

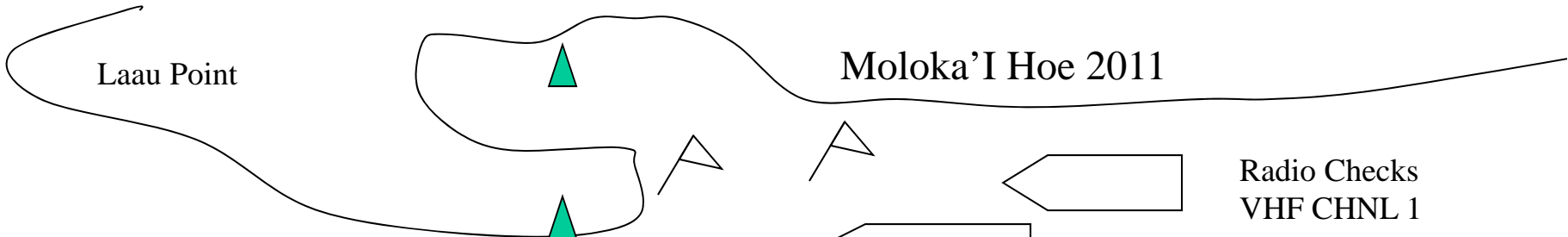
Moloka'i Hoe 2011

Moloka'i Hoe 2011 General Information:

1. Start line lay out
2. First change lay out*
3. Finish line approach
4. Guidelines for radio check
5. Safety policies and guidelines
6. Escort boat information sheet
7. Cancellation of Race Policies
8. Canoe Weighing form (Only for information to outline procedures performed by OHCRA.)
9. Moloka'i Race Guidelines.

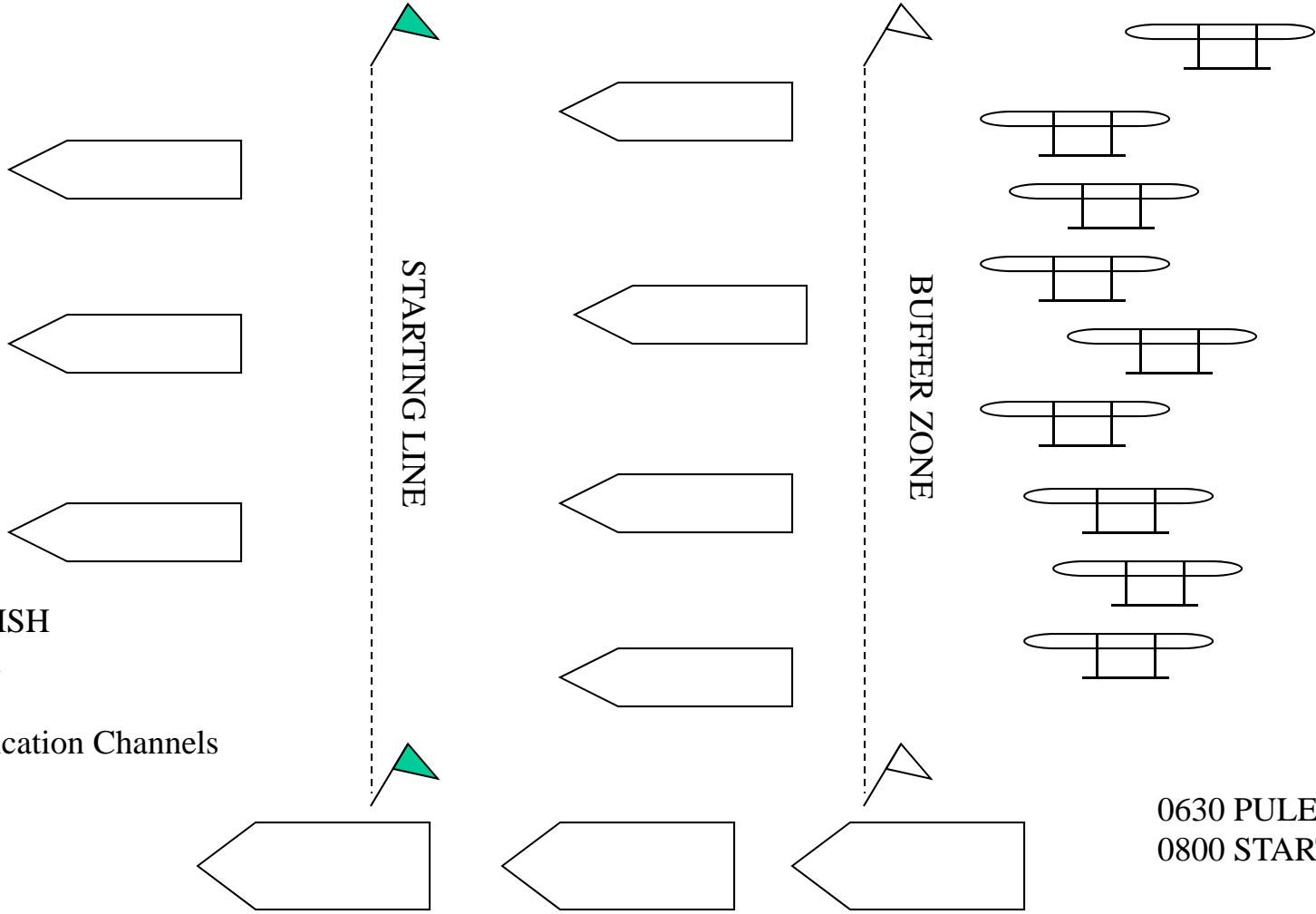
These are important information provided for the safety of your crew. You are required to review this with your paddlers and ESCORT boat captains.

