



CAPROC 2025

Dates: Sat 4 October to Mon 6 October 2025

(Kings Birthday Long Weekend Qld)

Fisherman's Beach, Emu Park

Welcome Message



On behalf of the Capricorn Coast and Rocky Outrigger Canoe Clubs, we warmly welcome paddlers, coaches, families, and friends to join us at Emu Park from Saturday, 4th October to Monday, 6th October 2025. Come paddle or spectate along the stunning coastline of the Southern Great Barrier Reef in Central Queensland.

Situated on the Tropic of Capricorn, our race courses span from Emu Park to Yeppoon and the Keppel Islands. These events are designed to challenge your paddling skills while showcasing the scenery of our ocean backyard.

We're fortunate to have secured the King's Birthday Long Weekend for 2025, with a possibility of hosting again in October 2026. This long weekend is shared across our region to encourage broader participation and give paddlers the chance to explore the diverse beauty of North Queensland.

The weekend will feature a range of events, including:

OC6 Short Course races

Small Craft Downwind: OC1, OC2, V1, V3, Ski and Foils

Our Premier Event: the 45km OC6 Changeover Race around Great Keppel (Wop-pa) Island

We encourage all paddlers to make the trip—because, as we know, it's the paddlers who truly make the event special.

We look forward to sharing the water with you this October!

Cap Coast and Rocky Outriggers wish to acknowledge the traditional custodians of the land and sea on which this event will be held and pay respect to the Darumbal and Woppabarra Elders past, present and emerging.

Race Rules & Safety



All AOCRA rules and regulations will be enforced as per the [AOCRA Rules](#) available under the 'Administration' tab on the AOCRA website.

Please note:

- All Categories other than Unlimited, OC6 Canoes must be 130+ kg.
- Junior participation is allowed in the OC6 45km Changeover Open Division. Juniors must have turned 16 in the year of competing and must ask permission from AOCRA to participate before online registration. If approved, parental permission forms and information regarding experience level must be completed and sent to Race Co-Ordinator.
- The OC1/OC2/V1/V3/Ski/Foil Downwind Race 17km will have cut-off times applied. Competitors not reaching Iron Pot Island within the required time for conditions on the day will be asked to finish at the Roslyn Bay Marina as per requests from Safety and Support vessels at the discretion of the Race Director.
- **FIRST AID WILL BE ON SITE.** On-site, there will be a designated first aid area and first aid on the water.

Nomination Information



Nominations will be online via the www.aocra.com.au site. It is not possible to register on the day. If you have trouble with the online registration through AOCRA, please email support@aocra.com.au. **ALL OUTRIGGER COMPETITORS MUST BE CURRENT AOCRA MEMBERS. All competitors must also have recently (in 2025) completed and swim and huli test; an approved PFD must be worn otherwise.**

Race Fees:

OC6 Short Courses:	= \$20 per paddler per race / \$120 per Team
OC6 45km Changeover:	= \$80 per paddler / \$800 Team
OC6 45km Iron:	= \$110 per paddler / \$660.00 Team
OC1/OC2/V1/V3/Ski/Foil Downwinder:	= \$ 45 per paddler per race.

Key Dates:

Club Nominations due: **Friday 19th September 2025, 11:59 PM (AEST)** (Late fee will apply)

Team Nominations due: **Friday 19th September 2025** (including Canoe # in Notes)

The RACE DIRECTOR will have the discretion not to allow late registrations if they have concerns regarding the paddler/support boat ratio.

V1 competitors will proceed depending on the suitability and safety of the course.

No refunds will be given if a paddler decides to pull out of your race, irrespective of the reason.

Divisions:

Short course OC6:	Open, Master, Senior Master, Golden Master, Platinum, Novice, Unlimited - Men, Women and Mixed.
Changeover/Iron 45km Event OC6:	Open, Master, Senior Master, Golden Master, Unlimited - Men, Women and Mixed.
Downwinder OC1/OC2/V1/V3/Ski/Foil:	Open, Master, Senior Master, Golden Master, Platinum, - Men, Women and Mixed.

Nomination Information



All AOCRA members must register via the AOCRA website - OC1, OC2, V1, Ski, Paddleboards.

