

NA WAHINE O KE KAI WORLD CHAMPIONSHIP

Sunday • September 29 • 2024

Presented by

HAWAII TOURISM
AUTHORITY



Nā Wāhine O Ke Kai

Aloha mai kakou,

On behalf of the 2024 Moloka'i Channel Races Committee, we welcome you to our beautiful Hawaiian Islands. We hope that your stay in the islands is memorable. Furthermore, we wish each crew, paddler, club and supporter our fondest Aloha and Mahalo while here.

For our kama'aina, we welcome you back once again to this event. Each of you are what make our event so successful and the most prestigious canoe race in the world. We look forward to another successful event due to your continued support and cooperation!!

For those unable to join us for the festivities, we encourage you to watch live TV coverage, starting at 7:40 am on KHON and KHIII, or live computer internet streaming on our home page www.nawhaineokekai.com, beginning at 8:00am.

For anyone on O'ahu, please join us at Duke Kahanamoku Beach for our finish line activities. There will be a huge event tent with TV monitors available for everyone showing the live action of all the crews in the channel. Be the first to greet the crews as they come across the finish line.

Best of luck in tackling the Ka'iwi Channel! May you be safe, show great sportsmanship on the water.

Mahalo nui,

Your 2024 Moloka'i Channel Races Committee

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Safety Policy & Guidelines

In our efforts to insure the safety of all paddlers, all crew members including coaches and escort boat captains will be required to implement the following Emergency Procedure Plan outlined by the Moloka'i Channel Races Committee and approved by the Race Director.

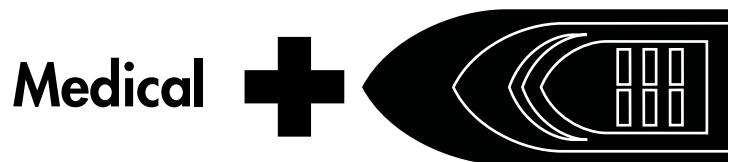
In the event of an emergency please follow the procedures listed below

1. All escort boats will be required to equip their boats with a sufficient First Aid kit including but not limited to bandages & sutures.
2. The escort boat captain must immediately contact **Maggie Joe** on designated radio frequencies and indicate the following:
 - A. Name of the Crew
 - B. Description of the canoe
 - C. Longitude & Latitude in reference to the Diamond Head buoy.
 - D. Location in reference to official boats in the surrounding area as outlined in official triangle layout in your race manual.
 - E. Detailed description of the emergency situation.
3. Once medical assistance has arrived, the medical person will assess the situation and determine whether the injured party will be transported to a medical facility. The Head Water Official reserves the right to mandate immediate transport of injured party.
4. In the event of a serious injury, the medical personnel, in conjunction with the Head Water Official and the escort vessel driver, will determine if the transfer of a victim is necessary and appropriate.

It is the intent of the Moloka'i Channel Races Committee to support the paddlers in their efforts to finish the race; however, safety is the first & foremost obligation to this event. The head medical official, in conjunction with the Head Water Official will make the final decision as to whether a paddler will be brought to shore.

All escort boats **MUST** have a mounted VHF radio. You may not share radios by checking in for another crew. A visual radio check may be conducted at the request of an official. Failure to comply with the visual check will result in immediate disqualification from the race.

Failure to comply with the emergency procedures listed above may result in immediate disqualification and/or ban of future participation!!!



The Race Director will have the final say.

5. If transfer of a disabled paddler is not appropriate, the team's escort boat, accompanied by medical personnel will be responsible for transporting the disabled paddler to the nearest designated port for immediate attention. The Head Water Official may authorize the assistance of another escort boat to assist the team with escorting the canoe for the remainder of the race.



Escort Boat Captain's Info Sheet

1. RACE REQUIREMENTS

- A. Your vessel must be able to safely carry your helper(s), all paddlers and coaches, and if necessary, have the ability to tow your canoe.
- B. In addition, you need to have the appropriate number of life jackets/preservers and all other USCG required equipment and documentation.
- C. All escort boat captains and all helpers must sign an HCRA Escort Boat waiver to be turned in by the designated due date.

2. RADIO/COMMUNICATIONS

A. Check in & check out – when leaving Hale O Lono and when arriving at finish line, radio checks on VHF#01A are mandatory. Failing to check in or out with officials will result in disqualification of the crew.

B. Emergencies / Problems - Contact the Maggie Jo (Mike DeRego) on VHF#72 and provide the following information:

- i. Escort Vessel for Team # _____
- ii. Specify if it's a medical problem, non-medical problem or equipment problem.
- iii. Location using GPS to **Diamond Head Buoy 21* 14'830 N, 157* 48' 910 W** or physical location in relation to the official boats.

You may be instructed to change channels and then explain the problem and give your location. Location may be given by GPS coordinates or physical placement based on map.

3. FINISH LINE

Canoes will make a right handed turn on the orange buoy going between the **Maggie Jo** and orange turn buoy. Escort vessels will go behind **Maggie Jo** & check out on **VHF#01A**.

4. DOCKING PROCEDURE

Escort vessels will be allowed to go to the Hilton dock to drop off paddlers. There is a limit of 2 vessels in the Hilton dock at any one time. Please have bumpers and docking lines ready and available before docking. This procedure will expedite unloading.

ONCE YOU HAVE CHECKED OUT PLEASE MAKE SURE THAT YOU KEEP YOUR RADIOS ON SO THAT YOU CAN RECEIVE FINAL CLEARANCE FROM THE MAGGIE JO. FAILURE TO DO SO MAY RESULT IN DELAYS.

PLEASE INSURE THAT ALL MEDICAL EMERGENCIES ARE REPORTED AT TIME OF OCCURANCE SO THAT PROMPT MEDICAL ATTENTION MAY BE PROVIDED!!!



Cancellation of Race Policy

The purpose of this policy is to establish guidelines for conducting a safe outrigger canoe race.

Cancellation of the race will occur under the following conditions:

- Adverse weather conditions
- Medical / Health Conditions (i.e. sewage spill)
- Darkness
- Other reasons as determined by the Race Director in conjunction with the US Coast Guard and the Race Committee.

The Race Director shall consult with the U.S. Coast Guard, the Race Committee and the race sponsors, if necessary, prior to making a decision to cancel the race.

The Race Director is responsible for making the announcement to cancel the race.

Cancellation based on adverse weather conditions may include the following:

- Winds in excess of 25 MPH (small craft warning)
- Wave heights of 12' to 15'
- Current and other tidal changes affecting the course

In addition to the above conditions, the Race Director and Race Committee shall consult with official boat captains, the U.S. Coast Guard, marine weather reports and all other sources, as necessary, prior to making a decision to cancel the race.

The announcement to cancel the race shall be made on the morning of the race; except where circumstances exist which allow for cancellation at an earlier date or time.

Cancellation Alternatives

The Race Director, along with the Race Committee, shall consult with the race sponsor to determine if there is an alternate course for the race or select

an alternate date and time. The Race Director, Race Committee, sponsors, crew representatives, etc., shall consider the logistics of using an alternate course or alternate date. The final decision is left to the Race Director and Race Committee, with input from the race sponsor.

Please review Race Rules for further information regarding cancellation of race.



Start & Finish Sequence

1. RADIO CHECK

A. All escort boats **MUST** do a radio and visual check (**VHF 01A**).

B. Not doing a radio check will result in **DISQUALIFICATION!**

C. Complete radio silence is mandatory during radio check and before the start of the race.

2. BUFFER ZONE

A. Flags will be anchored to mark the buffer zone, and stationery official boats will form the starting line. **No canoes are to go past the official boats.**

B. Canoes can slowly enter into the buffer zone. It is the responsibility of each crew to be in the buffer zone, ready to move in position for the start of the race.

C. **Any team that starts the race early will be docked 20 minutes.**

D. Escort boats must remain outside of the course to the back of the **Maggie Joe** or to the very back of the Official Boats. **The first change will be 45 minutes after the start of the race and will be called out over the radio.** Safety must be considered at all times when escort boats enter the course to locate their canoes.

3. **NO SPEEDING THRU THE COURSE** at any time. Failure to follow safety guide will result in disqualification, club fines and/or extensive fines!!!

4. START OF THE RACE

The yellow flag will be raised at approximately **7:55 a.m.** followed by the **Red** and **Green** flags to indicate the start of the race. A horn will also be sounded.

5. FINISH OF RACE

All canoes must go past the front of the **Maggie Joe** so they can be identified. All escort boats must go behind the **Maggie Joe** and do a final radio check on channel **VHF 01A**. All escort boats are to only use the Diamond head side of the dock to off load or drop off paddlers.

