarize yourself with the contents and if you have any queries feel free to contact our team on the contact number listed at the end of this Guide.

All details are current at the time of publication but are subject to change if required. Any changes shall be notified through email and social media channels.

Event Schedule

Date / Time	Activity
Friday 13th September 2019	
5.00pm – 6.30pm	Check In and Late Entries – The Dock, Mooloolaba Wharf
Saturday 14th September 2019	
7.30am – 9.45am	Check In and Late Entries (subject to availability)
8.00am – 10.00am	Craft Scrutineering & Equipment Safety Check
10.05am	Race Briefing – The Old Woman
10.30am	Race Start – The Old Woman: Prone and SUP Paddle Boards
10.45am	Race Start – The Old Woman: Ocean / Spec ski / Double Ski / OC1
11.00am	Race Briefing – The Little Woman
11.15am	Race Start – The Little Woman
02.15pm	Presentations and Awards – The Dock, Mooloolaba Wharf

Race Check In and Late Entries will be available at The Dock on Mooloolaba Wharf on Friday 13 September between 5pm and 6.30pm. We encourage all paddlers to come along at this time, complete your pre-race formalities and enjoy a cold beer and a bite to eat with fellow paddlers.

Late entries may be available to Saturday morning subject to availability.

Race Venue

Mooloolaba Spit Park is the location of the race venue (HQ) including Check In, Start / Finish, sponsor exhibits and, of course, coffee from our friends at First Batch who will have plenty of brews available on Saturday morning.

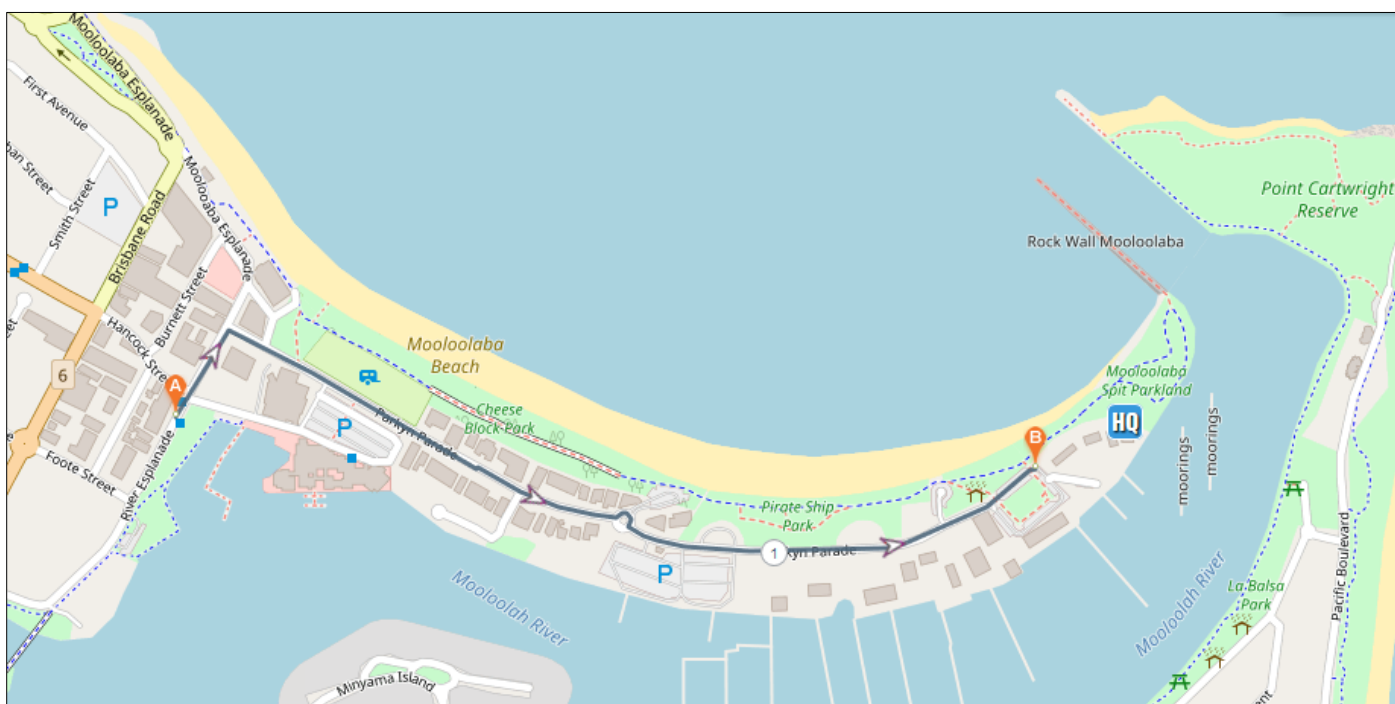
Mooloolaba Spit Park is located at the extreme eastern end of Parkyn Parade, Mooloolaba.