All Paddle Australia members who are not members of AOCRA may register for Ski / Paddle Board via the AOCRA website using 'I am not a member' and then selecting the appropriate category and event and putting their Paddle Australia membership number in the comments section.

All international outrigger paddlers may register via the AOCRA website using 'I am not a member' and then selecting the appropriate category and event and putting their IVF affiliated Association / Club name in the comments section. International paddlers must sign an AOCRA International Indemnity release form and we recommend they have Travel Insurance.

All Non AOCRA/ Paddle Australia members residing in Australia may register for Ski/ Paddle Board putting their contact details including address in the comments section, They will be required to sign an AOCRA Indemnity release form.

Both the below forms are available in the AOCRA Website Administration area.

The link to the downloadable AOCRA International Indemnity Release Form is:
[2018 International Paddler Indemnity form.pdf \(aocra.com.au\)](#)

The link to the downloadable AOCRA Indemnity Release Form is:
[Microsoft Word - AOCRA Indemnity & Release form v27032018.doc](#)

Site Location & Maps

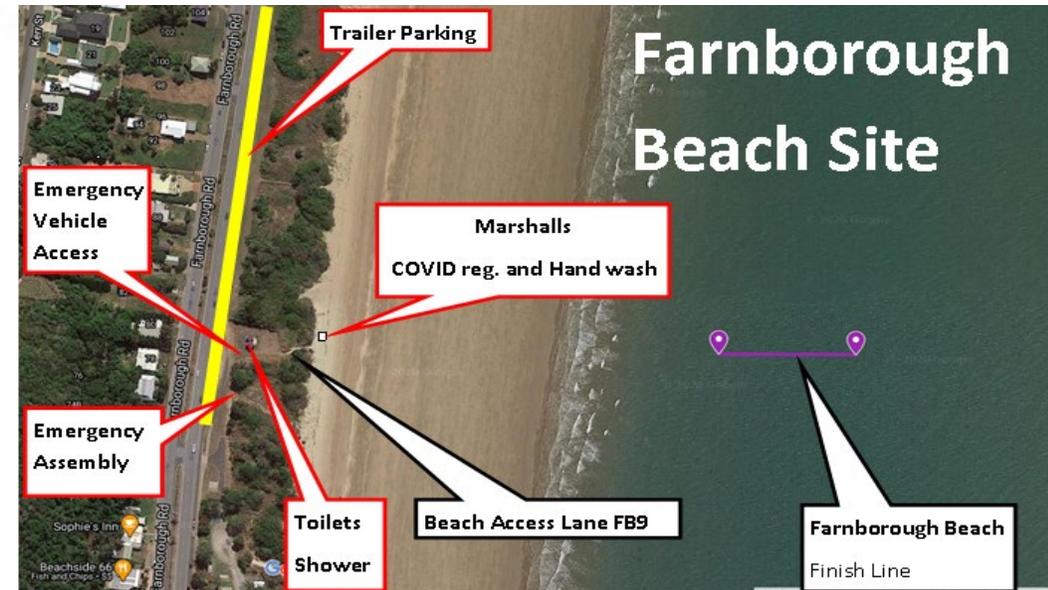
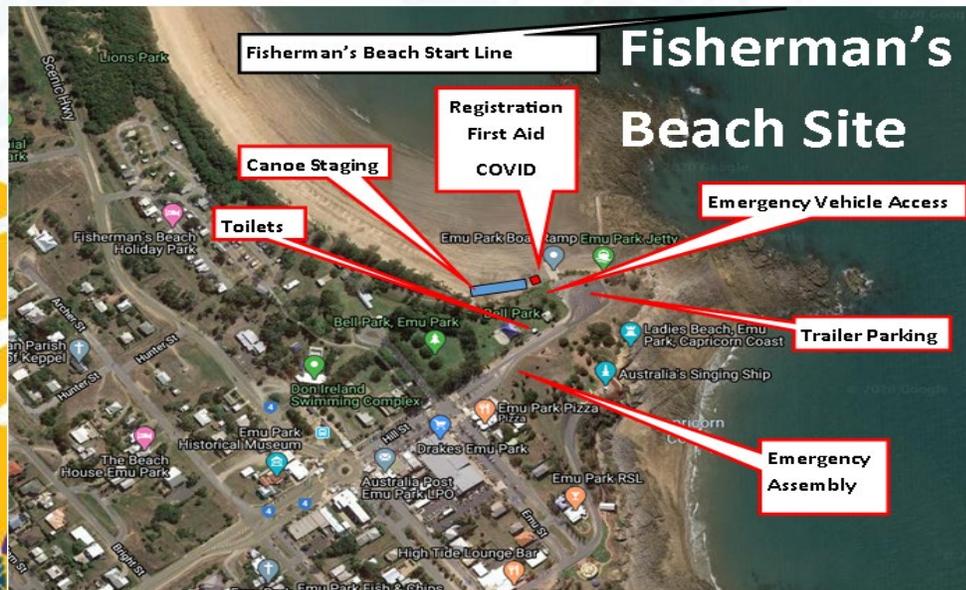