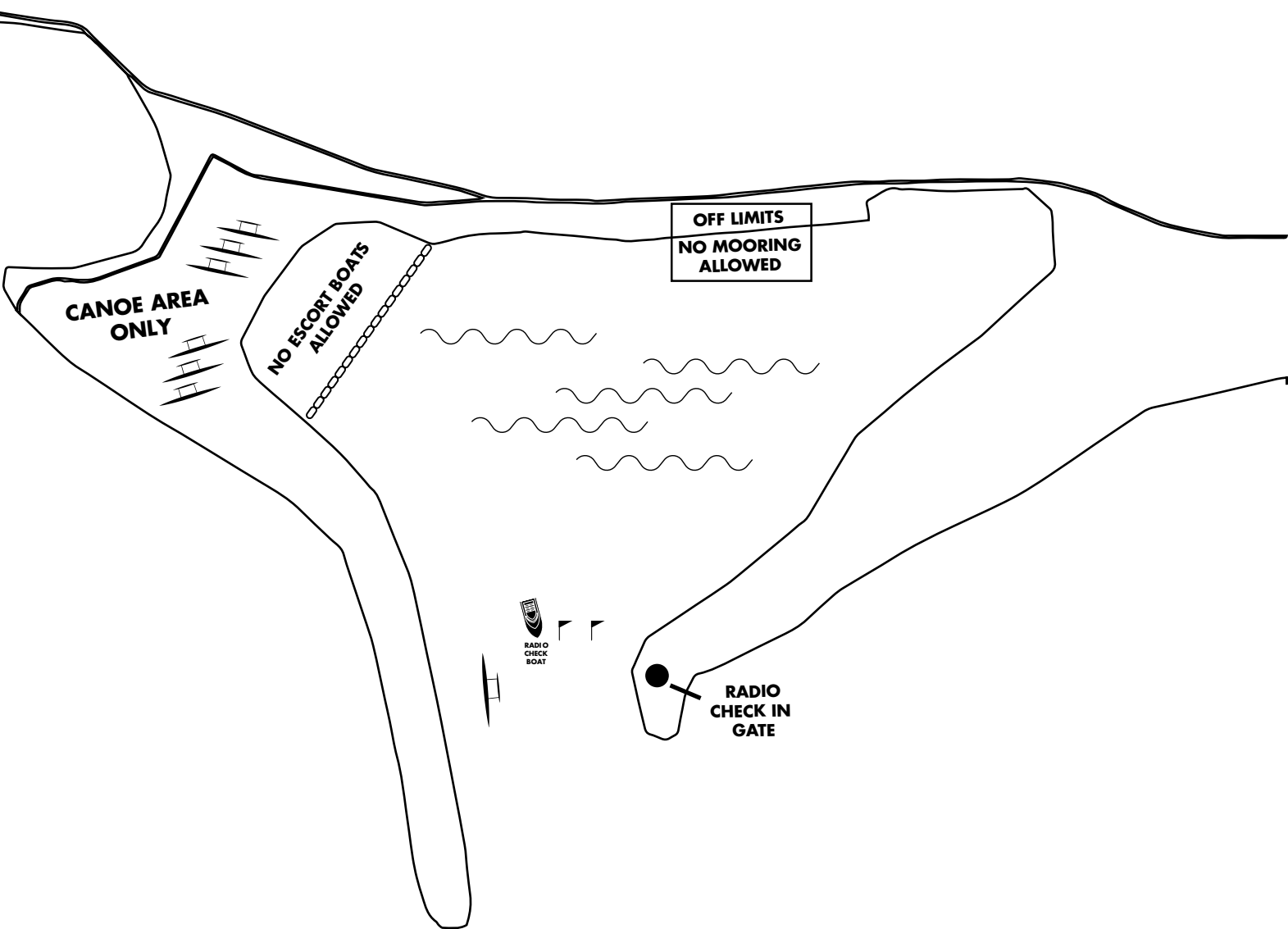
GENERAL COMMUNICATIONS: **VHF 72**

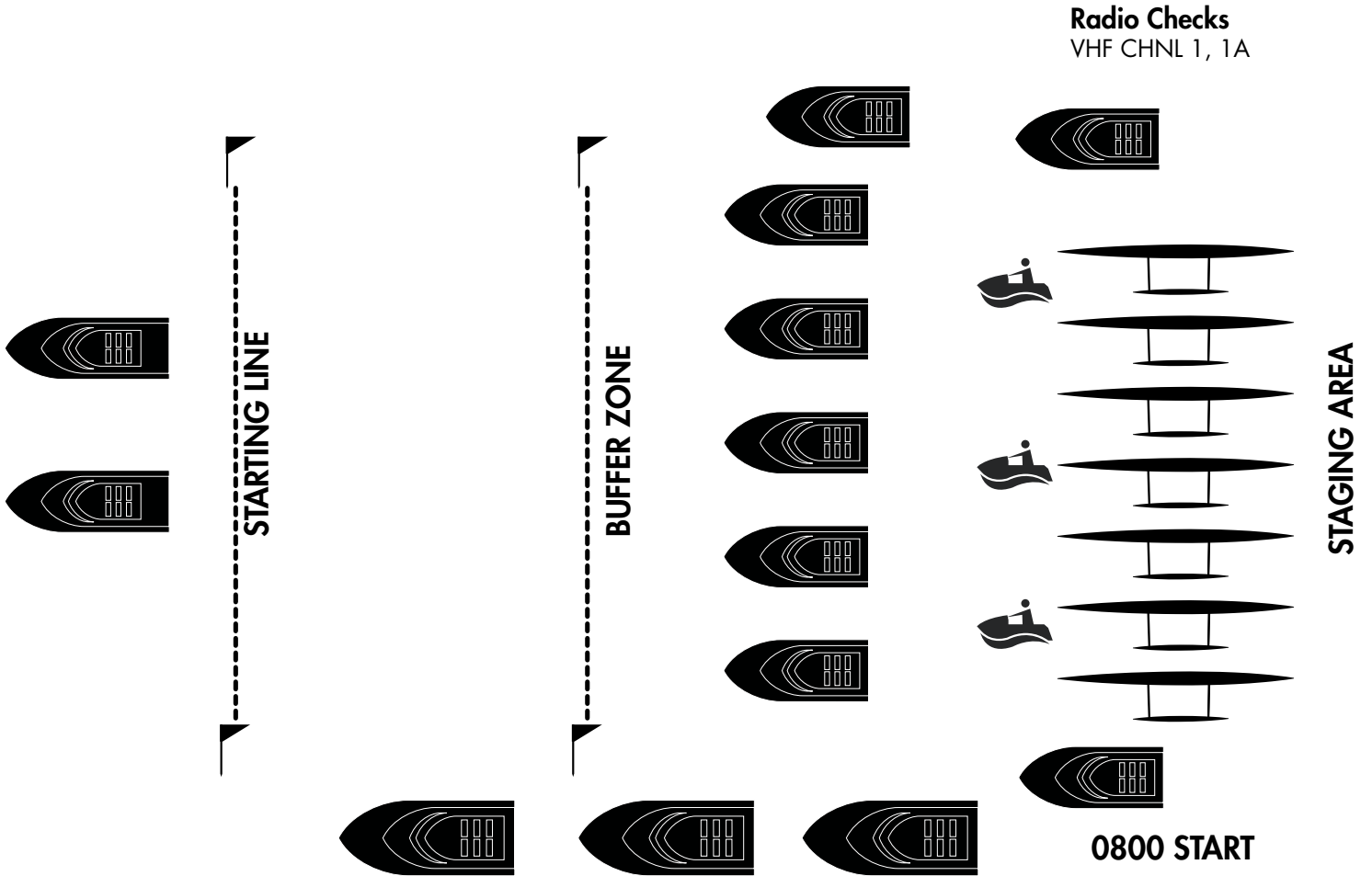
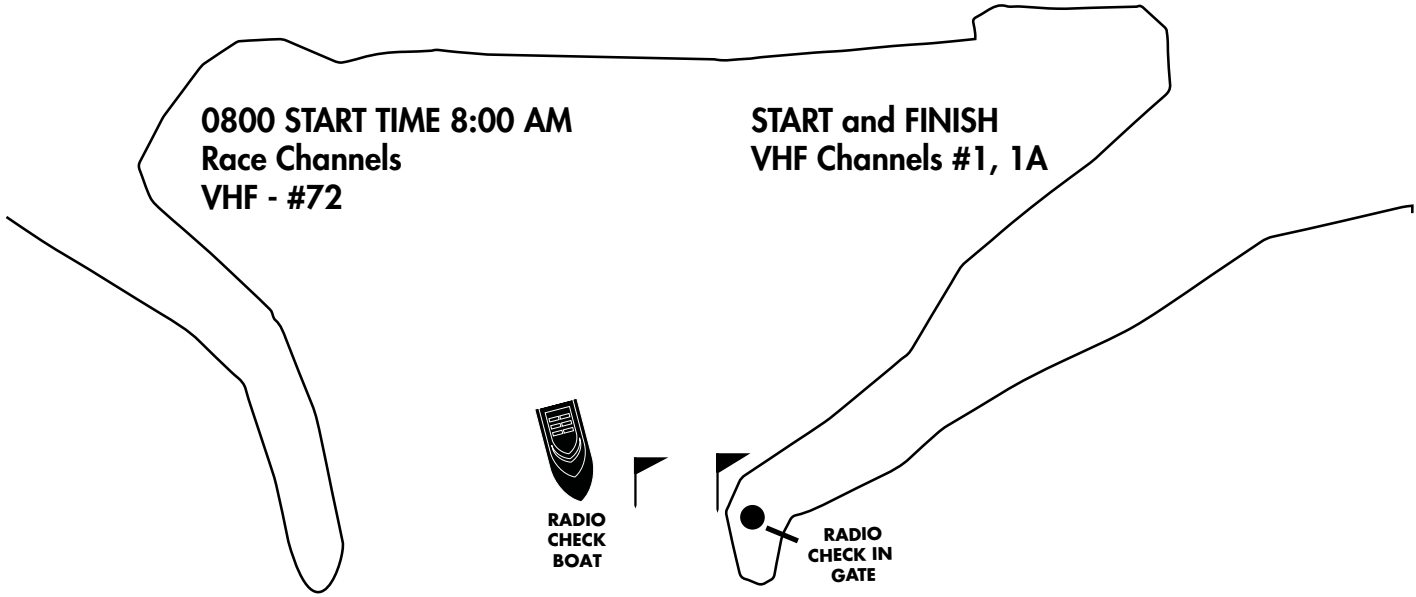
START/FINISH: **VHF 01A**