Parking is available on Parkyn Parade as well as the nearby Coast Guard and SeaLife car parks. To assist with your craft, we will have a “Drop and Go” facility available. Simply pull up outside the main entry to the venue and our Ocean Team will carry your craft (carefully!) down on to the beach for you whilst you park your vehicle.

Also available at the Race HQ is a **Bag Drop** where you can leave your valuables during the event. Please note that whilst all care will be taken, we are not responsible for your property.

Should you require **First Aid** a qualified medical professional will be located at the Information tent to provide assistance.

Our good friends from surf mud will be on hand to provide you with your **sun protection** requirements. Drop in to the surf mud tent and chat with Jason and Majella while they provide you with a complimentary dose of surf mud to protect you during the race.





Race Check In

Race Check In is available on either of the following times;

- Friday 13 September 5.00pm – 6.30pm The Dock, Mooloolaba Wharf
- Saturday 14 September 7.30am – 9.45am Race HQ, Mooloolaba Spit Park

During the Check In procedure you will receive a Paddler Pack containing;

- Sample products and special offers from our event supporters
- Craft Race Number – this must be placed on the nose of your craft where it can easily be seen.
- Wrist Band with competitor number – this must be worn at all times as a safety precaution. To redeem your complimentary Land & Sea beer at the Awards / After Party please bring this with you to exchange for a token and to go into the draw for one of the many random draw prizes.
- Timing transponder – to be worn on your ankle during the race and will be collected at the finish line
- Competitor T Shirt (Old Woman 18km paddlers only).

Paddler Safety

The safety and well-being of paddlers is paramount at The Old Woman Ocean Paddle. Subject to conditions on the day the Race Director may impose cut off times at various points on the course to ensure that paddlers safety is not compromised.

It is compulsory for all paddlers to comply with the following:

1. Attend the pre-race briefing held on the beach prior to the race start.
2. For all ski and OC1 paddlers in The Old Woman (18km) event it is mandatory for competitors to wear an approved Personal Floatation Device (PFD).
3. For all SUP and Prone paddlers in The Old Woman (18km) event, it is mandatory for competitors to be connected to their craft at all times by leg leash.
4. Paddlers in both events (The Old Woman and The Little Woman) are required to wear Hi-Vis Clothing. This can be a Hi-Vis lifejacket or Hi-Vis top worn over your PFD.

Throughout the event there will be 4 water safety IRB's, 1 course coordinator boat and a jet ski to lead paddlers around the course.