Fisherman's Beach, Hill Street, Emu Park will serve as the main hub for the event. Street parking will be available along Hill Street.

Capricorn Coast and Rocky Outrigger Canoe Clubs encourage you to support local Emu Park businesses for your accommodation and purchases throughout the weekend—your support makes a big difference to the community.

Registration and briefings will be held at the Lions Shack, located in Bell Park on Fisherman's Beach.

For the **Downwind OC1/OC2/V1/V3 event**, the designated finish line (or start point, if reversed) will be at Farnborough Beach Access FB9. The start time for this event will be confirmed on the day, depending on the weather, to ensure the best possible downwind conditions.

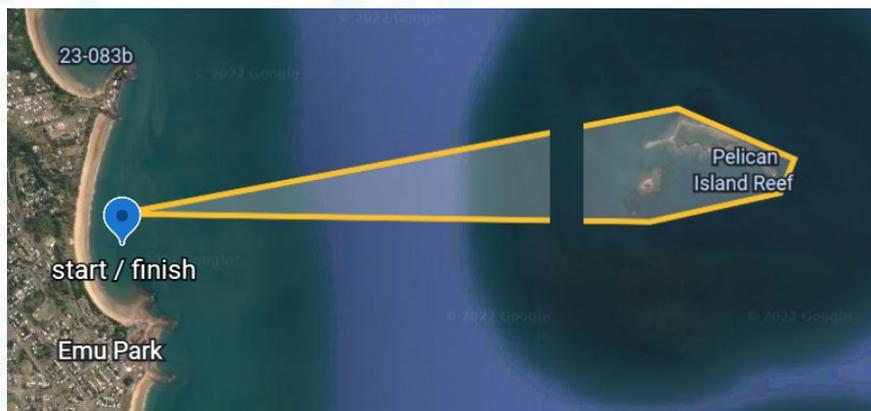


Saturday: Short Course – 11.5km

** Attend race briefing for course confirmation.



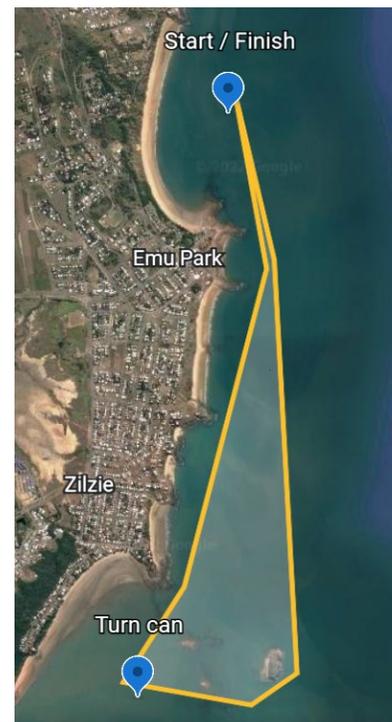
Option 1



The short course is an 11.5km marathon, beginning between two buoys off Fisherman's Beach, Emu Park. Paddlers will head 5.5km out towards Pelican Island, rounding the island before returning to the start/finish line at Fisherman's Beach.

The direction around Pelican Island will be determined on the day based on weather and sea conditions. The course may also be adjusted to ensure the best and safest conditions for paddlers.

Option 2



The alternate course is an 11.5km marathon and will start between two buoys off Fisherman's Beach, Emu Park. Paddle south to Mother MacGregor Reef and Island, then return to the Fisherman's Beach start/finish line.

The direction around Mother MacGregor will depend on conditions on the day, and the course may be altered to maximise conditions on the day.

