



## Canoe Kayak Ontario (CKO) Sprint's Ontario Cup - Long Distance Regatta Update

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

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### Competition Specifics

The competition format will include U14, U16, U18, Open, Masters (25+), Para and Special Olympic events.

Registration for all events is to be completed using the attached Ontario Cup - Long Distance Regatta entry form by Wednesday, September 29<sup>th</sup> 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

#### Updated Schedule - Sunday, October 3, 2021

Time	Event
8:00 am	Club Representative Meeting at the tower
8:30 am	On-water warm-up
9:00 am	U14, U16 & Masters 10km singles (5 laps of 2km - turn at the 1000m) - multiple start times pending # of entries
10:15 am	U18 & Open 10km singles (5 laps of 2km - turn at the 1000m) - multiple start times pending # of entries
11:30 am	Lunch break
12:30 pm	U14, U16 & Masters 5km doubles/fours, Para & Special Olympic 5km singles (5 lap of 1km - turn at the 500m) - multiple start times pending # of entries
1:15 pm	U18 & Open 5km doubles/fours (5 lap of 1km - turn at the 500m) - multiple start times pending # of entries

Event details, including the schedule of events and results can be found on the Ontario Cup - Long Distance Regatta event page [here](#).



## CANOE KAYAK ONTARIO SPRINT

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](http://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.

### COVID-19 Requirements

Contact Tracing: Club representatives must submit a list of participants and coaching staff for the competition using the Participant List form found on our event page [here](#) and are to be submitted to Ryan Blair [ryan@ckosprint.ca](mailto:ryan@ckosprint.ca) by Saturday, October 2, 2021.

Check-in: All paddlers, coaching staff, volunteers, and officials must check-in when they arrive at the competition site at a central station located by the parking lot and complete the daily attestation using the following [screening form](#) (the screening form can be completed ahead of arrival).

Spectators are permitted to drop off paddlers and equipment. The primary viewing area is located on the east side of Mooney's Bay (across from the canoe club). Spectators are not required to check-in, however, must observe physical distancing.

All provincial regulations must be followed.

### Results, Ontario Cup Series Points & Awards

Results will be posted on the event page [here](#). 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 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	5
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	1

Ryan Blair  
Technical Director, Canoe Kayak Ontario (CKO) Sprint  
[www.ckosprint.ca](http://www.ckosprint.ca)  
[ryan@ckosprint.ca](mailto:ryan@ckosprint.ca)