- The first change will be 45 minutes into the course. Please notify your coaches.
- Your canoe will NOT be shipped unless full payment is made. Final shipping date is : FRIDAY, 9/30 Please contact : Luana Froiseth # 330-4774.



Start Time 8:00am
Race Channels
VHF - #72

Radio Checks
VHF CHNL 1

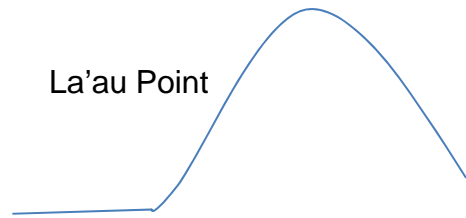


START AND FINISH
VHF Channels # 1

General Communication Channels
VHF - 72

0630 PULE
0800 START

FIRST CHANGE : MOLOKA'I HOE



La'au Point

30 minute time line.
Notify escorts



Spotter boat will have list to reflect
crews most likely to be in front of pack

Lead Crews



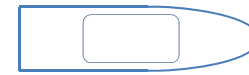
Official spotter



45 minute time line.
First allowed change out



Official spotter



Description

- Escort boats are held at the start.
- 2- Official boats will follow pack and head to La'au point where they will mark the entrance of channel.
- Canoe arrival at La'au or 30 minutes whichever is FIRST , official will RELEASE the escort boats to the canoes that are entering the channel in the front , middle and end of the pack.
- First change will NOT be done until 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.