WAIKĪKĪ ◀ ◀ ◀ ◀ ◀ ◀ **HALE O LONO**

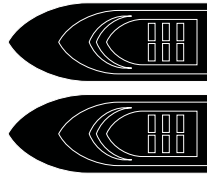




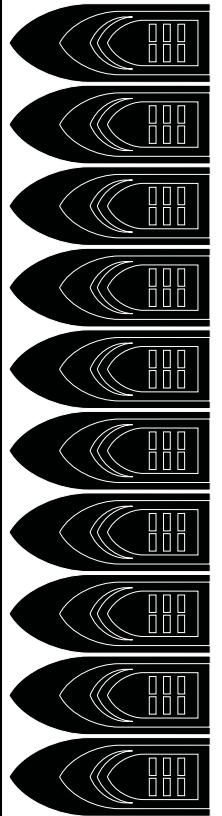


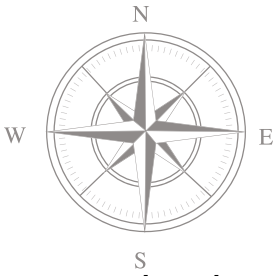
L DIAGRAM

*After the Start and
Before the 1st Change*



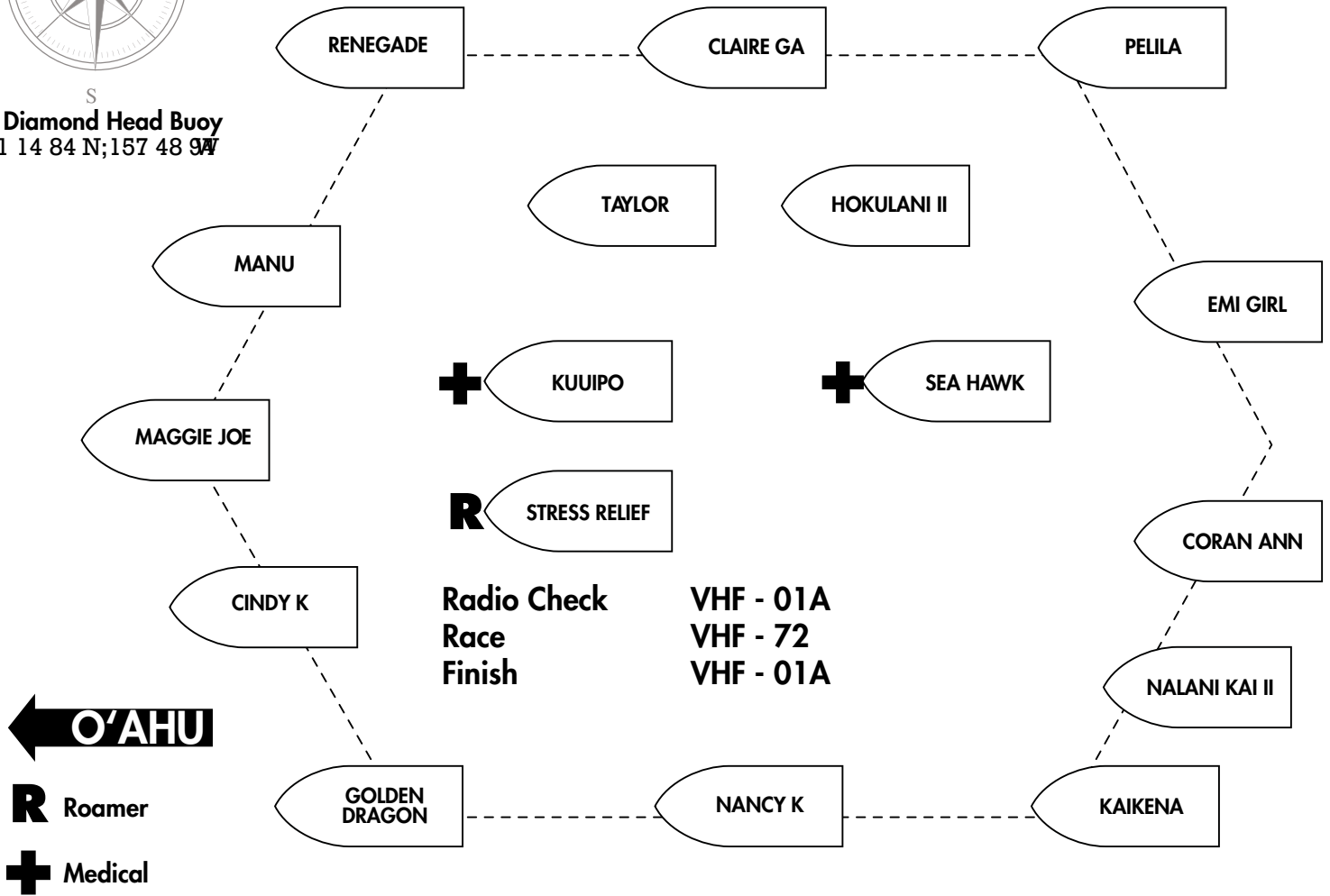
Official Spotters





Diamond Head Buoy
21 14 84 N; 157 48 9 W

OFFICIAL BOAT DIAMOND



First Change Description

First change will NOT be done until 45 minutes into the race

FINDING YOUR CANOE

- Escort boats are held at the start until released by Officials
- Two (2) Official boats will follow the pack at La`au Point where they will mark the entrance of the channel. At the 30 minute mark, the head official will RELEASE escort boats to find their corresponding canoes that are entering the channel via VHF radio announcement.
- First change will NOT be done PRIOR to 45 minutes **PLEASE LISTEN FOR YOUR CREW#**

Note: Every crew should have a simple change protocol in place. In our efforts to promote safety for our crews here are some points to discuss when formulating water change procedures.



FIRST CHANGE

- Before any paddlers jump in the water, the engine needs to be in neutral.
- A spotter, other than the captain, will verify that the prop is disengaged and will give the call for each paddler to jump in.
- When every paddler has swum clear of the boat, the spotter will notify the captain when the prop may be engaged.
- When picking up paddlers, the same process is reversed. The captain will come within swimming distance of the paddlers and then disengage the prop.
- When the spotter verifies that the prop is disengaged, they will give the call to the paddlers to swim to the idling boat.

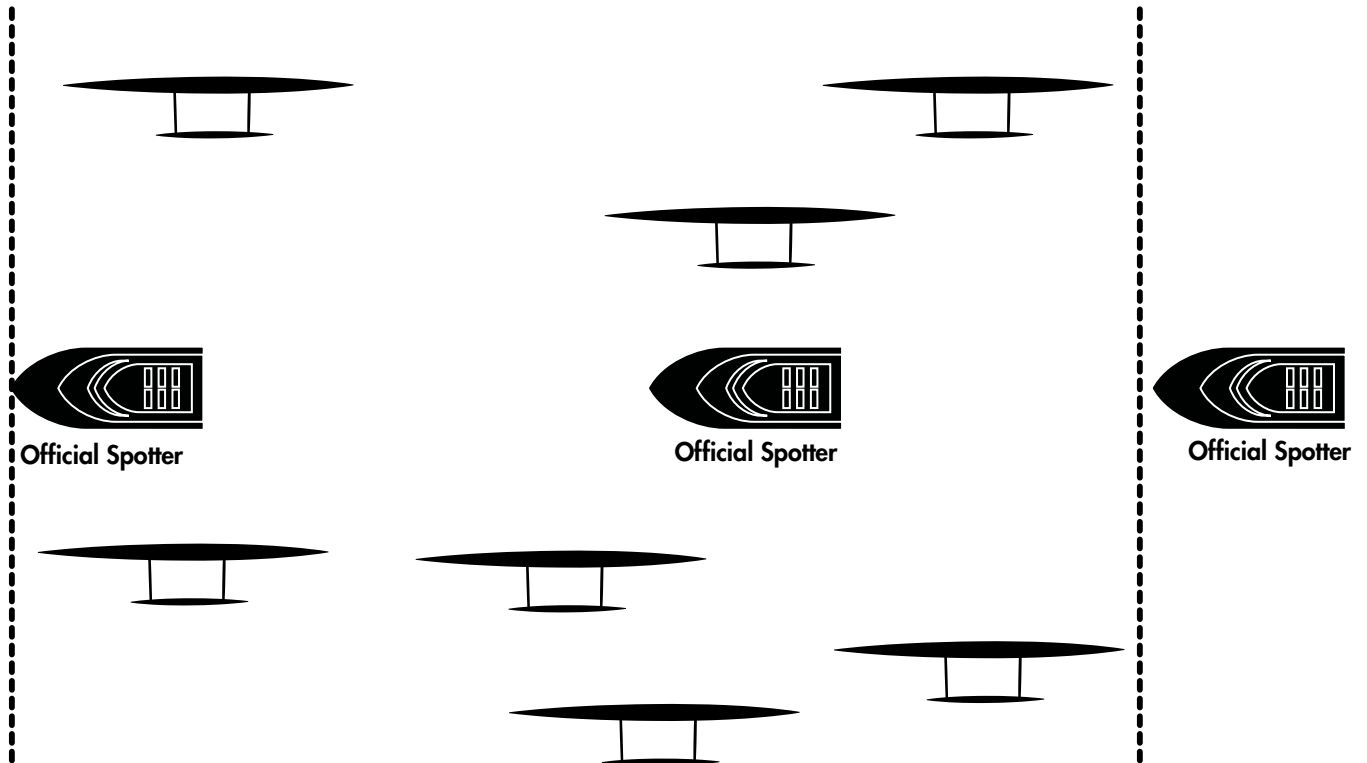
Safety of the paddlers first!

