

Play it, Live it, Love it on the Gold Coast in 2016!



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#PPMG16



Outrigger Canoeing and Ski & SUP Combined Schedule

SATURDAY 5 NOVEMBER 2016

Event #	Start	Finish	Event Detail	Division	Ages	Course
	7:00		Registration Open			
	7:40		Race Briefing - OC6 12km Iron			
Event 1	8:00	9:45	OC6 - 12km Iron race	Men	30+, 40+, 50+, 60+, 70+	2 laps Deadmans Island Circuit
	9:45		Race Briefing - SUP 3km Iron			
Event 2	10:00	11:00	SUP - 3km Iron race	Men/Women	30+, 40+, 50+, 60+, 70+	1 lap of Blue Drum Circuit
Event 3	10:30	10:45	OC6 Fly the Ama contest	Any gender combo	Any Age Combination	
	10:45		Race Briefing - OC6 12km Iron			
Event 4	11:00	12:45	OC6 - 12km Iron race	Women	30+, 40+, 50+, 60+, 70+	2 laps Deadmans Island Circuit
	12:45		Race Briefing - SUP Sprint Eliminator			
Event 5	1:00	1:55	SUP - 200 mtre Sprint Eliminator	Men	All ages 30-70+ (no divisions)	2 eliminator heats + Final
Event 6	1:05	2:00	SUP - 200 mtre Sprint Eliminator	Women	All ages 30-70+ (no divisions)	2 eliminator heats + Final
	2:00		Race Briefing - OC6 6km Iron			
Event 7	2:15	3:15	OC6 - 6km Iron race	Mixed	30+, 40+, 50+, 60+, 70+	1 lap Deadmans Island Circuit
	3:30		Medal Presentation			

SUNDAY 6 NOVEMBER 2016

Event #	Start	Finish	Event Detail	Division	Ages	Course
	7:00		Registration Open			
	7:40		Race Briefing - OC6 6km Iron			
Event 8	8:00	9:45	OC6 - 12km Iron race	Mixed	30+, 40+, 50+, 60+, 70+	2 laps of Deadmans Island
	9:45		Race Briefing - OC1/OC2/V1 Ski/Double Ski/SUP 6km Iron			
Event 9	10:00	11:00	OC1/OC2/V1/Ski/Double Ski/SUP - 6km Iron race	Men/Women/Mixed	30+, 40+, 50+, 60+, 70+	1 lap Deadmans Island Circuit
	11:00		Race Briefing - OC6 Sprint Eliminator			
Event 10	11:15	12:10	OC6 - 200 mtre Sprint Eliminator	Men	All ages 30-70+ (no divisions)	2 eliminator heats + Final
Event 11	11:20	12:15	OC6 - 200 mtre Sprint Eliminator	Women	All ages 30-70+ (no divisions)	2 eliminator heats + Final
	12:15		Race Briefing - SUP Sprint and OC6 6km Iron			
Event 12	12:30	1:30	OC1/V1/SUP - 6km Team Relay	Men/Women/Mixed	30+, 40+, 50+, 60+, 70+	2 laps of Blue Drum Circuit
Event 13	1:30	2:30	OC2/Ski/Double Ski - 6km Team Relay	Men/Women/Mixed	30+, 40+, 50+, 60+, 70+	2 laps of Blue Drum Circuit
	2:30		Race Briefing - OC6 6km Iron			
Event 14	2:45	3:45	OC6 - 6km Iron race	Women	30+, 40+, 50+, 60+, 70+	1 lap Deadmans Island Circuit
Event 15	3:45	4:45	OC6 - 6km Iron race	Men	30+, 40+, 50+, 60+, 70+	1 lap Deadmans Island Circuit
	5:00		Medal Presentation			

RELAY RACE INFO:

OC2 & Double Ski Relay Race – Teams of 6 (3x2) complete one lap each of a 2km course

Ski & SUP Relay Race – Teams of 3 complete one lap each of a 2km course