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

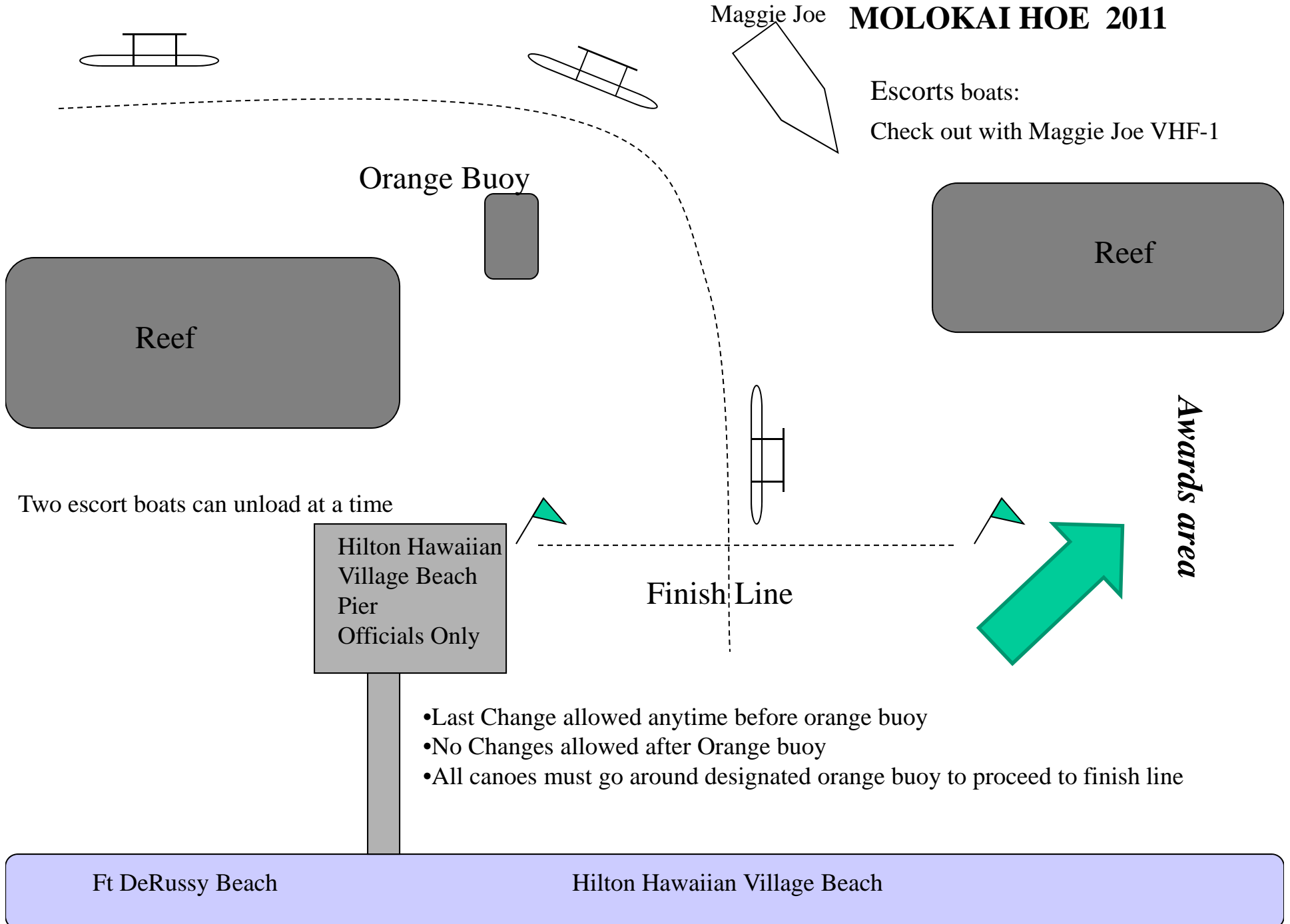
Multiple offenses will result in a time penalty, fine and disqualification.

- IMPORTANT: Every team should have simple change protocol in place. While this may vary with every team, the following should be observed by all teams regardless of level.
 - A. Before any paddlers jump the engine needs to be in neutral
 - B. A spotter, other than the captain, will verify that the prop is disengaged and will give the call for each paddler to jump.
 - C. When every paddler has swum clear of the boat, the spotter will notify the captain that the prop can be engaged.
 - D. When picking up paddlers the same process will be reversed. The captain will come within swimming distance of the paddlers and then disengage the prop.
 - E. When the spotter verifies that the prop is disengaged, they will give the call to the paddlers to swim to the idling boat.
 - (These helpful tips have been provided by Luke Evslyn of Kamanu Compsites. Luke was injured in the 2010 Hoe while making the first change. He has shared his experience to alleviate future injuries of paddlers.
 - SAFETY OF THE PADDLERS FIRST!