Any crew that makes the change earlier than 45 minutes will be assessed a time penalty.

Any escort boat that speeds through the course will be fined up to \$500.00.

Multiple offenses will result in a time penalty, fine and disqualification.

First Change Diagram



45 minute time line:
FIRST ALLOWED CHANGE

30 minute time line:
NOTIFY ESCORTS

FINISH
LINE

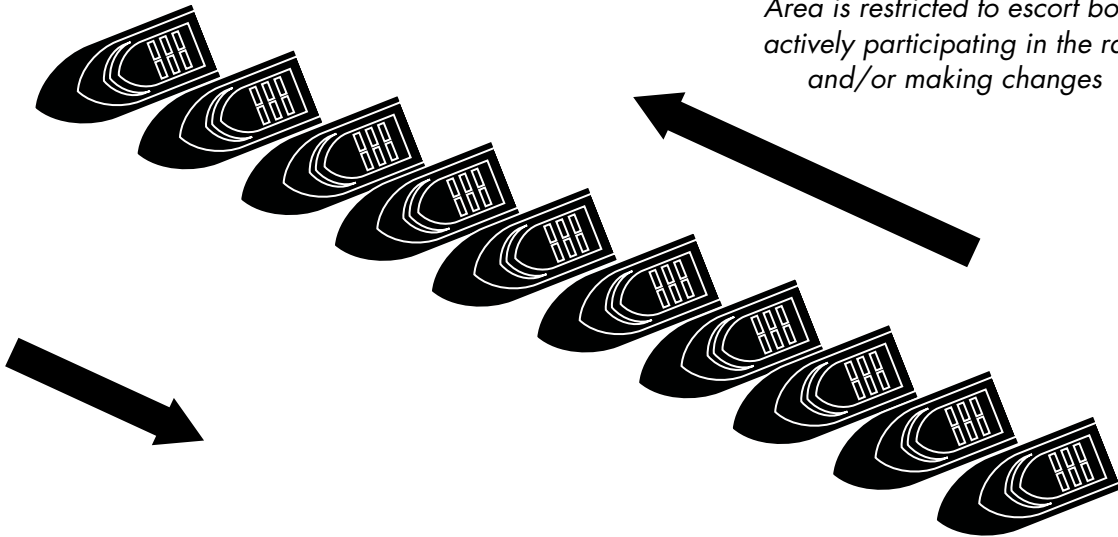


Orange Buoy

WAIKIKI SAFETY ZONE BRIDGE

Diamond Head Buoy to Hilton Channel

MAGGIE JOE

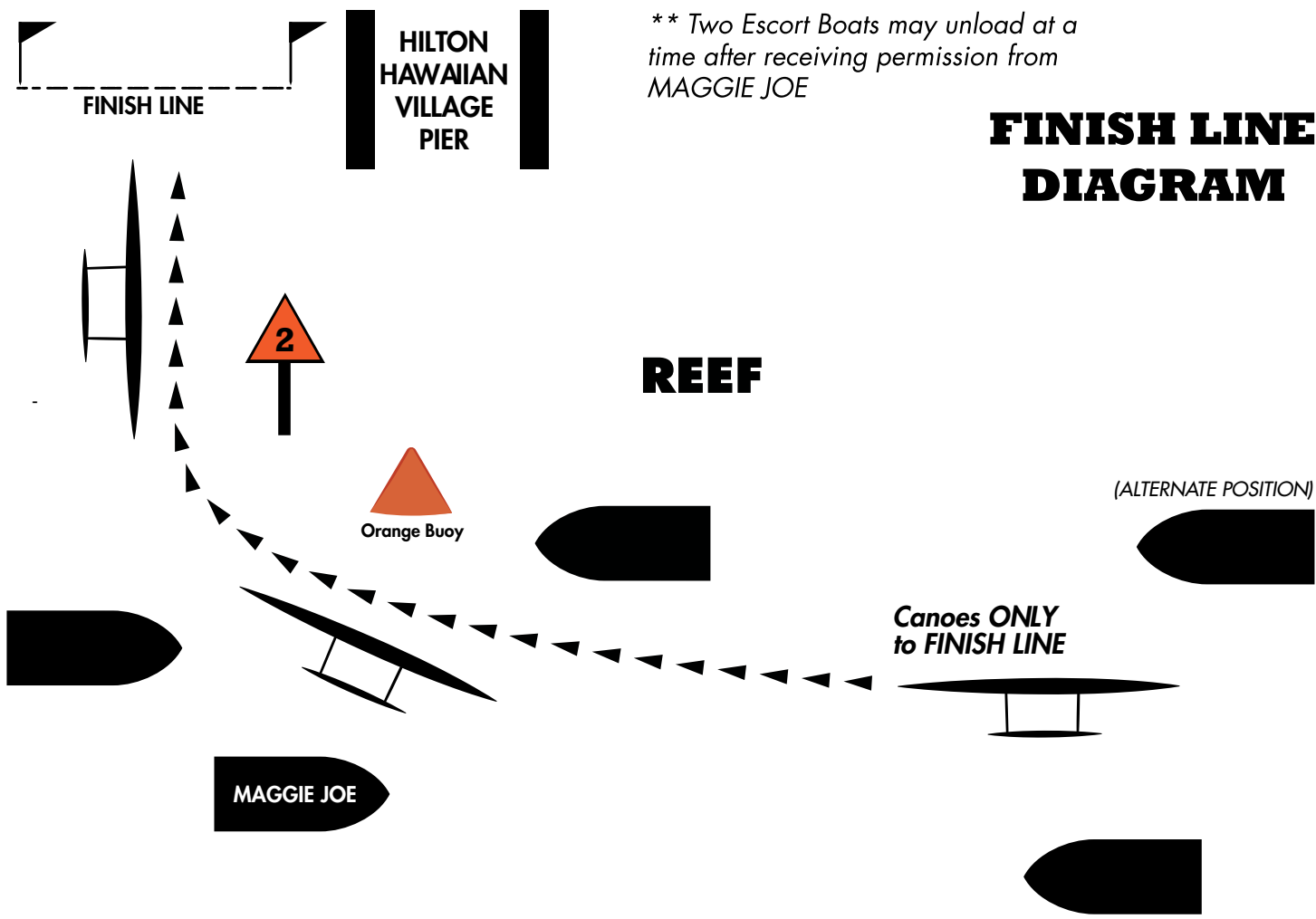


*Area is restricted to escort boats
actively participating in the race
and/or making changes*



Diamond Head
Buoy

**For the safety race participants:
After your canoe (wa'a) has finished,
all escort boats must stay clear of incoming canoes,
remaining Makai of the official boats
and outside the race course.**



*** Two Escort Boats may unload at a time after receiving permission from MAGGIE JOE*

FINISH LINE DIAGRAM

← ALL ESCORT BOATS to check out at FINISH on VHF 01A when they have eye contact with the official staff

TOWING & BAILING A SUBMERGED CANOE

Bailing a submerged canoe in the channel can be difficult. The following are two techniques for bailing.

