



SEA SARDINIA REGATTA
10° OHANA MANA CUP 2018
ICF Ocean Racing
13 - 16 September 2018

Organizing Committee

A.S.D. KAUNA TEAM
SOCIETA' CANOTTIERI ICHNUSA

Event sponsored by

- ICF - International Canoe Federation
- CONI - Comitato Regionale della Sardegna
- F.I.C.K. - Federazione Italiana Canoa Kayak
- Regione Sardegna
- Comune di Cagliari

Regata course

- Race Track "A" - ICF Ocean Racing Ohana Mana Cup - SS1, SS2, Vr1 and Vr2, Va'a - 22 km - Lower Wind NW or flat water:
 Start at Marina Piccola (Cagliari) - Finish Geremeas beach (Hotel Cala Serena).
 Wind S
 Start at Geremeas beach (Hotel Cala Serena) - Finish Marina Piccola (Cagliari).

Canoe allowed and categories

CANOE : Vr1	- Men/Women	(Paracanoa/Junior/Under 23/Open/Master)
Vr2	- Men/Women/Mixed	(Paracanoa/Junior/Under 23/Open/Master)
Va'a	- Men/Women	(Paracanoa/Junior/Under 23/Open/Master)
SS1	- Men/Women	(Paracanoa/Junior/Under 23/Open/Master)
SS2	- Men/Women/Mixed	(Paracanoa/Junior/Under 23/Open/Master)

Race program:

Thursday	Sept 13 th 2018	: free paddle and clinics	start	11:30 am
Friday	Sept 14 th 2018	: clinics, free paddle or race	start	11:30 am
Saturday	Sept 15 th 2018	: clinics, free paddle or race, closing ceremony	start	11:30 am
Sunday	Sept 16 th 2018	: clinics, free paddle or race, closing ceremony	start	11:30 am

N.B.: TIME SCHEDULE MAY BE UPDATED. PLEASE, STAY TUNED



REGIONE AUTONOMA DELLA SARDEGNA
SARDEGNA Turismo





Registration

Entry can be done by all regularly LICENSED PADDLERS THROUGH THEIR National Federation.

Registration should to be filled in online www.ohanamanacup.com

Alternatively, you may download that form and send it to the following address:

kaunateam@tiscali.it

Entries must be sent via e-mail at kaunateam@tiscali.it not later tha **10 September 2018 10,00 pm.**

Late entries are still possible to be accepted, but the interested paddler has to pay a penalty.

Entry fees:

Long distance - ICF Ocean Racing : € 70,00

Long distance - ICF Ocean Racing double surfski and OC2 : € 50,00 for person

Fees include: insurance, race package, event t-shirt's and free shuttle the day of the long distance ICF ocean racing.

Races rules

Under 18 of age participants will have to be authorised by their parents.

Only those participants who have paid the participation fee will be allowed to attend the event .

Each participant will be provided with an insurance against accidents according to the Italian Federation Insurance (or similar whether accepted by the HOC).

Life jacket, flare and leash are compulsory and must be worn.

Before each race starts , appointed Officials will take care of all partipants wearing the required equipment.

Fix the allocated races canoe number on the left front part of the bow of the canoe.

Safety is granted with boats and other means arranged by the staff.

All videos and photos are propriety of A. S. D. Kauna Team and Società Canottieri Ichnusa.

NB: Lest they are disqualified it is extremely important for the paddlers to respect all rules.

ICF Ocean Racing - Long Distance Race

Routes will take place in Cagliari's gulf between Geremeas Beach and Poetto beach in Cagliari; in the pre challenge briefing, the Staff will indicate the routes procedure according to the weather conditions and under permission of the Harbour master's office.

Please note that the races may be run in the other direction. Competitors will be informed of the direction of the races at the pre briefing on the day before in the evening in Geremeas (Hotel Cala Serena) or in other place that the race director will announce.

Please make sure you provide the race organisation with your mobile phone number to recieve messages per whatsapp or sms.

Every morning at 09:00 skippers meeting or information via whatsapp.





All information about transportation to the start or from the finish to the hotel will be provided by you by either whatsapp or skippers-meeting.

All participants must declare that they are free of any physical complains and that they are able to cover high physical load/ demand for about 5 hours. Also every participant must declare that they are experienced in paddling open sea conditions.

Will the organization get the impression that the participant cannot fulfill the requirements; the participant has to visit a doctor to get his approval /medical certificate.

Every participant has to agree and sign the liability waiver that will be found in the registration.

Only those participants who will have paid the submission fee will be guaranteed to start the contest and to receive all the stuff regarding it.