Maggie Joe MOLOKAI HOE 2011

Escorts boats:

Check out with Maggie Joe VHF-1



MOLOKA'I HOE 2011

RADIO CHECK:

- All escort boats must do a radio and visual check (VHF 1). **Not doing a radio check will result in disqualification!**
- Complete radio silence is mandatory during radio check and before the start of the race.

YELLOW FLAGS RAISED:

- Flags will be anchored to mark the buffer zone, and stationary official boats will form the starting line. No canoes are to go past the boats.
- Canoes are to 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.
- Any team that jump starts the race will be docked 20 minutes.
- Escort boats must remain outside of the course to the back of the Maggie Joe or to the very back of the official boats. First change will be in 30 minutes. Safety must be considered at all times when escort boats enter the course to locate their canoes. **NO SPEEDING THRU THE COURSE AT ANYTIME. FAILURE TO FOLLOW SAFETY GUIDE WILL RESULT IN DISQUALIFICATION, CLUB FINES AND/OR EXTENSIVE FINES.**

START OF RACE:

- Yellow flags will be raised at approximately 7:25 a.m. Afterwards, the Red and Green flags will then be raised to indicate the start of the race. A horn will also be sounded.

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.
- 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 1

SAFETY POLICY AND GUIDELINES

Molokai Hoe 2011

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 as outlined by the Molokai Hoe 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: badges & sutures.
2. Escort boat captain must immediately contact Maggie Joe on designated radio frequencies and indicate the following:
 - a. Name of Crew
 - b. Description of canoe
 - c. Longitude & Latitude in reference to the Diamond Head buoy. (If applicable)
 - d. Location in reference to official boats in the surrounding area as outlined in official triangle lay out included in your crew manual.
 - e. Detailed description of the emergency situation.
3. Once medical assistance has arrived Head medical person will assess the situation and determine whether the injured party will be transported to a medical facility. The Race Director 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 Race Director and the escort vessel driver will determine if the transfer of a victim is necessary and appropriate. The Race Director will have the final say.
5. If transfer of 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 Race Director may authorize the assistance of another escort boat to assist the team with escorting the canoe and working with changes.

It is the intent of the Molokai Hoe committee to support the paddlers in their efforts to finish their race. However, safety is the first and for most obligation to this event. The head medical person, in conjunction with the Race Director will make the final decision as to whether a paddler will be brought to shore.

All escort boats **MUST** have a VHF communication device. You may not share your 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.

~ NOTE: Crews may **NOT** enter the race course without an **ESCORT BOAT**. Immediately report to the stage area if your escort does not show up as we may be able to assist in finding a replacement.

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

ESCORT BOAT CAPTAINS INFORMATION SHEET

1. RACE REQUIREMENTS

- a. Your vessel must be able to safely carry your helper(s), all paddlers and coaches, and if necessary, to have the ability to tow your canoe.
- b. In addition, you need to have the appropriate life jackets/preservers and all other USCG required equipment and documentation.
- c. Escort boat captain and all helpers must sign a waiver to be turned in by October 6, 2008.

2. RADIO/COMMUNICATIONS

- a. Check in/check out – when leaving Hale O Lono and arriving at finish line, radio checks (VHF #1) are mandatory. Failing to check in or out with officials may result in disqualification of crew.
- b. Emergencies/problems- Contact the Maggie Jo (Mike DeRego) on VHF 72 and provide the following information:
 1. ESCORT VESSEL FOR TEAM # _____
 2. SPECIFY MEDICAL OR NON-MEDICAL PROBLEM, EQUIPMENT PROBLEM
 3. LOCATION USING GPS TO DIAMOND HEAD BUOY (21* 14' 830 N, 157* 48' 910 W) OR PHYSICAL LOCATION IN RELATION O OFFICIAL BOATS