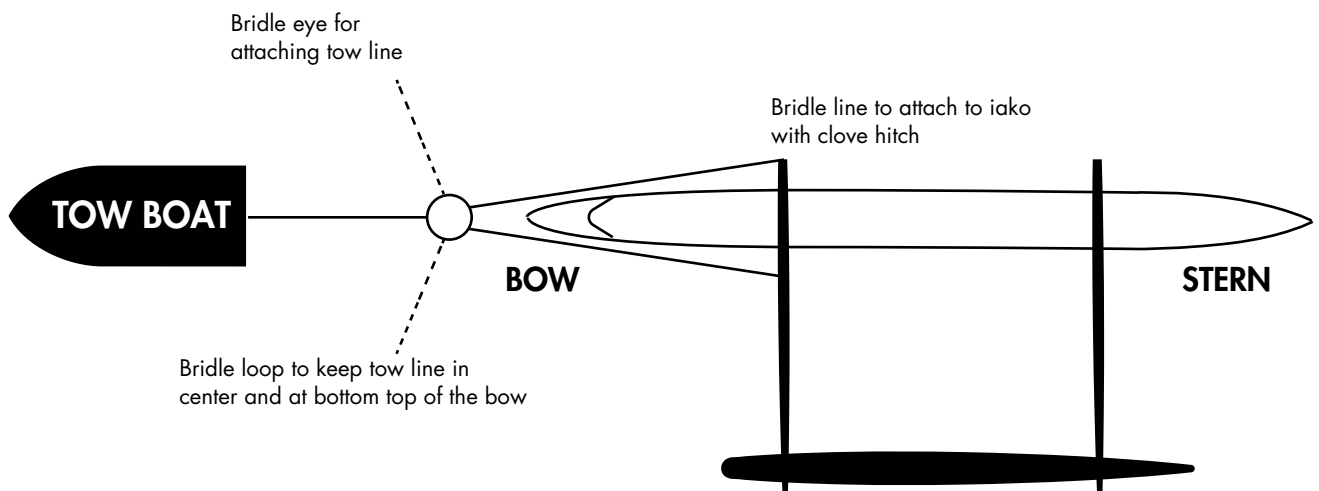
1. It is recommended that a towing bridle be used when towing a canoe. A single direct line to the canoe is difficult to pull the canoe in a direct line. The following is a diagram of the bridle:

A canoe should be towed off the stern of an escort boat bow first. Starting of this draining can be accomplished by weighting the stern of the canoe with two (2) paddlers until draining starts, then jump off to allow stern to rise.

2. The use of compressed air (*dive tanks*) has been tested and proven to be worthwhile. One tank of air per each swamping is usually sufficient.

The canoe must be upside down (*bottom up*) for this method to be used. Compressed air is released from the steersman's seat opening while the canoe is upside down. When the complete tank is used or when sufficient freeboard is noticed the canoe should immediately be turned back over. During the whole procedure, the hull should be parallel to the swell direction with the ama up wind.

After the canoe is turned back over start bailing with buckets. Bail out the rest of the water inside the canoe at once.



2024 Moloka'i Channel Race Rules

Code of Ethics

We are all responsible to promote good sportsmanship and fair play in the activities in which we engage. This means observance of these race rules as well as generally accepted rules of behavior and all governmental laws.

Paddlers are required to avoid situations where a canoe is deliberately rammed, where there is deliberate interference with another crew, and situations where assaults and abusive language are used.

Coaches are required to support and help enforce these race rules and to avoid any circumvention of these rules.

Officials and officers are required to do their best to be fair and not biased in their decisions and in carrying out their duties. Any club members that are found drinking at our events will result in the entire club being asked to leave the event. This included all paddlers, friends and family. 2024

A. Introduction

Na Wahine O Ke Kai and Molokai Hoe are produced and administered by the O'ahu Hawaiian Canoe Racing Association (OHCRA). Na Wahine O Ke Kai and Molokai Hoe are the property of OHCRA, which hereby reserves all rights of any nature whatsoever. Any use of the race, its name, equipment or material associated herewith without expressed written consent of OHCRA is prohibited. All race rules set forth herein are subject to change without advance notice.

B. Entry Eligibility

This race shall be open to all canoe clubs or organizations submitting an entry application and meeting the requirements set forth by OHCRA. OHCRA Race Rules will apply to this race unless herein modified. Merging of canoe clubs is allowed. Each club or organization must submit a complete entry application on an official entry form provided by OHCRA. No entry will be accepted unless all the requirements herein are complied with. OHCRA reserves the right to accept or reject any application.

C. Entry Requirements

1. Online Registration - Crews must register online and submit all forms by the deadlines as specified on the website. OHCRA may refuse to accept any entries received after the deadline date.

2. Entry Fees - Entry fees must be submitted by the

deadline stated on the website. Late fees will be assessed to any entry fee that is received after the deadline.

3. Shipping Fees (if applicable) - Shipping fees must be paid before a canoe is shipped to Molokai.

4. Coaches Meeting - A coach of each participating crew shall attend the MANDATORY coaches meeting held the day before the race. The crew will be fined \$500 for non-attendance. THIS IS A SAFETY ISSUE AND NON-NEGOTIABLE.

D. Race Divisions

1. KOA

Each crew shall consist of 9 male or 10 female paddlers who must be 18 years of age or older on race day. Proof of age is required. The crew may include up to four (4) Junior Paddlers (ages 16-17 years old).

2. OPEN

Each crew shall consist of 9 male or 10 female paddlers who must be 18 years of age or older on race day. Proof of age is required. The Open crew may include up to four (4) Junior Paddlers (ages 16-17 years old).

3. MASTERS 40+

Each crew shall consist of 9 male or 10 female paddlers who must be 40 years of age or older on race day. Proof of age is required. 2024 Molokai Channel Race Rules

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4. MASTERS 50+

Each crew shall consist of 9 male or 10 female paddlers who must be 50 years of age or older on race day. Proof of age is required.

5. MASTERS 55+

Each crew shall consist of 10-12 paddlers who must be 55 years of age or older on race day. Proof of age is required.

6. MASTERS 60+

Each crew shall consist of 10-12 paddlers who must be 60 years of age or older on race day. Proof of age is required.

7. MASTERS 65+

Each crew shall consist of 10-12 paddlers who must be 65 years of age or older on race day. Proof of age is required.

8. JUNIORS

Each crew shall consist of 9 male or 10-12 female paddlers who must be ages 16-18 years old on race day. Proof of age is required. a. The coach of a Juniors division crew must be at least 21 years of age. b. A helper is required for all Juniors division crews.

E. Paddler Eligibility

1. It is the entrant's responsibility to see that their paddlers are physically fit and capable of participating in the race. If there is a question regarding a paddler's physical fitness, it shall be the entrant's responsibility to provide a medical clearance form and obtain OH CRA approval before the paddler enters the race.

2. All paddlers, captains, boat helpers and crew members must be able to swim.

3. All paddlers, captains, boat helpers and crew members must sign designated liability and publicity waivers.

4. Merging clubs: Paddlers from different clubs may merge to form a crew.

F. Insurance

All crews that are not members of an HCRA club will be charged an insurance assessment at registration unless they can provide a Certificate of Insurance (COI) for Commercial General Liability / Participants Liability from their affiliated association with minimum limits of \$1M for the race. The Certificate must name the following as additionally insured: Oahu Hawaiian Canoe Racing Association and the Hawaiian Canoe

Racing Association to include coverage for the race day and the two days prior.

G. Canoe Hull, Rigging and Equipment

1. All canoes (including rigging, 'iako, ama, hull shape above waterline, at waterline, and below waterline) must meet current OH CRA Hawaiian design canoe specifications.

2. Only koa canoes that have been measured and certified under OH CRA Hawaiian design canoe specifications for koa canoes will be allowed to race in the Koa Division.

3. Only non-koa canoes that have been measured and certified under OH CRA Hawaiian design canoe specification for non-koa canoes will be allowed to race in the Non-Koa Division

4. The minimum racing weight of any canoe, excluding the ama, 'iako, and tying cord is set at 400lbs. Minimum weight of hulls shall be no less than 385 lbs. Lead weights must be permanently affixed to the canoe to bring the weight to 400 lbs. The added weight(s) must be evenly distributed between seats 2 and 5 and must be permanently affixed to the bottom of the seats to bring the hull weight to 400lbs. Only certified weights must be used and permanently bolted or screwed to the seats of the canoes throughout the entire race. Weights must not be removed during the race and must remain secured until the clearance is given to remove the weights after the race. Adding weights to the canoe is the responsibility of the entrant.

5. OH CRA reserves the right to weigh any canoe regardless of any other authorities' prior weight certification.

6. Full canvas or other covering on the canoe is MANDATORY during the race.

7. No fins or keels will be allowed on the canoe ama.

8. No sails or other artificial means of propulsion are permitted on the canoe.

9. No mechanical means of bailing water out of a canoe allowed.

10. No foot support or braces of any kind are permitted inside the canoe. Only non-skid materials are allowed.

11. During the race, each entry shall have its as-



signed identification symbol permanently displayed on the front manu of its canoe. OHCRA will assign this identification.

12. All canoes shall have their ama to 'iako and 'iako to hull attached (rigged) with multiple cord lashings and no "quick straps".

13. Cameras can be used in or on the canoe during distance races.

14. OHCRA may elect to install a GPS tracking device on canoes for safety during the race. The GPS device may not be removed until the canoe is on the beach at the end of the race. Once the race is over, the GPS devices shall be removed and provided to the OHCRA official collecting them. Failure to return the GPS device will result in a \$200 fine.

15. An inspection of all equipment used in the race will be conducted at Hale O Lono Harbor prior to the race.

16. OHCRA shall have the final decision of approving or disapproving ANY entry, canoe or equipment.

H. Paddles

H. Paddles

Paddles must be single bladed and can be made from any material except that it must have visible

wood in it which can be solid or veneer. OHCRA will consider bamboo as a wood. The paddles can be made by any construction method and can be solid or hollow. Extra paddles may be carried in each canoe during a race.

I. Water Safety

1. Each entry is responsible for complying with all applicable State, Federal, and U.S. Coast Guard regulations and requirements.

2. Each entry must provide U.S. Coast Guard approved personal floatation devices (PFD) for each person that boards their escort/auxiliary boat and each paddler in the canoe

3. Each entry is responsible for assuring that each paddler, coach, helper and/or guest are water safe and has been briefed on the method(s) by which water changes will be made.