Tide Times: Sat 4 Oct 25

0105	0.77m
0652	3.67m
1256	0.82m
1907	4.41m

Sunrise & Sunset

5:33 am 5:57 pm

Option 1: Sunday OC6 Changeover 45km



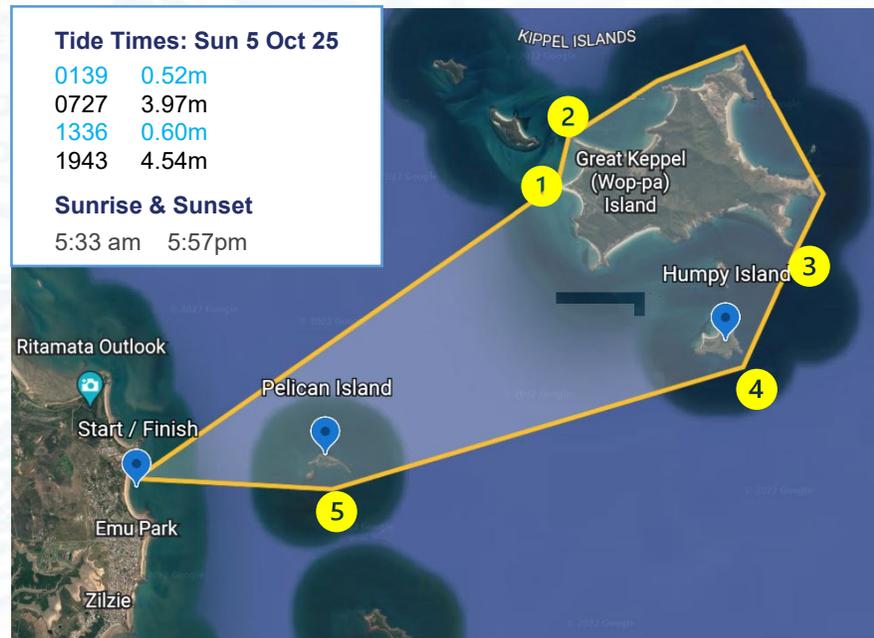
The OC6 Changeover marathon will start between two buoys off Fishermans Beach Emu Park.

1. Paddle towards the ferry landing area of **Fishermans Beach** 'The Spit' on Great Keppel (Wo-pa) Island (GKI).
2. Paddle **clockwise** around GKI to **Putney Point**
3. Continue to head from point-to-point around to the southern side of GKI to **Coconut Point**.
4. To start the return leg, head **inside Halfway Island**.
5. Return to the finish line via the **southern side of Pelican Island and Pelican Rock**.

Direction around GKI will depend on conditions on the day, and the course could be altered to maximise conditions on the day.

Attend Race Briefing for course confirmation.

Option 2: Sunday OC6 Changeover 45km



The OC6 Changeover marathon will start between two buoys off Fishermans Beach Emu Park.

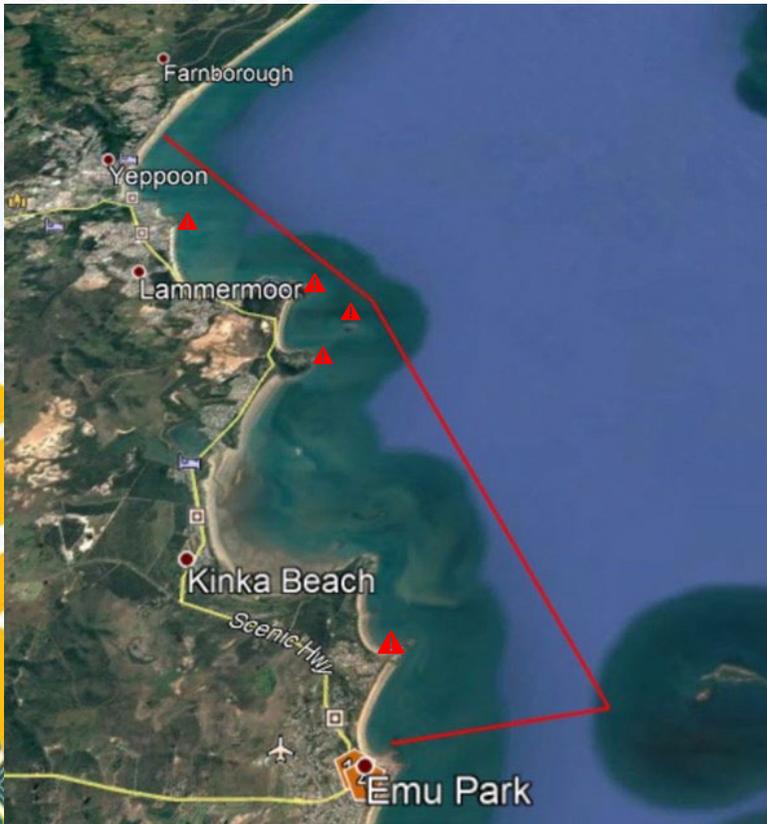
1. Paddle towards the Ferry Landing area of **Fishermans Beach** 'The Spit' on Great Keppel (Wo-pa) Island (GKI).
2. Paddle **clockwise** around GKI to **Putney Point**.
3. Continue to head from point-to-point around to the southern side of GKI to **Coconut Point**.
4. To start the return leg, head **outside** of **Humpy Island (Bur-ye-bur-ye)**.
5. Continue to the finish line via the **southern side** of **Pelican Island** and **Pelican Rock**.

