



Information & Registration Package: OCup 1 – Ontario Long Distance Regatta

EVENT: OCup 1 – Ontario Long Distance Regatta

DATES: Sunday, May 25

VENUE: Carleton Place Canoe Club, Carleton Place, ON

PURPOSE:

The competition objectives are to provide an appropriate pre-competition event for novice, development and high performance athlete development (HPAD) athletes.

Competition Specifics

1. The format will include U15, U15 Novice, U17, U17 Novice, Open, Masters (25+) and Paracanoe events.
2. In order to participate, all entrants must be registered with a CKC (SRD) member club for the 2014 season and must be in “good standing” with the Ontario Canoe Sprint Racing Affiliation (OCSRA) and their 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. Registration fees must be made by one club representative prior to competing at the Club Representative Meeting.
4. Please note: Athletes who miss a race or scratch from a race after the Club Representative Meeting will receive a penalty of \$5. Member clubs will be liable to pay for their athlete’s penalty.
5. A final schedule of events will be produced after receiving the entries. **Entry Deadline – Wednesday, May 21 by 5:00 pm**



Preliminary Program

Sunday Am:

10:00 am	Open Men's U17 Men's & Masters (25+) U15 Men's	K1	6000m	Finals
10:05 am	Open Men's U17 Men's & Masters (25+) U15 Men's	C1	6000m	Finals
10:45 am	Open Women's U17 Women's & Masters (25+) U15 Women's	K1	6000m	Finals
10:50 am	Open Women's U17 Women's & Masters (25+) U15 Women's Paracanoe (Men & Women) U17 & U15 Novice (Men & Women)	C1 ALL K1/C1 combined	6000m	Finals
12:00 pm	Awards & Lunch			

Sunday Pm:

1:00 pm	Men's	K2	5000m	Finals
1:05 pm	Men's	C2	5000m	Finals
1:50 am	Women's	K2	5000m	Finals
1:55 am	Women's Paracanoe (Men & Women) U17 & U15 Novice (Men & Women)	C2 K2 K2/C2 combined	5000m	Finals
2:45 pm	Awards			

The High Performance Committee reserves the right to change published race schedules and the advancement format in order to provide the fairest possible racing to all participating athletes.

6. The competition will be run with modified ICF racing rules. Ex. the 6000m event will follow the Canadian National Sprint Racing Long Distance Canoeing Championships procedures, the 5000m event will follow modified ICF racing rules. Modified rules will be reviewed with the coaches at the Club Representative pre-competition meeting on
Sunday, May 25 @ 8:30 am at the Carleton Place Canoe Club
7. Boat Numbers: The OCSRA will be responsible for providing boat numbers.



Registration Details

8. Deadline for this competition is Wednesday, May 21 2014

Registrations are to be completed on the attached OCSRA OCup 1 entry form and emailed to Technical Director, Ryan Blair ryanblair@gmail.com no later than 5:00 pm EST. After this day any entries that are accepted will be considered a “post-entry” and a \$5 post-entry fee will be levied to the athlete.

9. The entry fee for the 2014 OCup 1 – Ontario Long Distance Regatta is \$25 per athlete. All payments must be made by cheque at the Club Representative Meeting by one club representative for each club who has athletes competing.

Awards/Burgee & OCup Series Points

10. Medals will be awarded to the Top 3 performances in each category. Burgee points will be awarded to the Top 8 performances in each category (see table below). OCup Series Points will combine a clubs total points from all four (4) OCup events (OCup 1, OCup 2, OCup 3 and OCup 4), divided by the number of club participants in each events. *Ex. Club “X” receives 100 points at OCup 1 with 10 participants. Club “X” will receive 10 points towards the OCup Series Cup.*

Position of Finish	Total Points
1st	16
2nd	8
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

Reminder: Entry Deadline: 5:00 pm Wednesday, May 21, 2014

Ryan Blair

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