Race Start Procedure

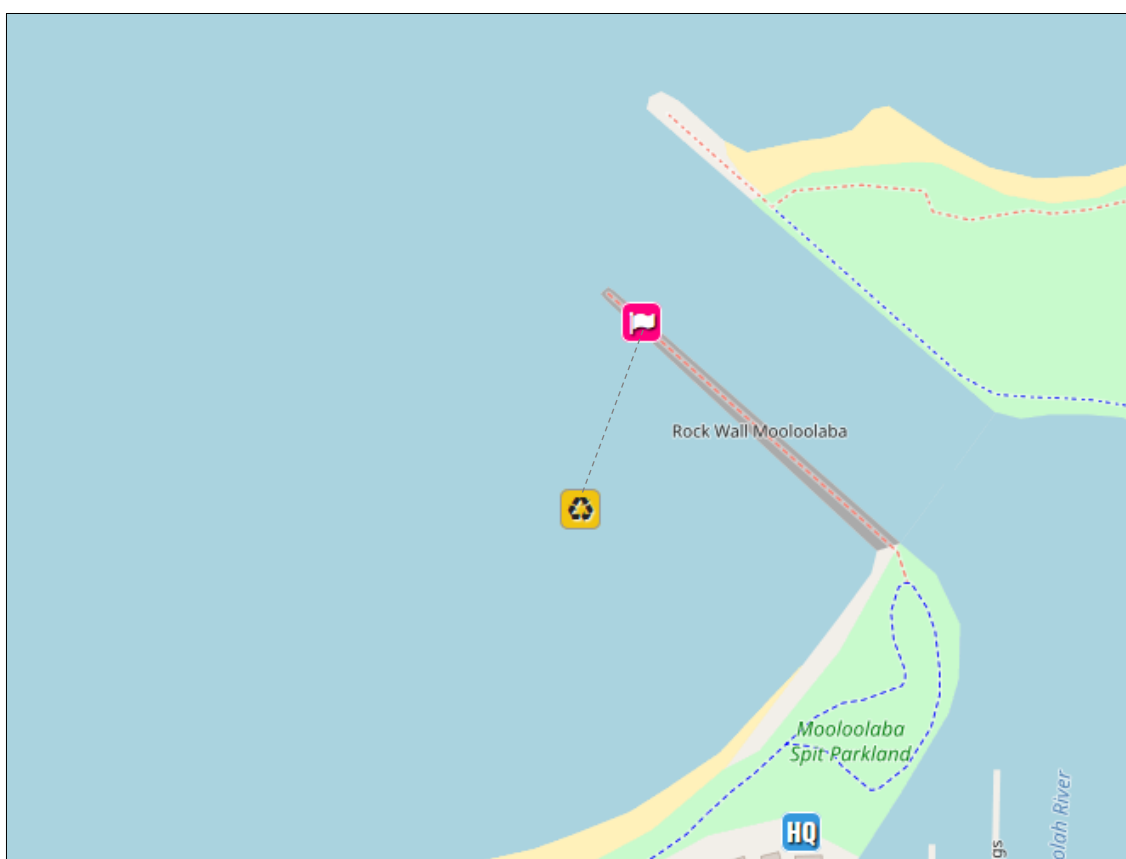
The start format for paddlers in **The Old Woman (18km)** race shall be a deep water start. A virtual line shall exist between the Starter, located towards the northern end of the river mouth rock wall and a large yellow buoy, a width of approximately 100m. Refer to the following diagram.

In the interest of safety and fair competition paddlers should “self-seed” themselves by choosing a position in the pre start area that is a realistic reflection of their competitiveness and paddling ability.

A loud start horn and flag shall indicate the start of the race. The start shall be recorded on video and any paddlers that break the start line may receive a 5 minute penalty added to their finish time.

The sequence of starts will be as follows;

- 10.30am SUP's and prone boards
- 10.45am Ocean Skis and Spec Skis
- 10.47am Double Skis and OC1's

