

2010 Canadian Sprint CanoeKayak Championships & CanMas

Event Guide



CANOEKAYAK CANADA
CHAMPIONNATS
NATIONAL
CHAMPIONSHIPS
REGINA  2010



Event Guide

2010 Sprint CanoeKayak Championships & CanMas

August 25th to 29th, 2010

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A. HISTORY OF CANOE/KAYAK

The sport of canoeing and kayaking has always been one of Canada's top-ten performing sports in international competition, however success in the recent years at the Olympics and World Championships has resulted canoe/kayak becoming one of Canada's best performing sports. The names of current perennial stars such as Adam Van Koeverden, Thomas Hall and Mark Oldershaw as well recently retired athletes like Caroline Brunet and Steve Giles are well recognized in the canoe/kayak world for their consistent medal placing in World and Olympic competition. In particular, the performance of the Canadian team at both the Athens and Beijing Olympics was stellar.

The sport encompasses both kayaking and canoeing events. The boats include singles, tandems and fours in the kayak and the canoe, war canoe and dragon boat. The distances raced are 200, 500, 1000 and 6000 metres. The course is a "flatwater" course and is usually situated on lakes or rivers with little current.

In the past few years, Canada has led the way in promoting national and international competition for athletes with a disability. In 2009 events for persons with a physical disability were held for the first time ever at the Senior World Championships hosted in Canada. The race card at the Canadian Sprint CanoeKayak Championships includes events for persons with intellectual and physical disabilities.

The sport is club based. Traditionally, it has been dominated by clubs from Ontario, Quebec and Nova Scotia, however the last twenty-five years has seen strong competitors being developed in western Canada. The Wascana Racing Canoe Club, host club of the 2010 Canadian Sprint CanoeKayak Championships, has placed as high as 5th place out of 43 clubs at the national championships in recent years. Wascana Racing Canoe Club athletes have also contributed strongly to the outstanding results of Team Saskatchewan at the Canada Summer Games. The Canada Games Canoe/Kayak Team was recognized by the sporting community as 2009 Team of the Year at the Saskatchewan Sports Awards. 12 Saskatchewan athletes are currently on national senior and development teams, led by Kia Byers who is currently in Poland preparing for competition at the Senior World Championships.

The first Canoe Club in Canada was founded in 1880. CanoeKayak Canada (formerly the Canadian Canoe Association) was formed in 1900. At that time, canoes and kayaks were an inexpensive way for the average person to enjoy the recreational benefits of paddling on Canada's lakes and rivers. In the summer-time, many communities would rally around their canoe clubs for their annual 'regatta day' and the thrill of the climactic one mile war canoe race. The war canoe, unique to Canada, is a boat with 14 paddlers and a Cox. The war canoe is an integral part of the current championships, with races in all age classifications. It will also be used for the ceremonial "Commodore's Salute" which takes place prior to the start of the afternoon events on August 28th.

From the beginning, Canadians excelled at paddling. Indeed, Canada was instrumental in the introduction of paddling to the Olympic Games. Canada's Frank Amyot of Ottawa won the first gold medal in the men's C-1 1000m in Berlin in 1936. Canada is so strongly woven into the fabric of the sport internationally that in international competition the letter "C" in C-1 events refers to "Canadian" rather canoe. Of course, canoeing and kayaking in Canada played a pivotal role in the early exploration of Canada. For many observers, the outstanding performances of Canada's paddlers today is a direct link to the skills, knowledge and passion for paddling of Canada's first peoples and Canada's intrepid explorers.

For more information on Canadian paddlers and paddling, go to CanoeKayak Canada's website at www.canoekayak.ca. For more information about Wascana Racing Canoe Club go to www.wascanaracingcanoeclub.com.

B. CANADIAN SPRINT CANOEKAYAK CHAMPIONSHIPS AND CANMAS

The Canadian Sprint CanoeKayak Championships are in their 111th year. CanMas was created in 1986 with the goal of keeping competitors in the sport after reaching their peak, bringing former competitors back to the sport and new paddlers into the sport.

The Canadian Sprint CanoeKayak Championships & CanMas are hosted by clubs in eastern Canada for three years, with the fourth year of competition being hosted by a club in western Canada. This is the second time in its 111 year history that the Canadian Championships have been hosted by Wascana Racing Canoe Club, who previously hosted the event in 2006.