You may be instructed to change channels and then required to 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 turn right on orange buoy going between the Maggie Jo and orange turn buoy. Escort vessels **go behind** Maggie Jo, check in VHS#1.
4. Docking Procedure - Escort Vessels will be allowed to go to the dock to drop-off paddlers. There is a limit in the number of vessels 2. Please have bumpers and docking lines ready and available before docking. This procedure will expedite the loading. ONCE YOU HAVE CHECKED IN PLEASE MAKE SURE THAT YOU KEEP YOUR RADIOS ON SO THAT YOU CAN RECEIVE FINAL CLEARANCE FROM THE MAGGIE JOE. FAILURE TO SO MAY RESULT IN DELAYS.

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

Note: This form is to be used when the canoe has not yet been weighted and validated by HCRA. This form is only for information. The original form will be completed by OHCRA when canoe weighing is performed by OHCRA.

State of Hawaii)
(Hawaiian Canoe Racing Association
City and County of Honolulu)
County of Hawaii) Association: OHCRA
County of Kauai) (Oahu Hawaiian Canoe Racing Association)
County of Maui)

This is to certify that on this day _____, and date ____/____/____
Month Day Year

At _____, Island of Oahu, State of Hawaii, this canoe,

_____ (circle) KOA/FIBERGLASS _____ being utilized by
Canoe Name #/alphabet

_____ was weighed, minus the outrigger, and was found to

weigh _____/(with seat pads) _____
Weight lbs. weights needed length (koa only)

Weight location: seat _____ lbs. _____/seat _____ lbs. _____/seat _____ lbs. _____

Canoe color: _____/_____/_____
Hull Gunnel Manu

Manufacturer: _____ Date Manufactured: _____

Serial Number: _____

_____ **Eligible** under the race rules of the Hawaiian Canoe Racing Association.

_____ **Ineligible** until weight is brought up to 400 pounds minimum.

Coach/Club Representative

Association Race Director

Witness

Race Committee

Witness

Race Committee

Molokai Hoe Race Guidelines Introduction

Molokai Hoe is produced and administered by the Oahu Hawaiian Canoe Racing Association (OHCRA) Molokai Hoe Committee. Molokai Hoe is the property of the title sponsor and 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 the title sponsor and OHCRA is prohibited. ENTRY ELIGIBILITY This race shall be open to all canoe clubs or organizations submitting an entry application and meeting the requirements of the Molokai Hoe Committee. OHCRA Race Rules will apply to this race unless herein modified. Merging of canoe clubs may be 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. The Molokai Hoe Committee reserves the right to accept or reject any application.

Molokai Hoe Race Guidelines

A. ENTRY REQUIREMENTS

- Must submit completed Entry Form Application by the specified deadline date.
- Must submit all Molokai Hoe Waiver Forms by the specified deadline date.
- Must attach HCRA Canoe Specification Form. This form must be received before canoes are shipped to Molokai. Non-compliance with this rule will result in refusal of transporting canoe to Molokai.
- Must pay entry fee before canoe is shipped to Molokai. The Race Director will assign the canoe shipping date for each entry.
- The Molokai Hoe Committee will access a late fee of 100% to any entries received after the deadline date.
- It is mandatory that the coaches of each participating crew attend the coaches meeting held the day before the race. The crew may be disqualified if the coach does not attend the meeting.
- Beginning in 2008, ALL paddlers will be issued an official WRIST BAND which must be worn at all times during the course of the race. This is MANDATORY and will be issued when final crew list is submitted.
- 2009 - All crews must be in complete CREW uniform at the START and COMPLETION of the race. Crews not in full uniform will be penalized.

