



Canoe Kayak Ontario (CKO) Sprint's Winter Cup - Time Control Information & Registration Package

- Event: Ontario Winter Cup - Time Control
- Date: Sunday, October 27, 2019
- Venue: Welland International Flatwater Centre (WIFC) North Course
www.wifc.ca, Welland, ON
- Purpose: The competition objectives are to provide a competition opportunity that aligns with General Preparation phase training.
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Event Specifics

- The event is open to all club members, including current paddlers, parents, volunteers and alumni.
- The format will include 2019 U14, U18, Open, Para and Masters categories. Events include 10km and 20km (weather permitting).
- A final schedule of events will be produced after receiving the entries. **Entry Deadline - Wednesday, October 23rd, 2019.**

Registration Details

- Registrations are to be completed on the attached CKO Sprint Winter OCup Time Control entry form and emailed to Technical Director, Ryan Blair ryan@ckosprint.ca by Wednesday, October 23, 2019.
- The entry fee is \$5 per participant. All 2019-2020 Ontario Team nominated athletes and National Team carded athletes will receive a free entry. The entry fee includes a BBQ lunch.
- Each participant must complete an online waiver to compete in the event. Once completed, the waiver will cover participation in all 2020 CKO Sprint events.
 - a. 18 years old & older participant waiver <https://forms.gle/4TLkLz54dRuspYvRA>
 - b. 17 years old & younger participant waiver <https://forms.gle/oEQre94fDnQKaQ7F6>

Event Specifics

Preliminary Schedule - Sunday, October 27th

Time	Event
8:30 am	Coaches Meeting
9:30 am	20km start (U18, Open, Masters)
9:40 am	10km start (U14, U18, Open, Masters & Para)
11:30 am	BBQ lunch

Ontario Winter Cup Series Points & Awards

- Prizes will be awarded to the male & female winners in each category. Points will be awarded to the Top 8 male and female performances in each event (see table below). Ontario Winter Cup Series points will combine a club's total points from the three (3) Ontario Winter Cup events (Time Control, Swim Meet & Ski Loppet).

Position of Finish Total Points

1st	16
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

Ryan Blair
 Technical Director, Canoe Kayak Ontario (CKO) Sprint
www.ckosprint.ca
ryan@ckosprint.ca