C. AGE CLASSIFICATIONS FOR COMPETITION

All age classifications are based on the age of the athlete as of the 1st of January of the year of competition.

Canadian Sprint CanoeKayak Championships

Midget Class: under 16 years of age

Juvenile Class: under 18 years of age

Junior Class:

Single boats: under 21 years of age

Team boats: 18 years of age or older provided the athlete has not qualified for senior status under the senior rule

Senior Class:

Single boats: 21 years of age or older

Team boats: An athlete will become a senior in a team boat event after winning or placing 2nd in a junior event. If the competitor fails to place in the top five in that event in the next 3 years they revert back to junior status for that event.

Master Class:

A competitor shall be deemed to hold Master Class status if he or she:

- a) Has not competed as a member of the National Team in the previous year in the discipline for which they acquired National Team Status;
- b) Is 35 years or older on January 1st of the year of the competition.

CanMas

Competitors age 25 and up can compete in CanMas. The age categories are in either 5 or 10 year increments depending upon the event. Participants may race in their age category or lower. To run the regatta efficiently, different age categories may be combined during the same event time but they are considered to be in different races.

D. NUMBER OF TEAMS AND ATHLETES ATTENDING

There will be close to 1100 athletes, competing at the 2010 Canadian Sprint CanoeKayak Championships and CanMas from August 25th to 29th. There will be 39 clubs with 900 athletes from clubs across Canada competing in the Canadian Sprint CanoeKayak Championships. As well 213 athletes, representing 17 clubs from across the country will be competing in CanMas.

E. NUMBER OF ATHLETES PER EVENT

Canadian Sprint CanoeKayak Championships

CanoeKayak Canada consists of 6 Divisions (Atlantic, Quebec, Western Ontario, Eastern Ontario, Prairie and British Columbia). Each Division can enter 4 male and 4 female athletes in 200 metre, 500 metre and 1000 metre events and 5 male and 5 female athletes in 6000 metre events. Any entry not filled by the Divisions will be assigned based on the results from the National Team Trials being held earlier in the 2010 competitive season.

CanMas

All races in the 2010 CanMas Regatta are finals, with up to 9 athletes in each event. CanMas is an open regatta, with the intent to ensure maximum participation. Those wishing to race do not have to qualify to enter the competition.

F. EVENTS

Canadian Sprint Canoe/Kayak Championships

There will be 126 events with 246 races including heats at this year's Championships. The events are categorized by age class, boat class, race distance and gender. Each age and gender category will race various distances in each boat classification.

In the race schedule a race referenced as "K-1 200m, would be an event for one person kayaks racing a distance of 200 metres. "C-4 1000m" would indicate the event for four person canoes racing a distance of 1000 metres.

Please see the race schedule for complete information about the events and times each event will be run. Generally, unless there is weather delays, the race schedule at the Canadian Sprint Canoe/Kayak Championships runs on time, close to the exact minute.

Race Schedule: http://canoekayak.ca/content/SPRINT_Domestic_CKC_Nationals

CanMas

There will be 80 events over the course of the day of the CanMas Regatta. These events include Men's, Women's and Mixed races in C-1, C-2, C-4, K-1, K-2, K-4, War Canoe and Dragon boat. The distance raced for all events is 500 metres, with the exception of two Mixed events which are raced at a distance of 200 metres. Novice events are for those Masters who are new to Canoe/Kayak.

Qualifying Heats to Finals

There will be 9 lanes in the race course for the 2010 Canadian Sprint Canoe/Kayak Championships and CanMas.

When more entries are received for an event than there are lanes, heats will be drawn.

- When two heats are required, the first 3 boats in each heat and the 3 boats with the next fastest times from all heats will compete in the Finals.
- When three heats are required, the first 2 boats in each heat and the 3 boats with the next fastest times from all heats will compete in the Finals.

Many of the events in the Canadian Championships have 3 heats and up to 30 athletes. Races that require heats are held on the first two days of competition (August 25th & 26th), with finals being raced on the final two days of competition (August 27th & 28th). In the CanMas Regatta all the heats and finals will be race on the same day (August 29th).