B. PADDLERS ELIGIBILITY

- The final selected race crew will consist of nine (9) male paddlers in open, 40+, and 50+; twelve (12) male paddlers in the 55+, and (12) male paddlers in the 60+. Minimum age must be not less than 18 years of age as of the day of the race. The Final Entry must be submitted no later than 12 noon on the Saturday the day before the race.
- It is the entrant's responsibility to see that their paddlers are physically fit and capable of participating in a marathon canoe paddling event, If there is a question regarding a paddlers physical fitness, it shall be the entrant's responsibility to provide a medical clearance form and obtain the Molokai Hoe Committee's approval before the paddler enters the race.
- All crew members must be able to swim.
- Each paddler must sign designated liability and publicity waivers.
- Merging clubs: Paddlers from different clubs may merge to form a crew provided that each paddlers gets written permission to merge from their respective clubs designated representative and submits these same letters of permission to the Race Director for approval.

- All participants who are not a current member of an HCRA club will be charged an insurance assessment at the time of registration.

C. CANOE HULL, RIGGING AND EQUIPMENT

- All canoes (including rigging, iako , ama , hull shape-above waterline, at waterline, and below waterline) must meet current HCRA Hawaiian design canoe specifications.
- Only koa canoes that have measured and certified under HCRA Hawaiian design canoe specifications for koa canoes will be allowed to race in the Koa Division.
- Only non-koa canoes that have been measured and certified under HCRA Hawaiian design canoe specifications for non-koa canoes will be allowed to race in the Non-Koa Division.
- No fins or keels will be allowed on ama in either division.
- The minimum racing weight of any canoe, excluding the ama, iako, and tying cord is set at 400 lbs. Minimum weight of hulls constructed before August 1, 1998, shall be no less than 350 lbs. The minimum weight of hulls built after August 1, 1998, will be no less than 385 lbs. Lead weights must be permanently affixed to the canoe to bring the weight to 400lbs. 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 lead weights must be used and must be 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 OHCRA Molokai Hoe Committee gives clearance. Adding weights to a canoe will be the responsibility of the entrant. The OHCRA Molokai Hoe Committee must certify all added weights.
- The OHCRA Molokai Hoe Committee reserves the right to weigh any canoe regardless of any other authorities prior weight certification.
- Canvas or other covering on the canoe is MANDATORY.
- No sails or other artificial means of propulsion are permitted on the canoe.
- No mechanical means of bailing water out of a canoe are allowed.
- No foot support or braces of any kind are permitted inside the canoe. Only non-skid materials are allowed.
- During the race each entry shall have its assigned identification symbol permanently displayed on the front manu of its canoe. The OHCRA Molokai Hoe Committee will assign this identification.
- An inspection of all equipment used in the race will be conducted at Hale O Lono Harbor prior to the race.
- At the discretion of the OHCRA Molokai Hoe Committee, any equipment that substantially differs from the existing traditional Hawaiian design is subject to rejection of said equipment.
- The OHCRA Molokai Hoe Committee shall have the final decision of approving or disapproving any entry, any canoe or any equipment.

D. PADDLES

- Paddles must be single bladed and shaped of wood only. However, the paddle used for racing may have a protective or supportive (strengthening) covering which may be fibrous, kevlar, carbon fiber, etc. The paddle may have an edging or prosthesis for protection on the bottom or sides. The paddle may have laminated (horizontally or vertically) synthetic materials (Kevlar,

etc.) for strength and support. Extra paddles may be carried in each canoe during the race.

E. WATER SAFETY

- Each entry must provide U.S. Coast Guard approved personal flotation devices (PFD) for each person that boards their escort boat and each paddler in the canoe.
- Each entry is responsible for complying with all applicable State, Federal, and U.C. Coast Guard regulations and requirements.
- Each entry is responsible for assuring the each paddler, coach, helper and/or guest are water safe.
- Each entry is responsible for providing basic first-aid supplies.
- The OHCRA Molokai Hoe Committee reserves the right to place an official on any entrant's escort boat.
- Each entry is responsible for providing adequate nourishment and liquids for all crew members on the canoe and each person, including the assigned official, on the escort/auxiliary boat.
- The OHCRA Molokai Hoe Committee reserves the right to disqualify any crew if the Race Director determines that the crew is not capable of participating in or finishing the race within a reasonable time.