Each participant is insured against accidents according FICK Insurance (or similar whether accepted by the staff).

Fix the allocated race canoe number on the left front part of the bow of the canoe.

Safety is granted with boats and other means arranged by the staff.

All videos and photos are propriety of A. S. D. Kauna Team and Società Canottieri Ichnusa.

All participants have to use their own equipment, which has to be in secured and fully usable conditions, so it will not become a danger in using it, either for the participants or the organization.

Also and in addition all participant must have the experience to be able to complete the distance in open sea conditions. The organization is free to not allow any participant the start for the races, if the organization has the impression or there are obvious sings that either the participant or material is not able to finish the races, without a payback of the registration fee.

The following items are mandatory:

- Thechnical proper equipment;
- Tracker (from the organization)
- Life west must be worn;
- Flare (just in case of very hard conditions);
- Leash must be worn;
- Mobile in his water resistant bag (if the water condition are very bad).

In case of a failure the competitor will be taken out of the races

Class

Women	Men
SS1/OC1/VA'A	SS1/OC1/VA'A
Under 23	Under 23
Junior	Junior
Open (23/34 years)	Open (23/34 years)
Master A (35/39 years)	Master A (35/39 years)





Master B (40/49 years)	Master B (40/49 years)
Master C (50/59 years)	Master C (50/59 years)
Master D (60/69 years)	Master D (60/69 years)

Women	Men	Mixed
SS2 (Surfski Double)OC/2	SS2/OC2	SS2/OC2
Under 23	Under 23	Under 23
Junior	Junior	Junior
Open (23/34 years)	Open (23/34 years)	Open
Master A (35/39 years)	Master A (35/39 years)	Master A
Master B (40/49 years)	Master B (40/49 years)	Master B
Master C (50/59 years)	Master C (50/59 years)	Master C
Master D (60/69 years)	Master D (60/69 years)	Master D

In SS2 the age of the youngest competitor will determine the category in which the crew can compete.

Prize Money

Breakdown:

ICF OCEAN RACING - SINGLE SURFSKI MEN

1 st	€	2.500,00
2 nd	€	1.500,00
3 rd	€	1.000,00
4 th	€	700,00
5 th	€	400,00
6 th	€	200,00

The prize money will be paid:

More than 85 single men surfski paddlers at start line	= 100%
65/85 single men surfski paddlers at start line	= 80%
Less 65 single men surfski paddlers at start line	= 50%



REGIONE AUTONOMA DELLA SARDEGNA
SARDEGNA Turismo





All prizes are free of taxes

ICF OCEAN RACING - SINGLE SURFSKI WOMEN

1	st	€	800,00
2	nd	€	500,00
3	rd	€	200,00

All prizes are free of taxes.

The women prize money will be paid with minimum 20 women single surfski paddlers at start line.

ICF OCEAN RACING - DOUBLE SURFSKI

1	st	€	800,00
2	nd	€	500,00
3	rd	€	200,00

All prizes are free of taxes.

The double surfski prize money will be paid with minimum 25 surfski at start line.

ICF OCEAN RACING - SINGLE SURFSKI MEN/WOMEN - JUNIOR/OPEN/MASTER/SENIOR MASTER/UNDER 23

1	st	Cup or Medal and greetings
2	nd	Cup or Medal and greetings
3	rd	Cup or Medal and greetings

ICF OCEAN RACING - SINGLE OUTRIGGER MEN

1	st	€	800,00
2	nd	€	500,00
3	rd	€	200,00

The single outrigger men prize money will be paid with minimum 20 men single outrigger paddlers at start line.

All prizes are free of taxes.

ICF OCEAN RACING - SINGLE OUTRIGGER MEN/WOMEN - OPEN/MASTER/SENIOR MASTER/UNDER 23/JUNIOR





1	st	Cup or Medal and greetings
2	nd	Cup or Medal and greetings
3	rd	Cup or Medal and greetings

ICF OCEAN RACING - DOUBLE OUTRIGGER

1	st	€	800,00
2	nd	€	500,00
3	rd	€	200,00

The double outrigger men prize money will be paid with minimum 20 double outrigger at start line.

ICF OCEAN RACING - DOUBLE OUTRIGGER MEN/MIXED - OPEN/MASTER/SENIOR MASTER/UNDER 23/JUNIOR

1	st	Cup or Medal and greetings
2	nd	Cup or Medal and greetings
3	rd	Cup or Medal and greetings

ICF OCEAN RACING - PARACANOE ALL CLASS

1	st	Cup or Medal and greetings
2	nd	Cup or Medal and greetings
3	rd	Cup or Medal and greetings