4. Each entry is responsible for basic first-aid supplies.

5. Each entry is responsible for providing adequate nourishment and liquids for all crew members in the canoe and each person, including the assigned official, on the escort/auxiliary boat.

6. OHCRA reserves the right to disqualify any crew if they determine that the crew is not capable of participating in or finishing the race within a reasonable time.

7. OHCRA reserves the right to place an official on any entrant's escort/auxiliary boat.

J. Sponsorship Signage

1. Any signage used by the entrant must be pre-approved by OHCRA who reserves the right to remove any signage which is not in good taste or which conflicts with the promotional rights of the sponsors. Use of conflicting sponsorship signage on canoes, escort/auxiliary boats, and the athletes themselves, shall be left to the discretion of OHCRA.

2. Signage on a canoe must be between the two (2) 'iako of each canoe. Signage on the escort/auxiliary boat(s) may be any place except the port side of the bow where the OHCRA requires placement of the assigned identification for each entry.

3. Any flags used by the entrant must be pre-approved by OHCRA.

4. Race sponsor signage may be put on any canoe or escort/auxiliary boat used in the Race at the request of OHCRA.

5. Final determination for use of sponsorship signage will be left to the discretion and judgment of OHCRA.

K. Course Rules

1. Start of the Race

a. Prior to the start of the race, all escort/auxiliary boats must do a visual radio check with the designated official boat, per instructions given at the coaches meeting. If it is determined that the crew did not do a visual radio check, that crew may be disqualified and/or fined up to \$500 at the discretion of OHCRA.

b. All canoes shall be ready to start before the time set for the beginning of the race at Hale O Lono. The race will begin at approximately 8:00am.

c. The starting line of the race will be approximately 300 feet seaward to the Hale O Lono Harbor entrance groin. The start will be conducted in the following manner:

1. All canoes will assemble behind the buffer zone line until called by officials to move up to the start line.

2. The start of the race will be signaled by the consecutive raising of a yellow, red and green flag from the official starter boat, or other method as described at the coaches meeting.

3. Any canoe over the starting line at the start of the race will be penalized ten (10) minutes which will be added to their official finish time.

d. All crews must start and finish in the same racing jersey which shall be the same colored short sleeve, long sleeve or sleeveless.

2. Course

a. The course shall be from the starting line at Hale O Lono Harbor, Molokai to the finish line at Duke Kahanamoku Beach, Kalia, Waikiki Beach.

b. A crew may follow any course to the finish line provided that it rounds the marker buoy at the channel entrance to the Hilton Hawaiian Village Hotel before crossing the finish line.

c. Specific diagrams will be provided at the coaches meeting. Entries are encouraged to visit the finish line area before the race.

3. Paddlers and Relief Paddlers

a. The final selected race crew will consist of the following number of paddlers. (see matrix below). These names shall be submitted before 11am the day before the race.

Division	
KOA	10 Paddlers
Open	10 Paddlers
Masters 40+	10 Paddlers
Masters 50+	10 Paddlers
Masters 55+	10 Paddlers
Masters 60+	10-12 Paddlers
Masters 65+	10-12 Paddlers
Juniors	10-12 Paddlers

b. Each canoe must start and finish the race with six (6) paddlers in the canoe to qualify for placement and awards. There may be no more than six (6) paddlers in any canoe at any time during the race.

c. Starting and relief paddlers may be used at the discretion of the coach.



d. The first change of paddlers will take place at the discretion of the Lead Official Boat. It shall be no earlier than La’au Point or thirty (30) minutes and not later than forty-five (45) minutes. The Lead Official Boat will signal the first change as described at the coaches meeting.

e. The last change shall be before the marker buoy leading to the channel off the Hilton Hawaiian Village Hotel. It is strongly recommended that there is no change 100 yards prior to the marker buoy for safety reasons.

4. Swamping or Overturning of a canoe

a. If a canoe swamps or overturns after the start of the race, the canoe may be righted and bailed out and will be allowed to continue in the race. No mechanical devices will be allowed throughout the race to bail a canoe.

b. Relief paddlers and additional qualified persons on an escort boat may assist in righting and bailing out a swamped canoe.

c. The escort/auxiliary boat will standby and render any assistance to the swamped canoe but must not tow a swamped canoe in the direction of the finish line while the canoe is officially entered in the race. This will result in disqualification of the crew.

d. The escort/auxiliary boats must be equipped with bridle straps in the event that a canoe needs to be towed. Failure to have bridle straps aboard the escort/auxiliary boat will result in a penalty.

5. Escort Boat /Auxiliary Boat

a. Size and Options

1. The escort and auxiliary boats are the responsibility of the club/ crew that are escorting.

2. Each entry must have one (1) escort powerboat to accompany them throughout the race. For crews with 9-10 paddlers, the escort boat must be a minimum of 22 feet long. For crews with 11-12 paddlers, the escort boat must be a minimum of 24 feet long.

3. Each entry may have one (1) optional auxiliary powerboat. If an escort boat is used in conjunction with an auxiliary boat then the minimum length for the auxiliary boat is 19 feet and be registered with the crew.

Crew Size	Required Escort min Length•	Auxiliary Min Length•
9-10	22 feet	19 feet
11-12	24 feet	19 feet

4. For safety purposes, all escort / auxiliary boat(s) must have a combined U.S Coast Guard approved carrying capacity to accommodate a minimum of nine (9) paddlers, (1) race official, and any additional passengers along with the U.S. Coast Guard required equipment.

b. Additional Equipment Needed

1. *Crew ID Sticker* - shall be affixed to the hull as issued by OHCRA. If a powerboat does not have a crew ID sticker, they will be asked to leave the course.

2. *Bridle Straps* - All escort / auxiliary boats must have bridle straps to tow a canoe

3. *3' x 5' Red Flag* - is required to be onboard that can be flown in the event of an emergency.



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4. *Marine band two-way VHF radios* - must be installed in the escort / auxiliary boat(s) and no "hand-held" radios will be allowed. Any entry whose escort / auxiliary boat(s) does not have working two-way VHF radio will NOT BE ELIGIBLE TO PARTICIPATE.

5. *Ladder* - or other means must be available for onboarding.

6. *GPS units* - are recommended to be onboard all poweredboats.

c. Required Paperwork

1. *Boat Drivers Certificate/License* - must be provided no later than 11am on the Saturday before the race.

2. *Boat Registration* - All escort/auxiliary boats must provide a copy of the boat's registration no later than 11am on the Saturday before the race.

3. *Insurance* - is mandatory insurance for all escort/auxiliary boats. It is recommended that all escort/auxiliary boat(s) carry a minimum of **\$300,000** liability insurance coverage. Proof of insurance must be provided no later than 11am on the Saturday before the race.

4. *Boat Waiver of Responsibility* - must be completed by the escort / auxiliary boat captain(s) with the information pertaining to his craft and all helper information. The deadline for submitting this form will be no later than 11am on the Saturday before the race.

5. *HCRA Waiver and Release of Liability form* must be signed by all persons on the escort / auxiliary boat including the captain and helpers.

d. Course Conduct

1. *Right-of-way* - is always granted to canoes over escort/auxiliary boats.

2. *Follow* - Escort/auxiliary boat(s) must follow behind its assigned canoe throughout the race, except when canoes are swamped and overturned. It can at no time come alongside or ahead of the canoe except during the transfer of relief paddlers, supplies, or in the case of an emergency.

3. *Safe Distance* - must be maintained from the canoes and other boats at all times.

4. *Wake / Blocking* - Escort/auxiliary boats cannot deliberately cause wake to assist their own canoe or interfere with or block another canoe.

5. *Coaching* - from the escort/auxiliary boat is permitted.

6. *Overcrowding* - Unsafe conditions due to overcrowding, or not meeting U.S Coast Guard requirements or OHCRA requirements, can be declared unfit or unseaworthy as an escort/auxiliary boat by the OHCRA. Said entries will not be allowed to participate.

7. *Transporting of articles* - Escort / auxiliary boat(s) cannot be used to transport any articles to the canoe. However, any qualified person may pass refreshments or other articles to a canoe from the water, this person need not be one of the registered paddlers.

e. Relief paddler changes

1. *Safety brief* - should be conducted to discuss the details of how changes will be conducted to including exiting and boarding the boat from the water to ensure the safety of all persons on the course.

2. *Dropping off* - of relief paddlers off shall be done a safe distance ahead of the canoe. Ensure the boat is in neutral before the paddlers enter the water and maintain a safe distance from them until the change is made.

3. *Outside assistance* - Paddlers cannot be helped in or out of the canoe by an outside person.

4. *Picking up* - Drivers shall ensure that all persons in the water are in sight at all times, and should confirm that the boat is in neutral before allowing them to board.

6. Finish Line

a. All escort/auxiliary boats must do a visual "End of Race" radio check on the designated radio channel with the Lead Official Boat before departing the race course. No powerboats are allowed to enter the channel leading to the Hilton Pier without permission from the Lead Official.

b. Relief crew members and crew members on the escort / auxiliary boat should follow the instructions of the pier personnel while unloading gear off of the escort and auxiliary boats. Crews shall keep the pier clear and are asked to remove off loaded gear in a quick and timely manner to ensure everyone's safety.

c. All GPS devices on the canoes will be removed and turned in to the Official collecting these devices.

