



CANOE KAYAK
ONTARIO
SPRINT

Canoe Kayak Ontario (CKO) Sprint's Ontario Cup - Long Distance Regatta Information & Registration Package

Event: Ontario Fall & Winter Cup - Long Distance Regatta - Updated
Date: Sunday, October 3, 2021
Venue: Rideau Canoe Club (RCC) www.rideaucanoeclub.ca, Ottawa, ON
Purpose: The competition objectives are to provide a post-competition season event for development and high-performance paddlers.

Competition Specifics

- The competition format will include U14, U16, U18, Open, Masters (25+), Para and Special Olympic events.
- To participate, all entrants must be registered with a Canoe Kayak Canada (CKC) member club for the 2021 season and must be in "good standing" with the Canoe Kayak Ontario (CKO) Sprint and his/her member club.
- All payments for any outstanding accounts to CKO Sprint must be made in advance of the Competition Meeting prior to the event. This applies to clubs, coaches and competitors.
- Clubs will be invoiced for their registration fees and all other related fees post competition. Payment is due 30 days from the invoice day, after which a late payment fee of 2% per 30-day period will be applied.

Registration Details

- Registration for all events is to be completed using the attached Ontario Cup - Long Distance Regatta entry form by Wednesday, September 29th at 5:00 pm. After the deadline, any entries that are accepted will be considered a 'post-entry' and subject to a \$5 fee.
- The entry fee for the 2021 Ontario Cup - Long Distance Regatta is \$20 per paddler. An invoice for the registration fees will be sent to each club post competition. National Team Carded athletes will receive a free entry into the event. Lunch is included in the entry fee.



Event Specifics

Preliminary Schedule – Sunday, October 3, 2021

Time	Event
9:00 am	U14, U16 & Masters 10km singles (5 laps of 2km)
10:30 am	U18 & Open 10km singles (5 laps of 2km)
12:00 pm	U14, U16 & Masters 5km doubles/fours (2 laps of 2km + 1 lap of 1km), Para & Special 5km singles (2 laps of 2km + 1 lap of 1km),
1:00 pm	U18 & Open 5km doubles/fours (2 laps of 2km + 1 lap of 1km)

- Event details, including the schedule of events and results can be found on the Ontario Cup – Long Distance Regatta event page [here](#).
- The Club Representative Meeting for competition organizers, officials and coaches will be held before the start of the competition to provide final competition details, and to confirm entries.
When: Sunday, October 3, 2021
Time: 8:00 AM
Where: Rideau Canoe Club's Mike Scott Lounge
- The competition will be run with modified International Canoe Federation (ICF) Canoe rules. A copy of the ICF Canoe rules can be found at www.canoeicf.com. Modified rules will be reviewed at the Club Representative Meeting.
- There will be no boat weighing for all events.
- CKO Sprint will be responsible for providing boat numbers.

Ontario Cup Series Points & Awards

- Prizes will be awarded to the Top 3 performances in each event. Points will be awarded to the Top 8 performances in each event (see table below). Ontario Cup Fall & Winter Series Grand Champion points will combine a club's total points from all three (3) Ontario Cup events.

Position of Finish Total Points

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



CANOE KAYAK
ONTARIO
SPRINT

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