



Ontario
Canoe
Sprint
Racing
Affiliation

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

EVENT: OCup #4 – Ontario Long Distance Regatta

DATES: Sunday, September 30th, 2018

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

PURPOSE:

The competition objectives are to provide an appropriate post-competition season event for novice, development and high-performance paddlers.

Competition Specifics

1. The format will include U15, Novice, ICF Junior (U18), ICF Senior (U19+), and CKC Masters (25+) events.
2. To participate, all entrants must be registered for the 2018 season with a Canoe Kayak Canada (CKC) member club and must be in “good standing” with the Ontario Canoe Sprint Racing Affiliation (OCSRA).
3. All payments for any outstanding accounts to OCSRA must be made in advance of the Club Representative Meeting prior to the event. Clubs will be invoiced for their registration fees and all other related fees post competition.
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 **Sunday, September 30th @ 7:30 am at the finish line tower**. The Club Representative meeting will also provide final competition details and confirm entries.
5. **Boat Numbers:** The OCSRA **WILL** be responsible for providing boat numbers.
6. There will be **no** boat weighing for all events.



Preliminary Schedule

Sunday, September 30th

AM

Time	Event	Details
7:30 am	Coaches meeting	
8:30 am	U15, Master's & Novice* Women's C1	3 laps of 4 km (12,000m)
8:35 am	U15, Master's & Novice* Men's K1	2 portages of 200m
8:40 am	U15, Master's & Novice* Women's K1	Last lap no portage
8:45 am	U15, Master's & Novice* Men's C1	
10:30 am	Senior Men C1	5 laps of 4 Km (20,000m) 3 portages of 200m Last lap no portage
10:30 am	Senior Women K1	5 laps of 4 Km (20,000m) 3 portages of 200m Last lap no portage
10:40 am	Junior Men C1	4 laps of 4 Km (16,000m) 3 portages of 200m Last lap no portage
10:45 am	Junior Women K1	4 laps of 4 Km (16,000m) 3 portages of 200m Last lap no portage

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

Sunday, September 30th

PM

1:00 pm	Senior Men K1	6 laps of 4 Km (24,000m) 5 portages of 200m Last lap no portage
1:05 pm	Junior Men K1	4 laps of 4 Km (16,000m) 3 portages of 200m Last lap no portage
1:10 pm	Senior Women C1	4 laps of 4 Km (16,000m) 3 portages of 200m Last lap no portage
1:10 pm	Junior Women C1	4 laps of 4 Km (16,000m) 3 portages of 200m Last lap no portage

Registration Details

1. Registration deadline for all events is Monday, September 24th 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 2018 OCup #4 – Long Distance Regatta is \$20 per athlete. An invoice for 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.

Awards/Burgee & OCup Series Points

1. Prizes 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 club’s 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 club’s total points from all four (4) OCup events, divided by the number of club participants in each event. *Ex. 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

www.ocsra.ca