L. Alcoholic Beverages are Prohibited

The consumption and possession of alcoholic beverages are prohibited on State of Hawaii property (beach and sand area at the finish line); City and County property (restroom and grass area at the finish line); and on Federal Government Property.

M. Emergency Protocol

Should there be an emergency during the race, contact race officials on VHF channel 72 where you will receive further detailed instructions and follow the Safety Policy and Guidelines distributed at the coaches meeting.

N. Race Cancellation Policy

The purpose of this policy is to establish guidelines for conducting a safe outrigger canoe race.

Cancellation of the race will occur under the following conditions:

- Adverse Weather Conditions
- Medical/Health Conditions (ex. sewage spill)
- Darkness
- Other reasons as determined by the Committee in conjunction with the US Coast Guard

The Committee is responsible for making the announcement to cancel the race.

The Committee will listen to weather reports and consult with the US Coast Guard, Official Boat Captains, Race Sponsors (if necessary), prior to making the decision to cancel the race.

Cancellation based on adverse weather conditions may include the following:

- Winds in excess of 25 MPH (small craft warning)
- Wave heights of 12' to 15'
- Current and other tidal changes affecting the race course

The announcement to cancel the race will be done no later than the morning of the race, unless we are sure that the race will be canceled the night before the race. All participants will be notified ASAP.

Although unlikely due to logistics, permits, etc., the Committee will determine if there will be an alternate course or date and time to make up for the canceled race. If the race is postponed or canceled, all crews are responsible for returning all paddlers, personnel, and equipment to their island of origin.

OHCRA is not responsible for relocating persons or equipment from Molokai in the event that the race is canceled or postponed. All fees are non-refundable upon cancellation or postponement of the race.

If the race is postponed or canceled, all crews are responsible for returning all paddlers, personnel, and equipment to their island of origin. OHCRA is not responsible for relocating persons or equipment from Molokai in the event that the race is canceled or postponed. All fees are non-refundable upon cancellation or postponement of the race.

O. List of Fines

REASON	FINE AMOUNT
Coaches Meeting Missing Attendance	\$500.00
Race Start Visual Radio Check Failure	\$500.00
GPS Device Removal	\$500.00



Congratulations

to all participants of
the Na Wahine O Ke Kai and
the Moloka'i Hoe.

We are proud to support
OHCRA and their mission to
perpetuate the rich heritage
of Hawaiian canoe racing.



Na Wahine O Ke Kai 2019 Results

Place	No.	Team Name	Origin	Time	Division
1	69	Team Bradley	Oahu	6:27:00	OPEN
2	8	Outrigger Canoe Club - Manu'ula	Oahu	6:42:41	OPEN
3	2	Lanikai Canoe Club - Open - Pohako'ele'ele	Oahu	6:45:38	OPEN
4	36	Hui Nalu - Uncle Jimmy Olds	Oahu	6:47:16	OPEN
5	58	No Club Affiliation - Unlimited - Rabbit Kekai	New Zealand	6:47:53	UNLIMITED
6	24	Outrigger Canoe Club - Noio	Oahu	6:51:31	UNLIMITED
7	27	Maui Jim	Oahu	6:56:17	OPEN
8	73	Kawaihae	Big Island	7:02:57	OPEN
9	22	Outrigger Canoe Club - Unlimited - Moli	Oahu	7:14:25	UNLIMITED
10	17	Gil's Tutubangbang Girls	Oahu	7:14:57	MASTERS40
11	20	Outrigger Nq+ - 40+ - (no Canoe Entered)	Australia	7:16:48	MASTERS40
12	63	Puna Canoe Club - Open - Kupa'a	Big Island	7:19:59	OPEN
13	67	Hawaiian Juniors	Maui	7:21:03	JUNIORS
14	53	Kai Opuale	Big Island	7:25:11	OPEN
15	60	Pu'uwai	Kauai	7:25:23	UNLIMITED
16	25	Kailua 40s Blue	Oahu	7:25:30	MASTERS40
17	21	Outrigger Canoe Club Junior Girls	Oahu	7:25:43	JUNIORS
18	18	Pacific Aunties	Australia	7:26:57	MASTERS50
19	14	Team Japan - Open - Aia Mana	Japan	7:27:20	OPEN
20	4	Lanikai Canoe Club - Koa	Oahu	7:28:47	KOA
21	57	Kai Ehitu Nalani Momi	Big Island	7:30:28	OPEN
22	33	Kailua Canoe Club - Open - Kahinihiniula	Oahu	7:31:04	OPEN
23	43	Pu'uwai	Kauai	7:35:48	MASTERS40
24	59	Okalani Unlimited	California	7:38:01	UNLIMITED
25	62	Puna Canoe Club - Open - Mahealani	Big Island	7:38:27	OPEN
26	1	Lanikai Canoe Club - Juniors - Ikaika	Oahu	7:39:03	JUNIORS
27	70	Healani Canoe Club - Open - Yama	Oahu	7:41:03	OPEN
28	23	Outrigger Canoe Club - Koa'e	Oahu	7:41:17	UNLIMITED
29	15	Lolo Malolo Haleiwa Outrigger	Oahu	7:42:36	OPEN
30	31	Manu O Ke Kai	Oahu	7:44:49	OPEN
31	52	Lae'ula O Kai Red	Maui	7:52:09	MASTERS40
32	38	Hui Nalu - Mokuahi	Oahu	7:53:12	OPEN
33	61	Wahine O Keoua - Open - Paea	Big Island	7:54:07	OPEN
34	45	Kailua Canoe Club 55 Women	Oahu	7:56:09	MASTERS55
35	3	Lanikai Canoe Club - Open - Keoki K	Oahu	7:59:29	OPEN
36	26	Hui Lanakila - Koa - Tarita	Oahu	8:01:09	KOA
37	37	Hui Nalu ~ Team Hokupa'a	Oahu	8:01:54	OPEN

Na Wahine O Ke Kai 2019 Results

Place	No.	Team Name	Origin	Time	Division
38	71	Kamehameha Canoe Club Hilo	Big Island	8:06:31	OPEN
39	9	No Club Affiliation - 50+ - Kamuela	Oahu	8:07:27	MASTERS50
40	66	Wailea Canoe Club - Open - Puiki	Maui	8:07:58	OPEN
41	64	Oliliko - 60+ - Oliliko	Kauai	8:08:52	MASTERS60
42	49	Lae'ula O Kai Green	Maui	8:11:14	MASTERS50
43	7	Keahiakahoe-4 4 Hygienic Store	Oahu	8:13:47	OPEN
44	68	Wahine O Wakinekona - Team Wow Laulau	Washington	8:18:53	OPEN
45	6	Lanikai Canoe Club - Open - Moku Iki	Oahu	8:19:03	OPEN
46	47	Kai Opuia Tesoro	Big Island	8:21:10	OPEN
47	42	Kailua Canoe Club - Kumaikalala	Oahu	8:21:39	MASTERS40
48	19	Kailua Canoe Club/Novice Crew - Open - Lapauil	Oahu	8:24:29	OPEN
49	29	Imua	Oahu	8:25:32	OPEN
50	44	Gsocc- Golden State Outrigger	California	8:26:41	OPEN
51	55	Na Mana Wahine O Oceanmele - 55+ - Mau Kamana	Kauai	8:27:11	MASTERS55
52	72	Haleiwa Outrigger Canoe Club - 60+ - La'anui	Oahu	8:34:24	MASTERS60
53	54	Hunakai Masters - 55+ - Kaupiko	Oahu	8:41:25	MASTERS55
54	50	Kai Ehitu Novice Maidens	Big Island	8:42:58	OPEN
55	28	Koa Kai	Oahu	8:43:11	OPEN
56	51	Hawaiian Masters Aunties	Maui	8:43:46	MASTERS50
57	41	Lokahi Open Women	Oahu	8:44:39	OPEN
58	40	New Hope 60 Women	Oahu	8:48:05	MASTERS60
59	30	Manu O Ke Kai - Juniors - Ka Uhane O Haleiwa	Oahu	8:50:00	JUNIORS
60	48	New Hope 55 Women	Oahu	8:50:35	MASTERS55
61	56	Kailua Canoe Club - Open - Maka'ala 'Elua	Oahu	8:52:59	OPEN
62	35	Hui Nalu Juniors	Oahu	8:53:57	JUNIORS
63	46	Mana Wahine-Juniors - Juniors - Hilina'i	Oahu	8:56:19	JUNIORS
64	32	Waikiki Yacht Club - 55+ - Piinaio	Oahu	9:03:29	MASTERS55
65	10	Alapa Hoe Canoe Club - Open - Lehualani	Oahu	9:05:04	OPEN
66	34	Waikiki Yacht Club - 50+ - Makanani	Oahu	9:09:57	MASTERS50
67	5	Lanikai Canoe Club - Juniors - Mahoahoa	Oahu	9:21:53	JUNIORS
68	65	Alapa Hoe Canoe Club - 50+ - Kapiliokawana'ao	Oahu	9:27:14	MASTERS50
69	39	New Hope Open Women	Oahu	9:29:25	OPEN
70	11	Leeward Kai Canoe Club Women	Oahu	9:33:26	OPEN
71	12	Wahine Kiakahi	Oahu	9:33:55	OPEN