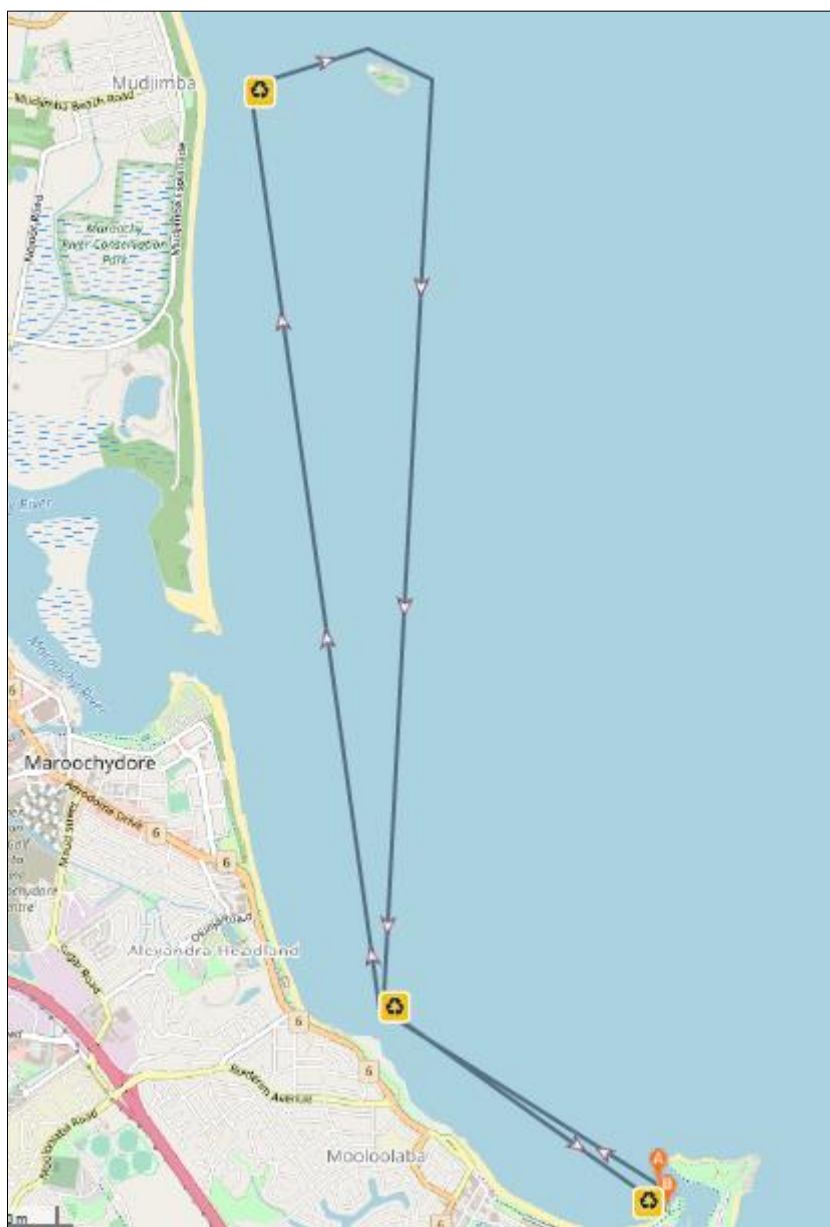


All paddlers in **The Little Woman (5km)** shall commence with a beach / shallow water start adjacent to the finish line. All craft will start at the same time at 11.15am.

