

Kahakai Outrigger Canoe Club's Summer Sprints and Knock-offs

Marine Stadium, Long Beach, CA
Saturday, July 10, 2010

This year's Kahakai sprints will again be held at the historic Long Beach Marine Stadium, site of the 1932 Olympic rowing, canoeing and kayaking competitions. The course will be the measured 500m straightaway, which ends in front of the crowd on the beach.

CANOES WILL BE PROVIDED FOR ALL PARTICIPATING CLUBS: Again this year, canoes from a pool of similarly-rigged Bradleys will be assigned randomly to crews throughout the day. Please respect the canoes you are borrowing. Special thanks to NAC, Imua and Lokahi for their contribution to the boat pool for this event. We ask that everyone step up to help unload, rig, un-rig and re-load the canoes, as well as help paddle the Long Beach canoes back down the channel. Mahalo in advance for your cooperation.

Race Details: All OC1 and Keiki Division races will be run as one-heat finals. All adult OC6 races will have "knock-off" finals. There will be qualifying heats in the Novice and Open divisions. In the Open qualifying heats, the fastest finishers will advance to the "A" final, the next fastest to the "B" final. All Keiki races, OC1 races and qualifying heats will be on a measured 500m course. The knock-out finals are on a 250m course. The following divisions will be run:

OC1 19/under Women	OC6 19/under Women	OC6 12/under Girls
OC1 19/under Men	OC6 19/under Men	OC6 12/under Boys
OC1 16/under Girls	OC6 SM Women	OC6 14/under Girls
OC1 16/under Boys	OC6 SM Men	OC6 14/under Boys
OC1 Novice Women	OC6 Masters Women	OC6 16/under Girls
OC1 Novice Men	OC6 Masters Men	OC6 16/under Boys
OC1 SM Women	OC6 Open Women A	
OC1 SM Men	OC6 Open Women B	OC1 Rudderless Women
OC1 Masters Women	OC6 Open Men A	OC1 Rudderless Men
OC1 Masters Men	OC6 Open Men B	
OC1 Open Women	OC6 Novice Women	(Please note: The more OC1
OC1 Open Men	OC6 Novice Men	participants that bring their
OC1 GM Women	OC6 GM Women	own canoes, the less delays.
OC1 GM Men	OC6 GM Men	Thanks for your cooperation)

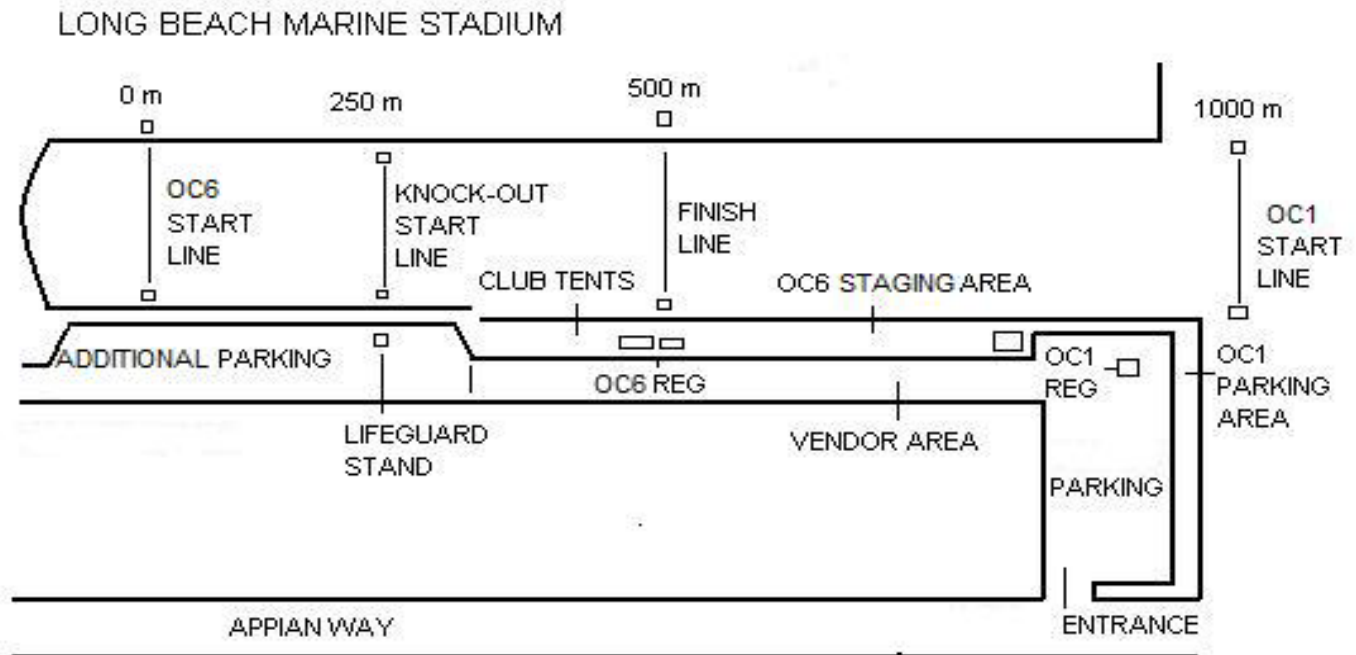
General Race Day Schedule:

- 6:30 am** Gates Open
- 7:00 am** Race-Day Registration begins (online pre-registration is encouraged)
- 7:00 am** Breakfast available
- 8:15 am** Keiki & OC1 Registration closes
- 8:30 am** Keiki & OC1 Racing begins
- 10:30 am** Steerspersons' Meeting, all adult divisions
- 11:00 am** Adult OC6 racing begins
- 11:30 am** Keiki OC6/OC1 Awards, Lunch available
- 3:00 pm** Last race of the day
- 3:30 pm** Adult OC6/OC1 Awards

Directions from the North: Take the 405 Fwy south. Exit at Studebaker Road. Turn right, away from the freeway, toward the ocean. Take Studebaker to Westminster Ave (T intersection) and turn right. Cross Pacific Coast Highway (Westminster becomes 2nd Street) and stay in the right lane. You will begin to cross a bridge over the channel. Look for a turn-off to the right, which takes you down off the bridge to Appian Way. Turn left on Appian Way. Cross another small bridge and look for the entrance to the Marine Stadium on your right.

Directions from the South: Take the 405 Fwy north. Merge to the 22 Fwy/7th Street exit. Stay in the right lane. Take the Studebaker off-ramp and turn left onto Studebaker. Take Studebaker to Westminster Ave (T intersection) and turn right. Cross Pacific Coast Highway (Westminster becomes 2nd Street) and stay in the right lane. You will begin to cross a bridge over the channel. Look for a turn-off to the right, which takes you down off the bridge to Appian Way. Turn left on Appian Way. Cross another small bridge and look for the entrance to the Marine Stadium on your right.

Parking: A modest fee of \$5 will be charged for parking in the Stadium lot. Please use the lot and not the street. It helps keep things peaceful with the locals. There is also parking in the north (closed) end of the Stadium, but construction detours are making it difficult to access. We recommend that you park in the south parking lot and pay the \$5.



Food, T-shirts and Raffle: Breakfast, lunch, event t-shirts and raffle will be available. Kahakai Outrigger Canoe Club thanks you in advance for your support.

Lodging: Motel 6, 5665 East 7th Street, LB 90804, (800) 466-8456
 Westin Long Beach, 333 Ocean Bl, LB 90802, (800) 625-5144
 Seaport Marina Hotel, 6400 East PCH, LB 90803, (800)434-8451
 Best Western Golden Sails Hotel, 6285 E. PCH, LB 90803, (800) 762-5333

Event Coordinator: Tracy Ames, pacontrace@yahoo.com

Race Directors: Jeff Kiesel, jeff.kiesel@verizon.net/Cheance Adair, adair@sandiego.edu