F. SPONSORSHIP SIGNAGE

- Any signage used by the entrant must be pre-approved by the OHCRA Molokai Hoe Committee. The OHCRA Molokai Hoe Committee reserves the right to remove any signage which is not in good taste or which sabotages the promotional rights of the title sponsors and the presenting sponsor. Use of conflicting sponsorship signage on canoes, escort boats, and the athletes themselves, shall be left to the discretion of the OHCRA Molokai Hoe Committee.
- Signage on a canoe must be between the two (2) iako of each canoe. Signage on escort boat may be any place except port side of bow where the OHCRA Molokai Hoe Committee requires placement of the assigned identification for each entry.
- There shall be no flags allowed on any escort or auxiliary boat on the race course.
- Race sponsor signage may be put on any canoe or escort boat used in the Molokai Hoe race at the request of the OHCRA Molokai Hoe Committee.
- Final determination for use of sponsorship signage will be left to the discretion and judgment of the OHCRA Molokai Hoe Committee.

COURSE RULES

A. START OF THE RACE

- All canoes shall be ready to start before the time set for the beginning of the race at Hale O Lono Harbor. The starting line for the race will be approximately 300 feet seaward to Hale O Lono Harbor entrance groin. The start of the Molokai Hoe Race will be conducted in the following manner:
- All canoes will assemble behind the starting line.
- The race will begin at 8:00 a.m.
- Any air horn or other sound device and the raising of the green flag will signal the start of the

race, or other method as described at the coaches meeting.

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

B. COURSE

- The course shall be from the starting line at Hale O Lono Harbor, Molokai to the finish line at Duke Kahanamoku Beach, Waikiki Beach.
- A crew may follow any course to the finish line provided that it rounds the yellow OHCRA buoy at the channel entrance to the Hilton Hawaiian Village Hotel before crossing the finish line.
- Specific diagrams will be provided at the coaches meetings. Entries are encouraged to visit the finish line area before the race.

C. PADDLERS AND RELIEF PADDLERS

- The final selected race crew will consist of (9) nine male paddlers open, 40+, and 50+, 12 male paddlers in the 55+, and (12) male paddlers in the 60+. Minimum age must be not less than 18 years of age as of the day of the race. These names shall be submitted to the assigned race official before 12 noon the day before the race and must have come from the Crew List Form.
- There may be no more than (6) male paddlers in any one canoe at any time during the race.
- Starting and relief paddlers may be used at the discretion of the coach.
- The first change of paddlers will take place, at the discretion of the Race Director, no earlier than La'au Point or thirty(30) minutes, or no later than forty-five (45) minutes. An official boat will signal the end of the time period as described at the coaches meeting.
- All canoes must pass between La'au Point and the "Maggie Joe", the official boat that will be stationed at a set distance from La'au Point.
- The last change shall be before the channel marker off of the Hilton Hawaiian Village Hotel.
- Each canoe must finish the race with six (6) male paddlers in the canoe to qualify for placement and awards.

D. SWAMPING OR OVERTURNING OF CANOE

- 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.
- Relief paddlers and additional qualified persons on an escort boat may assist in righting and bailing out a swamped canoe. There is NO outside assistance allowed for a huli canoe.
- The escort 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.
- All escort boats must be equipped with bridle straps in the event that a canoe needs to be towed. Failure to have bridle straps aboard escort boat will result in a penalty.

E. ESCORT BOAT/AUXILIARY BOAT

- Each entry must have one (1) escort powerboat to accompany them throughout the race.

