

2018 DUKE KAHANAMOKU CANOE RACE - WOMEN

Saturday, August 18, 2018

The woman's course is approximately 10 miles starting from Kailua Beach Park, head straight out past Flat Island, right turn behind Flat Island, counter-clockwise around the Mokulua Islands, head to Bird Island & go counterclockwise around Bird Island, head straight towards Castles (buoy at Castles), left turn at Castles buoy, then head back to Kailua Beach Park to finish. Crews will finish between buoy and the beach (buoy will be on the left side and beach will be on the right side).

DATE AND TIME: **Saturday, August 18, 2018** **Race Start Time:** 8:30am
Coaches Meeting: 8:00am

CREW REGISTRATION: **Saturday, August 18, 2018, 7am-8am, Kailua Beach Park**
All crew registration must be online. There will be no paper registration.
Registration link at: www.lanikaicanoeclub.org or www.ohcra.com

CREW ENTRY FEES: \$180 (Cash or Checks made to: Lanikai Canoe Club)
Payment must be made on Saturday, August 18, 2018, at registration.

CREW DIVISIONS: Open Women Master Women 55's
Master Women 40's Master Women 60's
Master Women 50's Women's Koa
Junior Women- ages 15-18 years old
Women's Unlimited Class

*******CANVAS IS REQUIRED FOR ALL CANOES. NO EXCEPTIONS.*******

GENERAL INFORMATION:

- OHCRA rules will apply. You must be a member in good standing of HCRA, (liability waiver signed if not registered with HCRA)
- Out-of-State clubs must provide COI with club name and OHCRA as additional insured (Paddlers names must be listed as club members)
- Crews affiliated with an out-of-state club are subject to approval.
- Canoes must have their racing number sock displayed on the canoe and secured with duct tape. Racing number socks or stickers will be distributed after completion of registration.
- Canoes must have a canvas cover-absolutely no exceptions.
- After the race is completed, one member from the crew **MUST** return the racing number sock to the Lanikai CC registration tent to receive lunch, drinks, snacks and race participation merchandise. If it is an Unlimited canoe with racing sticker, tell the registration table personnel the number of the canoe.

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COURSE: Le Mans Start (4 women in the boat, 2 women out of the boat) with 2 Heats

- **1st Heat:** #1 - #40 (Spec Canoes) Green & White Racing Sock
- **2nd Heat:** #41 - #60 (Unlimited Canoes) Yellow & Black Sticker
- Canoes line up on the beach with 2 paddlers holding the canoe, 4 paddlers in the canoe.
- Start: The official boat will raise the yellow flag- race will start within 1 minute. HORN TO START FOR 2 PADDLERS TO GET IN THE CANOE AND GO.
- Paddle out to sea, keeping Flat Island to the right.
- Pass Flat Island, turn right and head to the Mokulua Islands.
- Go counterclockwise around the Mokulua Islands.
- Head to Bird Island and go counterclockwise around Bird Island.
- Head straight to Castles (buoy at Castles)
- Left turn at Castles buoy.
- Return to Kailua Beach
- Finish between buoy and the beach (buoy will be on the left side and beach on the right side).

AWARDS: Approximately 30 minutes after last canoe finishes at Kailua Beach Park

- Individual medals for 1st, 2nd, and 3rd place finishers in each division.
- Lunch, fruits, snacks and drinks provided for each crew member (Racing number sock must be returned to Lanikai CC registration tent. If it is an Unlimited canoe with racing sticker, tell the registration table personnel the number of the canoe)
- Duke Race shirts for each crew member.