



SPRINT NATIONALS
REGINA•2019
NATIONAUX DE VITESSE

2019 Canoe Kayak Sprint National Championships

Canadian Masters Championships (CanMas)

Spectator Guide

August 27 to September 1, 2019

Regina, Saskatchewan

Free Admission



**CANOE KAYAK
CANADA**



Regina Set to Host Canoe Kayak Sprint National Championships & CanMas

Athletes from across Canada will compete at the Canoe Kayak Sprint National Championships and the Canadian Masters Championships (CanMas) from August 27 to September 1 at Wascana Lake in Regina. Close to 1000 athletes will compete for the title of national champion in various canoe and kayak events over distances of 200, 500, 1000 and 6000 metres in the two championship events.

Competition Dates and Times

The daily schedule will consist of heats and finals, with medals being presented at the end of each day. Competition will get underway at 8:00 am each day, with the last races of the day ending between 4:00 and 6:00 pm.

Tuesday, August 27 & Wednesday, August 28:	Single Boats events: K1 & C1
Thursday, August 29 to Saturday, August 30:	Crew Boat events: K2, K4, C2 & C4 & War Canoe (C15)
Friday, August 30 to Saturday, August 31:	Crew Boats continue and Para & PaddleAll events are held
Friday, August 30:	Master events are held
Sunday, September 1:	CanMas

Olympians and Olympic and World Medalists Attending

- Mark de Jonge (Halifax, NS) - Olympic Bronze medalist & World Champion (men's kayak)
- Mark Oldershaw (Burlington, ON) - Olympic & World Championships Bronze medalist (men's canoe)
- Katie Vincent (Mississauga, ON) - World Champion (women's canoe)
- Erica Scarf (Toronto, ON) - 2016 Paralympic Games athlete
- Andrea Langlois (Trois Rivières, QC) - 2016 Rio Olympic Games athlete
- In addition, there will be a number of athletes who have medaled at other international competitions including the Pan Am Games, Pan Am Championships and Junior World Championships.

38 clubs from across Canada are being represented at the Canoe Kayak Sprint National Championships. Over the course of the five days of the championships, there will be 138 events with 337 races including heats and finals. The events are categorized by age class, skill class (based on accumulated points at previous national championships), boat class, race distance and gender. CanMas will consist of 111 events, which will likely all be finals. The events are categorized by age class, boat class, skill glass and gender.

This is the forth time that the Canoe Kayak Sprint National Championships have been hosted in Regina. The Championships are in their 120th year.

Spectators are invited to take part free of charge. The race schedule and results can be found on the Canoe Kayak Canada "event app", which is available on the App Store and Google play. Results are also available online at both the Canoe Kayak Canada and the Sprint National Championships websites.

Races will be live-streamed and can be watched on the Canoe Kayak Canada YouTube channel.

Competition Information & Social Media Sites

Event website: <http://sprintnationals.canoe kayak.ca>

Site Map: <https://sprintnationals.canoe kayak.ca/wp-content/uploads/2019/08/Site-Map-V3-EN.pdf>

Race Card & Results: <https://sprintnationals.canoe kayak.ca/schedule-and-results/>

Live-Streaming: www.youtube.com/canoe kayakcanadaCKC

Facebook Site: www.facebook.com/ckcnationalsregina.com

Twitter & Instagram: @ckcsprintchamps

Saskatchewan Athletes

Jarret Kenke of Saskatoon recently represented Canada at the Lima 2019 Pan Am Games. Kenke won a silver medal in the K2 1000m event and was on the K4 1000m crew that finished just shy of a podium finish in fourth place. Kenke has represented Canada at many other international events and has consistently finished on top of the podium at the national level.

Jayden Hingley also of Saskatoon first came to the sport as a member of Team Saskatchewan at the 2014 North American Indigenous Games. Hingley, who races with the Wascana Racing Canoe Club in Regina, was on the podium at the 2018 Canoe Kayak Sprint Nationals, winning 2 silver medals and 2 bronze medals. He recently won 10 gold medals and 2 silver medals at the Western Canada Games in Swift Current.