Direction around GKI will depend on conditions on the day, and the course could be altered to maximise conditions on the day.

Attend Race Briefing for course confirmation.

Monday OC1/OC2/V1/V3/Foil/Ski: Downwinder 17 km

Fisherman's Beach, Emu Park to Farnborough Yeppoon (or reverse)



The downwinder will start between with two boats or buoys ~1-2km off Fisherman's Beach, Emu Park.

Paddlers will initially paddle out 1-2km to optimise the downwind conditions and angle in a southerly or south-east wind before starting the course.

⚠ Key hazards to be aware of:

- Rocks at Tanby Point
- Ritamata Reef Rocks
- Iron Pot Island (paddlers must pass on the eastern side)
- Roslyn Bay Marina
- Wreck Point Rocks
- Be cautious of boat traffic near Roslyn Bay Marina and follow all boating and water safety regulations.

The finish line is between two buoys in front of Farnborough Beach Access 9 (FB9). From the ocean, head right of the large telecommunications tower on the hilltop. Large beach flags will mark the timekeeping area.

Toilets and canoe washdown hoses are available at the finish.

Note: Course direction may change on the day to suit conditions.

Attend Race Briefing for course confirmation.

Tide Times: Mon 6 Oct 25

0213	0.31m
0805	4.23m
1419	0.47m
2020	4.56m

Sunrise & Sunset

5:32 am 5:57pm

Event Schedule



Day	Time	Event	Distance
Sat 4 Oct	10.00am	Registration	
	11.00am	Women's	11.5km
	12.30am	Mens	11.5km
	3.00pm	Mixed	11.5km
	4.30pm	Presentations	
	6.00pm	Support Boat Briefing	
Sun 5 Oct	7.00am	Registration	
	9.00am	OC6 Changeover/Iron 45km	45km
	3.00pm	Presentations (Live music, food vans)	
Mon 6 Oct	7.00am	Canoe Registration and Car Transport	
	8.00am	Downwinder OC1/OC2/V1/V3/Ski/Foils	17km
		Presentations and BBQ directly after event	



Trailer Parking & Canoe Rigging

Canoes can be unloaded from the trailer parking area of the Emu Park Boat Ramp at the Fisherman's Beach end of Hill Street Emu Park. Canoes can be rigged in the park area of Bell Park. Please bring your trollies as at low tide it can be a fair way to the beach.

Saturday morning priority will be given to unloading all OC6.

Sunday afternoon priority will be given for loading to clubs towing the longest distance as a courtesy to those clubs.

Monday priority will be given to unloading OC1 trailers in preparation for the Downwinder.

Please ensure you book your trailer in by sending an email to roccsecretary@gmail.com to reserve spots or schedule loading/unloading.



Accommodation Options

There is a range of accommodation options, including Backpacking, Caravan Parks, Motels and Resorts, available in Emu Park and surrounding areas to suit the needs and requirements of our paddlers. Please go to Visit Capricorn for further information or please contact us with any questions (<https://www.visitcapricorn.com.au>).

