



Sunshine Coast Junior Paddling Development Inc.

www.sunout.com.au

A.B.N.: 33 878 436 695

1-Apr-09

2009

East Coast Junior Outrigger Championships

Saturday 26th to Monday 28th September

OFFICIAL BRIEF

Dear paddlers and parents,

We are proud to present the East Coast Junior Outrigger Championships being held once again at Lake Kawana on the beautiful Sunshine Coast.

Congratulations to all the paddlers that took part in last year's event we hope you enjoyed the paddling even though the weather was terrible.

Welcome back to past paddlers and a warm welcome to all the new paddlers taking part in this years Championships.

The following brief is for your information:

Cost \$70.00 per person

This covers racing fees for Sunday 27th and Monday 28th September, also includes a gift pack and meal on Sunday Night 28th.

SATURDAY 26th SEPTEMBER 09

OC1 Mooloolaba Race

Briefing 7:00am Sharp on the beach

7:30am Senior Short Course & U/19's 8km

**8:30am U/14 2km
U/12 1km
U/16 6km**

5:00pm Lake Kawana Community Centre on Sportsman Parade Lake Kawana

SIGN ON FOR JUNIOR EVENTS ON LAKE KAWANA

Pasta will be served at the sign for a small cost of \$5.00 each.

PO Box 5510, Maroochydore South, Queensland 4558

SUNDAY 27th SEPTEMBER 09

VENUE LAKE KAWANA

7:00am Brief for OC6 Sprints

7:30am Racing Start

OC6 250m Sprints Heats

**U/14's Heats
U/19's Heats
U/12's Heats
U/16's Heats
Finals**

Briefing for 500m OC6 Sprints (Includes One Turn)

OC6 500m Sprints Heats

**U/14's Heats
U/19's Heats
U/12's Heats
U/16's Heats
Finals**

Briefing for OC6 Marathons (Must have a minimum of two girls in your crew)

OC6 Marathons

**U/14's – 4km
U/19's – 8km
U/12's – 2km
U/16's – 6km**

Medal Presentation

7:00pm Meal and Medal Presentations at

(\$10.00 per meal for adults)

PO Box 5510, Maroochydore South, Queensland 4558

MONDAY 28th SEPTEMBER 09

VENUE LAKE KAWANA

7:00am Briefing for OC1 Sprints
(OC1 ARE RUDDER ON)

7:30am Racing Start

OC1 Heats

U/14's – 250m Heats
U/19's – 500m Heats
U/12's – 250m Heats
U/16's – 500m Heats
Finals

Briefing for OC2 Mixed Sprints

OC2 Heats

U/14's – 500m Heats
U/19's – 500m Heats
U/12's – 500m Heats
U/16's – 500m Heats
Finals

Medal Presentation

7:00pm Meals and Medal Presentation at

SPONSORS



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PO Box 5510, Maroochydore South, Queensland 4558