



Ontario
Canoe
Sprint
Racing
Affiliation

Information & Registration Package: OCup #4 – Long Distance Regatta

EVENT: OCup #4 – Ontario Long Distance Regatta

DATES: Saturday, October 1st & Sunday, October 2nd, 2016

VENUE: Rideau Canoe Club, Ottawa www.rideaucanoeclub.ca

PURPOSE:

The competition objectives are to provide an appropriate post-competition season event for development and High Performance Athlete Development (HPAD) athletes.

Competition Specifics

1. The format will include U15, ICF Junior (U18) and ICF Senior (U19+) events.
2. In order to participate, all entrants must be registered for the 2016 season with a CanoeKayak Canada (CKC) member club from either the Eastern Ontario Division (EOD) or Western Ontario Division (WOD) and must be in “good standing” with the Ontario Canoe Sprint Racing Affiliation (OCSRA) and his/her member club.
3. All payments for any outstanding accounts to OCSRA must be made in advance of the Club Representative Meeting prior to the event. An invoice will be sent to each club prior to the Club Representative Meeting.
4. The competition will be run with modified International Canoe Federation (ICF) Canoe Marathon Rules. A copy of the ICF Canoe Marathon rules can be found at www.canoeicf.com. Modified rules will be reviewed with the coaches at the Club Representative Meeting on ***Saturday, October 1st @ 3:30 pm at finish line tower for Saturday’s events only, and on Sunday, October 2nd @ 8:00 am at the finish line tower for Sunday’s events only.***
5. **Boat Numbers:** The OCSRA **WILL** be responsible for providing boat numbers.



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Preliminary Schedule

Day 1 – Saturday, October 1st

Time	Event	Details
3:30 pm	Coaches meeting	
4:00 pm	Kayak U15, Junior, Senior: male, female and mixed crews	Singles or Doubles* 3 laps of 3 km (no portages)
4:10 pm	Canoe U15, Junior, Senior: male, female and mixed crews	Singles or Doubles* 3 laps of 3 km's (no portages)

***Club or inter-club crews are accepted. If inter-club, points will be divided between each club**

Day 2 – Sunday, October 2nd

Time	Event	Details
8:00 am	Coaches meeting	
8:30 am	Senior Men C1	7 laps of 3 Km's 6 portages of 200m Last lap no portage
8:35 am	Junior Men C1	5 laps of 3 Km's 4 portages of 200m Last lap no portage
8:40 am	Senior Women C1	6 laps of 3 Km's 5 portages of 200m Last lap no portage
8:40 am	Junior Women C1	5 laps of 3 Km's 4 portages of 200m Last lap no portage
Break		
10:45 am	U15 & Novice* Men's K1	3 laps of 3 km's 2 portages of 200m Last lap no portage
10:50 am	U15 & Novice* Women's K1	
10:55 am	U15 & Novice* Men's C1	
10:55 am	U15 & Novice* Women's C1	

***Novice is defined as a Junior athlete who would not complete the Junior race within 2 hours**

Break		
12:30 pm	Senior Men K1	8 laps of 3 Km's 7 portages of 200m Last lap no portage



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12:35 pm	Junior Men K1	5 laps of 3 Km's 4 portages of 200m Last lap no portage
12:40 pm	Senior Women K1	7 laps of 3 Km's 6 portages of 200m Last lap no portage
12:45 pm	Junior Women K1	5 laps of 3 Km's 4 portages of 200m Last lap no portage

Registration Details

- 1. Deadline all events is Wednesday, September 28th by 5:00 pm**
Registration for all events is to be completed using the attached OCup 4 Entry Form. After the deadline any entries that are accepted will be considered a “post-entry” and a \$5 post-entry fee will be levied to the athlete.
- 2. The entry fee for the 2016 OCup #4 – Long Distance Regatta is \$30 per athlete.**
All payments must be made by one (1) club cheque at the Club Representative Meeting. National Team Carded athletes will receive a free entry into the event.

Event Specifics

- 1. A meeting of competition organizers, officials and coaches will be held on both *Saturday, October 1st @ 3:30 pm at finish line tower for Saturday's events only, and on Sunday, October 2nd @ 8:00 am at the finish line tower for Sunday's events only* to provide final competition details, and to confirm entries.**
- 2. Boat weighing will be available one (1) hour before the first race on Saturday and Sunday. There will not be boat weighing for U15 & Under events.**

Awards/Burgee & OCup Series Points

- 1. Medals will be awarded to the Top 3 performances in each event. Burgee points will be awarded to the Top 8 performances in each event (see table below). OCup Series **Grand Champion** points will combine a clubs total points from all four (4) OCup events (OCup 1, OCup 2, OCup 3 and OCup 4). OCup Series **Excellence Award** points will combine a clubs total points from all four (4) OCup events, divided by the number of club participants in each events. *Ex.***

*Providing programs that are **Athlete centered, Coach/Club led and PSO supported***
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Club "X" receives 100 points at OCup 3 with 10 participants. Club "X" will receive 10 points towards the OCup Series Excellence Award.

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, **OCSRA**

ryanblair@gmail.com

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