G. RULES OF PLAY

The Canoe/Kayak Canada Sprint Racing Discipline Competition Rules used for a Canadian Sprint Championship will be adhered to.

H. EQUIPMENT AND TERMINOLOGY

Two craft are used in sprint racing – the canoe and the kayak. Canoes and kayaks are built of wood (pressed layers of various veneers), fiberglass, Kevlar or other composite materials to produce a strong, light fast craft. The Canadian C-4 and war canoe (C-15) have traditionally been of cedar strip, although fiberglass and wood-fiberglass combinations are also common.

There are numerous designs for each canoe and kayak, but each class (singles, tandems, fours, and war canoe) must meet the specifications of the international Canoe Federation or the Canoe/Kayak Canada Sprint Racing Council.

Canoes are paddled by a paddler kneeling on one knee, using a single blade paddle. There is no rudder or keel, so the athlete must steer the canoe throughout the race.

Kayaks are paddled by the athlete sitting in the kayak on a seat, using a double-bladed paddle. The kayaks have a rudder, which the paddler moves with their feet, controlling the direction of the kayak while they paddle.

I. JUDGING SCORING SYSTEM AND AWARDS

Canadian Sprint Canoe/Kayak Championships

Medals will be presented to those who finish first, second and third in each event based on times. In addition trophies, many of which have historical significance, are presented to the first place winners in a number of different events. The "Black Trophy" is the largest trophy in North America for amateur sport and is awarded to the winners of the Junior Men's C-4 event. This event has become one of the premier events of the championships because of the history of the trophy. Many other trophies date back to the early days of national competition and have ties to the pioneers of the sport of sprint canoe/kayak.

Burgees are awarded to clubs as follows:

- A Championship Burgee will be awarded to the club winning the most points.
- Burgees will be awarded to the club(s) winning the most points in the following classifications: Midget Men, Midget Women, Juvenile Men, Juvenile Women, Junior Men, Junior Women, Senior Men, Senior Women, Master Men, and Master Women. Points in the Open events shall be awarded to the Senior Burgees.

CanMas

Medals will be given those who finish first, second and third in each event based on times. A championship burgee and trophy is awarded to the club winning the most points. There are also awards given to the fastest Mixed A 500m C-4 crew and to the fastest Mixed A 500m War Canoe crew.

J. TECHNOLOGY OF CANOE/KAYAK

The impact of technology in the sport of canoe relates to the boat design and material, paddle adaptations and improvements in athletic training. Boats have been made more aerodynamic and also made firmer and lighter with harder materials such as carbon fiber and Kevlar.

The elimination of a width requirement has allowed boats to become narrower with some boats less than 14" across. This has increased the requirements of the athletes to be able to balance in extremely unstable boats. Paddle technology has also advanced yet it is the power of the athlete that remains the primary component of racing.

K. ROLE OF OFFICIALS

The role of the Competition Committee and the officials includes organizing and supervising the competition as well as ensuring the competition rules are applied accurately and fairly. The Competition Committee, including the Chief Official, makes decisions with respect to inclement weather which may require a postponement of competition. Protests regarding disputes, disqualifications, penalties and other decisions regarding any infraction of the rules are ultimately made by the Competition Committee.

Other officials include the Starter who lines the competitors in their place and starts the race according to race rules. He or she is responsible for decisions regarding false starts and his or her decision is final. The Course Referee ensures that during the race the rules are complied with. If the rules are broken, the Referee communicates the infraction by waving a red flag then filing a report. The Competition Committee makes a decision immediately and before the results of the race is announced. If the Referee has no infraction to report, he or she waves a white flag. The Referee is in a boat on the water behind the competitors.

The Chief Finish Line Judge is responsible for results of the race. Finishes are judged with an electronic camera and timing system. In addition, Finish Line Judges, Chief Timer and Timers are all officials who work at the finish line to manually determine the order and the time of the competitors as they cross the finish line. Each race is timed by at least two watches. Boat Control ensures the length of the canoe or kayak and the weight of the craft are within rule specification. The Competition Committee selects three or more boats to be re-measured immediately after the race.

L. VENUE AND RACECOURSE

Wascana Lake is situated in Wascana Centre, a beautiful 2,300-acre green space and waterway park adjacent to the Saskatchewan Legislature, within walking distance of downtown Regina.