Emu Park

Emu Park is a quiet coastal community town that lies south of Yeppoon and east of Rockhampton. It is part of a pleasant scenic drive from Rockhampton, which includes Emu Park, and heads north along the coast to the Capricorn Coast National Park before reaching Yeppoon.

It is known primarily for its views across to Great Keppel Island, Anzac Memorial Walk and its remarkably beautiful Singing Ship sculpture. When the sculpture is singing, it is downwind conditions for local outrigger paddlers and a well know Downwinder Start/Finish Point for Rocky Outrigger Canoe Club on weekends and their annual Downwinder event.

Location: Emu Park is located 664 km north of Brisbane and 45 km northeast of Rockhampton. It is a short drive from Yeppoon (20km) and Farnborough Beach (22km).



AOCRA Refund Policy effective 30 November 2021

The Nomination Fee

Detailed split of the nomination fees per paddler:

Nomination Race Fee	Seniors/Novice		
	Short	Change-over/Iron	Downwind
Total Fee	\$20	\$80/\$110	\$45
Host Club	\$13.00	\$73/\$103	\$38
Zone	\$5.00	\$5.00	\$5.00
AOCRA	\$2.00	\$2.00	\$2.00

AOCRA Refund Policy in the event of Postponement and or Cancellation

Refund policy may vary depending on the type of event and the Host or Organiser. The Host of each event must include a Refund Policy in the approved Regatta / Event Program outlining the terms for eligibility to request a refund. The Refund Policy must be the same wording as outlined in the AOCRA Rules, otherwise, the Host must seek approval from AOCRA Events for any changes prior to publishing a Refund Policy in the approved Regatta / Event program. The Refund Policy applies to nomination fees paid to enter a sanctioned AOCRA event only.

Nominee Cancellation Prior to the Event Date

Change of Mind or Unable to Attend

Once the nomination fee is paid there is no refund for change of mind. If you have paid the nomination fee and are unable to attend the event due to extenuating circumstances outside of your control, you may apply in writing using the AOCRA Request for Refund Form on the AOCRA website and email to support@aoara.com.au giving details of the reason for requesting a refund. The Host, Zone and AOCRA are not obligated to refund their respective portions of the nomination fee, and if a refund is approved it will be processed in full less an administration fee of up to \$10 for processing the refund. AOCRA determines the administration fee at the time of processing a refund and retains the administration fee to cover their processing costs.

The nominee cannot request a refund on the day of the event or after the start date of the event.

Host Postpones or Cancels the Event

Host Giving Notice of Postponement or Cancellation

The Host must follow the AOCRA Rules to postpone or cancel an event and give notice in writing by email, SMS alert notification or text message to your mobile device, Host Facebook post, written announcement on the AOCRA website. The effective date is the date of dispatch.

Event Postponed

Should the Host, Zone or AOCRA postpone an event, they are required to give notice at any time prior to the scheduled start time of an event.

A date for the rescheduled event must be announced within 7 days of the original event date in writing by: email, SMS alert notification or text message to your mobile device, Host Facebook page, written announcement on the AOCRA website. The Host reserves the right to postpone the event (where no refund will be issued).

The rescheduled event program content / format may change including scheduled times which is at the discretion of the Host, and they reserve the right to do without notice. The Host, Zone or AOCRA may continue to postpone an event following the same process as above.

Event Cancelled

The Host, Zone or AOCRA may cancel an event inline with the AOCRA Rules.

Cancellation more than 30 days before the event is at minimum an 80% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation more than 7 days before the event is at minimum an 70% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation more than 1 day before the event is at minimum a 60% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation on the day of the event is at minimum a 40% refund of the Host, Zone and AOCRA portion of the nomination fee.

The Host reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

The Zone reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

AOCRA reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

Refund Payment

Refunds will be processed within 30 days of cancellation via the same method used for payment.



Thanks to our Sponsors

A special mention to:

- Lions Club Emu Park:** supplying their facility at a special rate to support our event
- Keppel Sands Coast Guard QF20:** supplying on-water support boats and first aid response for our event
- Rockhampton Coast Guard QF19:** supplying on-water support boats and first aid response for our event
- Yeppoon Coast Guard QF11:** supplying on-water support boats and first aid response for our event