- Each entry may have one (1) auxiliary powerboat. The auxiliary boat assists in the retrieving of paddlers during the substitute changes. It is suggested that each entry have auxiliary boat. However, auxiliary boats are optional.
- All escort boats and auxiliary boats must have a Molokai Hoe ID number that has been issued by Molokai Hoe officials. If a powerboat does not have a Molokai Hoe ID number, they will be asked to leave the course.
- All escort boats must have bridle straps to tow a canoe and a 3x5 red flag that can be flown from the escort boat in the event of an emergency.
- All escort/auxiliary boats must provide a copy of the boats registration to the OHCRA Molokai Hoe race officials at registration.
- All escort/auxiliary boat(s) must meet the minimum U.S. Coast Guard requirements.
- All escort/auxiliary boat(s) must be equipped with a two-way VHF radio. Only Marine Band (VHF) Radio communication is acceptable. Any entry whose escort/auxiliary boat(s) does not have a working two-way VHF radio will NOT BE ELIGIBLE TO PARTICIPATE. All escort/auxiliary boats must pass through the radio communication checkpoint at Hale O Lono Harbor on race day.
- It is recommended that all escort boats have a GPS on board.
- For safety purposes, all escorts must meet a minimum size of 22' in over all length. If an auxiliary boat is used in conjunction with escort boat then each craft must meet a minimum of 19' in over all length.
- It is recommended that all escort/auxiliary boat(s) carry a minimum of \$300,000 liability insurance coverage.
- Liability Waivers for Escort Boat/Auxiliary Boats:
 - A form furnished by OHCRA will be completed by the escort/auxiliary skippers with the information pertaining to his craft and turned over to the Molokai Hoe Race Committee. The deadline for submitting the name of an escort/auxiliary boat and its skipper will be no later than Noon on the Saturday before the race. Crews will not be entered without the completed forms.
 - Escort/auxiliary boat skippers will be furnished with liability waiver forms to be signed by all personnel boarding their craft. Each boat skipper will turn these liability waiver forms over to the race officials before 6:00 am race day.
 - A copy of the escort/auxiliary boat registration must be provide at the time of registration.
- Each escort/auxiliary boat must follow behind its assigned canoe throughout the race, except for swamped and overturned canoes. It can at no time come along side or ahead of the canoe except for during the transfer of relief paddlers, supplies, or in the case of an emergency, and it must make way without deliberately blocking, or causing interference, or wake to any approaching canoe.
 - At no time will an escort/auxiliary deliberately cause a wake to assist their own canoe or interfere with another canoe.
 - At all times, escort/auxiliary boats must maintain a safe distance from canoes and other boats.
 - Canoes always have the right-of way over escort/auxiliary boats.
 - Escort/auxiliary boats cannot block or cause a wake to approaching canoes.
- A Molokai Hoe Adult Waiver and Release of Liability and Promotional Rights form must be signed in addition to the boat waiver.
- Coaching and directing from the escort/auxiliary boat is permitted.

- Escort/auxiliary boats cannot be used to transport any articles to a canoe. However, any qualified person may pass refreshments of other articles to a canoe from the water, this person need not be one of the nine (9) male paddlers.
- Unsafe conditions due to an escort/auxiliary boat being overcrowded, or not meeting U.S. Coast Guard requirements or Molokai Hoe requirements, can be declared unfit or unseaworthy as an escort/auxiliary boat by the Molokai Hoe Committee. Said entries will not be allowed to participate.
- Minors are not allowed on escort/auxiliary boats. The Molokai Hoe Committee will have the final decision on the approval or disapproval of any vessel used as an escort boat or auxiliary boat.

CANCELLATION OF RACE:

- The race is subject to postponement or cancellation by the U.S. Coast Guard.
- The race is subject to postponement or cancellation by the Molokai Hoe Committee upon receipt of information of weather conditions of such nature, which would in their opinion render the running of the race unsafe.
- In case of the race being postponed or cancelled, the entries are responsible for returning all paddlers. Personnel and equipment to Oahu.
- All fees are non-refundable upon cancellation of any entry or cancellation of the race.

FINISH LINE

- All escort 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 boat.
- Relief crew members and crew members on the escort/auxiliary boat should follow the instructions of the pier personnel while unloading gear off of escort and auxiliary boats. Crews need to keep the pier clear and are asked to remove off loaded gear in a quick and timely manner to ensure everyone’s safety.
- The State of Hawaii, City and County of Honolulu, and U.S. Army prohibit drinking of alcoholic beverages on the beach.