Na Wahine O Ke Kai Winners

Year	Team Name	Origin	Division	Time
2019	Team Bradley	Hawaii	Open Glass	6:27:00
2018	Team Bradley	Hawaii	Open Glass	5:48:28
2017	Team Bradley	Hawaii	Open Glass	5:55:22
2016	Team Bradley	Hawaii	Open Glass	6:05:34
2015	Race Cancelled (Wind/Waves)			
2014	Waikiki Beach Boys	Oahu	Open Glass	5:29:12
2013	Team Bradley	Hawaii	Open Glass	6:12:23
2012	Team Bradley	Hawaii	Open Glass	6:14:47
2011	Waikiki Beach Boys	Oahu	Open Glass	5:25:02
2010	Team Bradley	Hawaii	Open Glass	5:54:13
2009	Team Bradley	Hawaii	Open Glass	5:25:16
2008	Team Bradley WORLD RECORD	Hawaii	Open Glass	5:22:05
2007	Team Bradley	Hawaii	Open Glass	5:22:14
2006	Team Bradley/Coffees of Hawaii	Hawaii	Open Glass	5:41:37
2005	Team Bradley	Hawaii	Open Glass	56:16.8
2004	Mooloolaba Outrigger Canoe Club	Australia	Open Glass	5:22:11
2003	Mooloolaba Outrigger Canoe Club	Australia	Open Glass	5:26:37
2002	Kai Opuā Canoe Club	Big Island	Open Glass	5:25:55
2001	Kai Opuā Canoe Club	Big Island	Open Glass	6:24:52
2000	Kai Opuā Canoe Club	Big Island	Open Glass	5:56:45
1999	Waialua Kayak & Canoe	Kauai	Open Glass	5:55:21



Year	Team Name	Origin	Division	Time
1998	Riggerroos	Australia	Open Glass	5:56.14
1997	Panamuna	Australia	Open Glass	5:35.17
1996	Offshore Outrigger Canoe Club	California	Open Glass	6:46.33
1995	Offshore Outrigger Canoe Club	California	Open Glass	5:24.32
1994	Offshore Outrigger Canoe Club	California	Open Glass	6:00.37
1993	Offshore Outrigger Canoe Club	California	Open Glass	5:47.53
1992	Outrigger Canoe Club	Oahu	Open Glass	5:49.02
1991	Offshore Outrigger Canoe Club	California	Open Glass	6:22.04
1990	Offshore Outrigger Canoe Club	California	Open Glass	5:44.13
1989	Offshore Outrigger Canoe Club	California	Open Glass	5:59.36
1988	Offshore Outrigger Canoe Club	California	Open Glass	6:14.22
1987	Offshore Outrigger Canoe Club	California	Open Glass	6:26.25
1986	Offshore Outrigger Canoe Club	California	Open Glass	6 :31.04
1985	Outrigger Canoe Club	Oahu	Open Glass	6:50.31
1984	Outrigger Canoe Club	Oahu	Open Glass	6:12.11
1983	Hui Nalu Canoe Club	Oahu	Open Glass	6:33.07
1982	Hui Nalu Canoe Club	Oahu	Open Glass	6:43.38
1981	Outrigger Canoe Club	Oahu	Open Glass	6: 47.11
1980	Race Cancelled (Wind/Waves)			
1979	Outrigger Canoe Club	Oahu	Open Glass	6:35.14



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Can't wait for the results???

Results will be posted as crews cross the finish in grand fashion. Find out immediately who crossed the finish line and where your favorite crews stand to finish in their respective divisions. To follow the results live, go to molokaihoe.com and click on the LIVE TRACKING Tab.



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Race PROGRAM

LIVE Broadcast

This year, we are proud to be the only 6-man canoe race to feature a live broadcast courtesy of our sponsors KHON / KHII and Salt + Air Studios.

Watch as the commentators give you the rundown of who's who on the field and how they jockey into position as they have to deal with the Ka'iwi channel and her unpredictable currents, winds and swells.

To watch the live broadcast or replay it in its entirety, go to www.nawahineokekai.com and click on the LIVE TRACKING tab. It will also be shown on KHII Live as well. Live Broadcast to begin at 7:30am.

Merchandise

Please check out our merchandise while supplies last. Merchandise will be available under our merchandise tent near the parking lot fronting Duke Kahanamoku Beach. Supplies are limited so get them before they run out.

Awards Ceremony

Last and definitely not the least, we'd like to invite everyone to join us under the Awards tent for some live entertainment. We'll have the LIVE broadcast playing on an LED wall beginning at 7:30am. Starting at approximately 2:30pm we will present the awards and congratulate the winners for all divisions of this years Na Wahine O Ke Kai.

Crew Gifts

For those crews that did not have a chance to collect their crew gifts, they will be available under the awards tent for pickup. Please send a representative to pick-up and sign for your crew gifts.

PERSONAL INJURY ACCIDENT REPORT

(To be completed by Injured party in complete detail)

YOUR NAME: _____
LOCAL/HOTEL ADDRESS: _____ PHONE: _____
HOME ADDRESS: _____ PHONE: _____
OCCUPATION/POSITION: _____ BUS PHONE: _____
YOUR DATE OF BIRTH: _____ SSC NO: _____
DATE/TIME OF ACCIDENT: _____
WHERE DID THE ACCIDENT HAPPEN (Please be specific) _____

PLEASE GIVE A DETAILED DESCRIPTION OF THE ACCIDENT (Use back of page if necessary)

DID ANYONE ELSE WITNESS THE ACCIDENT? YES NO IF SO, WHO?
NAME/ADDRESS _____ PHONE: _____
NAME/ADDRESS _____ PHONE: _____
NAME/ADDRESS _____ PHONE: _____

WHAT WERE YOU DOING WHEN THE ACCIDENT HAPPENED? _____

WAS ANY FOOD OR DRINK INGESTED? _____
YES NO IF SO, WHAT TYPE OF FOOD OR DRINK WAS INVOLVED? _____

WAS FIRST AID ADMINISTERED? YES NO IF SO, WHO PROVIDED IT AND WHAT WAS PROVIDED?

NAME AND ADDRESS OF YOUR FAMILY DOCTOR _____

NAME AND ADDRESS OF DOCTOR WHO TREATED YOU FOR THIS INJURY/ILLNESS _____

SIGNATURE: _____ DATE: _____

SEND TO:

Kainoa Scheer

kscheer@acwhawaii.com

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Please submit to copy to the HCRA president

PERSONAL INJURY WITNESS REPORT

(To be completed by Witness to Injury)

NAME OF WITNESS: _____ (CHECK ONE) PASSENGER CREW

NAME OF PERSON INJURED: _____ VESSEL: _____

DATE OF ACCIDENT: _____ TIME OF ACCIDENT _____

EXACT LOCATION WHERE ACCIDENT OCCURRED: _____

PLEASE GIVE A DETAILED DESCRIPTION OF THE ACCIDENT (use back of page if necessary)

WEATHER & SEA CONDITIONS: _____

WHAT WERE YOU DOING AT THE TIME OF THE ACCIDENT? _____

HOW FAR WERE YOU FROM THE INJURED PERSON? _____

GIVE IDENTITY OF ANY OTHER WITNESSES:

NAME/ADDRESS _____ PHONE: _____

NAME/ADDRESS _____ PHONE: _____

NAME/ADDRESS _____ PHONE: _____

WAS FIRST AID ADMINISTERED? YES NO IF SO WHO PROVIDED IT? _____

PLEASE DESCRIBE THE TYPE OF INJURY SUSTAINED? _____

WAS THE INJURED PERSON TAKEN TO A PHYSICIAN OR HOSPITAL? YES NO
NAME/ADDRESS OF PHYSICIAN OR HOSPITAL _____

ADDITIONAL INFORMATION REGARDING THE ACCIDENT? _____

SIGNATURE OF WITNESS: _____ DATE: _____

HOME ADDRESS: _____ HOME PH: _____

LOCAL HOTEL/ADDRESS: _____ LOCAL PH: _____

EMPLOYMENT POSITION: _____ NO. OF YEARS: _____

WORK ADDRESS _____ WORK PH: _____

SEND TO:

Kainoa Scheer

kscheer@acwhawaii.com

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He wa'a he moku, he moku he wa'a.

*The canoe is an island,
and the island is a canoe.*

**As a Native Hawaiian
Organization, we are proud
to support the mission of the
O'ahu Hawaiian Canoe Racing
Association and the Nā
Wahine O Ke Kai and Moloka'i
Hoe World Championships.**

WHO WE ARE

The Hawaiian Native Corporation (HNC) is a Hawai'i-based community impact organization that benefits our Native Hawaiian community by supporting initiatives that sustain our culture and our well-being.

WHAT WE DO

E pa'ahana i ka mālama 'ana i ka mo'omeheu, ke kūlaiwi, a me ka nohona o nā 'Ōiwi.
Working diligently to preserve the culture, land, and way of life of Native Hawaiians.

hnc.org





HA‘AHEO MĀKOU I KE KĀKO‘O
I NĀ NANI O KO KĀKOU ‘ĀINA.

WE ARE PROUD TO SUPPORT THE
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The most authentic and meaningful practices of aloha and mālama happen in our communities
Events like this help us connect with what makes our Hawai‘i so special.



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