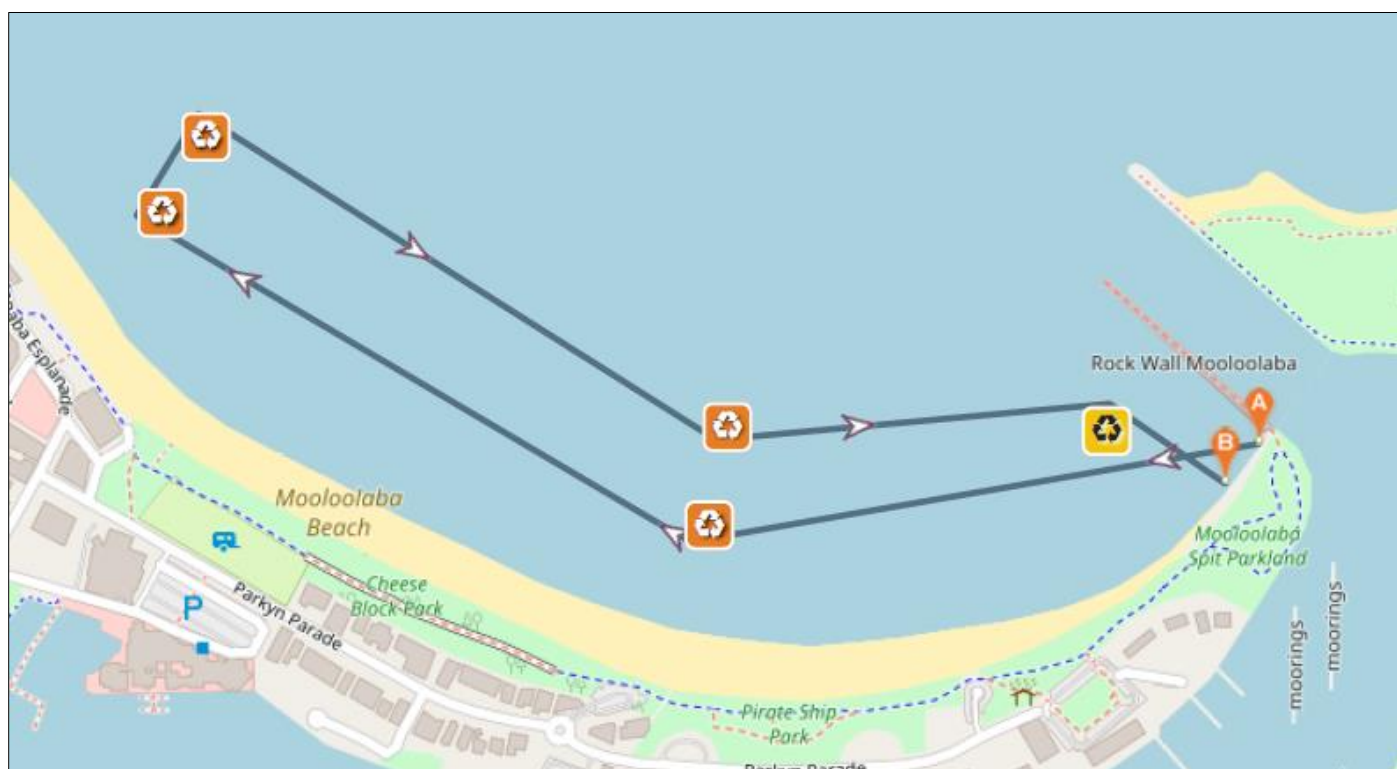
Course Maps and Descriptions

Competitors in **The Old Woman** shall head towards Alex Bluff where they will pass a large yellow buoy, approximately 200m offshore, on their right hand side. From here competitors head directly towards Mudjimba where they will make a right hand turn around another large yellow buoy, approximately 200m offshore.

After rounding Old Woman Island on the northern side paddlers head directly back to the yellow buoy 200m offshore at Alex Bluff where they pass this on their left hand side. From here head directly towards the finish line on the beach passing one final buoy 100m offshore, on their right. Refer to the following course map. A jet ski shall lead the first paddlers around the course.



Competitors in **The Little Woman** shall complete 2 laps of the following course. With the exception of the orange buoy positioned at the mid-way point on the return leg of the course, paddlers should keep all on their right hand side throughout the event.



Finish Line – all competitors shall finish the race by passing underneath the finish arch positioned on the beach. One of our team shall collect your craft from the water’s edge and (carefully!) place it on the beach for you.

Competitors race time finishes when you cross the line under the arch.

Contingency Plans – Should the weather and water conditions be considered unsafe for paddlers the Race Director, at their discretion, may implement a contingency course. If there is a possibility of this happening based on pre event forecasts competitors shall be kept up to date through email and social media channels.

Race Rules

The Old Woman Ocean Paddle is not sanctioned by a state or national sports federation and therefore is not bound by any predetermined race rules. However, we do request that all paddlers practice good sportsmanship and race within the unwritten rules and etiquette of ocean paddling at all times.



Post-Race

Every paddler that completes the course will have achieved a satisfying goal, whether you are here to race or challenge yourself. Our team will be on the beach to welcome you back and provide you with whatever assistance may be required with your craft.

For your convenience, a **craft wash down** facility will be located near the top of the ramp which exits from the beach. Similar to the pre-race drop off area a post-race pick up area will be available and our team can assist you with your craft.

Presentations and the after party will be held at The Dock Mooloolaba with formalities (although we'll keep these short and sharp) scheduled to commence at 2.15pm. Located on Mooloolaba Wharf, The Dock is only about 500m from the Race HQ. As you arrive, your competitors' wrist band will be exchanged for a Land & Sea beer token so you can enjoy your first refreshment (as long as it is a Land & Sea brew) on us. Your wrist band will then go in the barrel so you are eligible for one of the many random draw prizes thanks to our event partners and supporters.

Each division / category winner will receive a trophy whilst the overall winner of each division / category will also receive an additional prize.

Full results will be published on The Old Woman Facebook page as soon as possible. It is our intention to have the full results finalised and published no later than 4pm.

Other Information

As Ocean Paddlers we are all acutely aware of the amount of waste that pollutes the aquatic and coastal environment. It is our objective to limit the amount of single use plastic and non-recyclable materials at this event as much as possible. Your support in achieving this objective will be greatly appreciated.

General Event Enquiries. Additional information can be found via the following sources:

Website: www.theoldwoman.com.au

Email: info@theoldwoman.com.au

Once again thank you for your support of this inaugural event. On behalf of myself and The Old Woman Ocean Crew we hope you have a great race.

Chris Price (Race Director)



Thanks to our Event Partners and Supporters

The Old Woman Ocean Paddle would like to thank and acknowledge the support received from the following businesses.



- Buderim Ginger
- The Happy Snack Company
- SeaLife Sunshine Coast
- Surfshots Noosa
- The Ginger Factory
- The Dock Mooloolaba
- Australia Zoo