One of the major advantages of the venue is that Wascana Lake is a still water lake, well sheltered from winds. The race course is 9 lanes wide and totals 1000 metres in length. The starting line varies based on the distance of the races. The finish line for all races is at Pine Island, which is the best vantage spot for viewing the events.

This venue has hosted canoe/kayak events such as the 2005 Jeux Canada Summer Games and the annual inter-provincial Canada Day CanoeKayak Regatta. Wascana Park is the home of the Wascana Racing Canoe Club, the Regina Rowing Club, and the Regina Dragon Boat Festival.

A venue map, indicating the course layout, venue facilities and parking, has been attached.

M. ATHLETES TO WATCH

Wascana Racing Canoe Club:

Kia Byers:	2010 Senior World Championship team member (August 2010), 2010 World Cup medalist, 2009 Senior World Championship medalist, 2007 Pan Am Games medalist.
Tiera McLeod:	2010 under 23 national team member, 2009 and 2008 Pan Am Championship medalist,
Megan Gibson:	2010 under 23 and junior national team member, 2009 Canada Games medalist, 2008 Pan Am Championship
Christine Selinger:	2010 Senior World Championship team member (August 2010), 2010 World Cup medalist (Para canoe)
Chris Pearson:	2010 Senior World Championship team member (August 2010), 2010 World Cup medalist (Para canoe)
Simon Fense:	2010 Pan Am Championship team member (October 2010), 2009 Canada Games medalist, 2009 junior national team member.
Christopher Laplante:	2010 junior national team member, 2009 Canada Games Team member.
Ashley Holowatuk:	2009 Canada Games medalist.

Other Saskatchewan Athletes:

Trista Neilly:	2010 under 23 national team member, 2009 Canada Games medalist.
Jarret Kenke:	2010 Pan Am Championship team member (October 2010), 2009 Canada Games medalist.
Olivia Dyck:	2010 junior national team member.

Olympic Medalists:

Men's Kayak	Adam Van Koeverden, 2004 - Gold and Bronze, 2008 - Silver
Men's Canoe:	Thomas Hall, 2008 - Bronze

Olympians:

Men's Kayak:	Andrew Willows, Angus Mortimer, Brady Reardon, Rhys Hill, Richard Dober Jr., Steven Jorens.
Men's Canoe:	Andrew Russell, Gabriel Beauchesne-Sevigny, Mark Oldershaw, Richard Dalton, Thomas Hall
Women's Kayak:	Emilie Fournel, Kristin Gauthier, Mylanie Barré:

Other National Team Members:

Men's Kayak:	Christopher Mehak, Connor Taras, Corey Hamilton, Hugues Fournel, Ryan Cochrane
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Men's Canoe: Jon Pike, Ben Russell, Jamie Andison, Ian Mortimer
Women's Kayak: Genevieve Orton, Kathleen Fraser, Kia Byers
Women's Canoe: Laurence Vincent-Lapointe, Mallorie Nicholson
Paracanoe: Chris Pearson, Christine Gauthier, Christine Selinger, Tony Flores

N. SCHEDULE OF EVENTS

Venue: Wascana Lake

Competition Dates: Canadian Sprint CanoeKayak Championships
August 25th to 28th, 2010
CanMas
August 29th, 2010

Competition Schedule: Races are scheduled as follows:
August 25th: 8:00 am to 5:47 pm
August 26th: 8:00 am to 4:45 pm
August 27th: 8:00 am to 6:05 pm
August 28th: 8:00 am to 4:30 pm
August 29th: 9:00 am to 5:00 pm

Please visit the CanoeKayak Canada website for the race schedule, including the list of entries.

Race Schedule link:

http://canoekayak.ca/content/SPRINT_Domestic_CKC_Nationals

O. FURTHER INFORMATION

For ongoing results:
www.canoekayak.ca

Event Website:
www.wascanaracingcanoecub.com/2006Nationals/

Facebook:

- Canadian Sprint CanoeKayak Championships:
<http://www.facebook.com/home.php?#!/pages/2010-Canadian-Sprint-CanoeKayak-Championships/183003544735?ref=ts>
- CanMas: <http://www.facebook.com/pages/2010-CanMas-Canadian-Masters-Championships/183362242790>

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