Christian Patterson of Regina, was also on the podium at the 2018 Canoe Kayak Sprint National Championships, winning a silver and bronze medal. He was named the Flag Bearer for Team Sask at the 2019 Western Canada Summer Games and came away from the event with 10 medals including 4 gold, 5 silver and 1 bronze.

Both the Wascana and Saskatoon Racing Canoe Clubs have athletes who are working to achieve provincial and national team status. The clubs have a history of success at the Championships even though both are relatively young. Wascana has placed as high as 5th spot overall (2006) and Saskatoon has consistently placed in the top 20 teams over the years.

Venue Information

The Canadian Sprint CanoeKayak Championships will be held on Wascana Lake in Regina. The main competition site will be the south shore of the lake along Lakeshore Boulevard, west of Wascana Parkway. Pine Island is the location of the finish line and spectator area, with the athlete and club staging area located in the meadow south east of Pine Island. Medal presentations will take place at the foot of the bridge leading to the Island.

This venue was used for the 2005 Canada Games, as well as the Canadian Championships in 2006, 2010 and 2014. It was also the host venue for the canoe and kayak event at the 2014 North American Indigenous Games.



One of the major advantages of the venue is that Wascana Lake is a still water lake, well sheltered from winds. The race course is 9 lanes wide and totals 1000 metres in length. Many Canadian records have been set on Wascana Lake.

Spectators are also invited to visit the District Brewing Nationals Lounge, located on the south shore directly in front of the race course. You can enjoy a cold beverage while getting a great view of the races. There will be food services and vendors on hand in the Pine Island parking lot.

Another fun place to watch the event is from the Pine Island Bridge. Spectators have a limited view of the finish line, but it's a unique experience to be part of the celebrations as athletes paddle under the bridge on their way back to the Athlete's Village.

Parking is limited in Wascana Park, but there are several parking lots within walking distance as well as street parking along parts of Lakeshore Boulevard and Wascana Parkway (Broad Street). There is a bus stop on the south shore right by the venue on Wascana Parkway.

Sport Information

Competition Format

There will be 9 lanes in the race course for the National Championships and CanMas. When more entries are received for an event than there are lanes, heats will be drawn. Athletes with top finishes in the heats advance to the finals.

Most of the events being raced in the National Championships have 2 or 3 heats. All CanMas events are finals only.

Number of Athletes Per Event

Canoe Kayak Sprint National Championships

The maximum number of athletes or crews per event is 27 (3 heats of 9 athletes) for the 200, 500 and 1000 metre events and 30 for the 6000 metre events (mass start event). CanoeKayak Canada consists of 6 Divisions (Atlantic, Quebec, Western Ontario, Eastern Ontario, Prairie and Pacific). Each Division can enter up to 4 male and 4 female athletes in the 200, 500 and 1000 metre events and up to 5 male and 5 female athletes in 6000 metre events. Additional space in the heats after all entries are made will be filled on a wild card basis, although in some events not all spots will be filled.

CanMas Championship

All races in the 2019 CanMas Regatta are finals, with up to 9 athletes in each event. CanMas is an open regatta, with the intent to ensure maximum participation. Those wishing to race do not have to qualify but there are limits on the number of participants a club can enter in certain events.

Age Classifications

Canoe Kayak Sprint National Championships

There are 6 age classifications in the Championship events. Whether an athlete is deemed a Junior or Senior for an event is dependent upon the points they have accumulated in previous years races in that event. An athlete could be a junior in one event, but be a senior in another. If a Senior does not accumulate points in a 3 year period in a particular event, they will return to the Junior status for that event.

- U16
- U18
- Junior Class - an athlete competing in a junior event who has not accumulated enough points to qualify for Senior Status in the event being raced.
- Senior Status - an athlete who has accumulated 4 or more points in an event over a 3 year period or who has won a Junior or Senior War Canoe event
- Master - 34 years of age or older
- Open - no age or point restrictions

CanMas Championships

Competitors 25 years of age and up can compete in CanMas. The age categories are either 5 or 10 year increments depending upon the event.

Paracanoe & Paddle All (Intellectual Disability) Classifications

The classification for Paracanoe competitors, and the rules and protocols for equipment, will follow the International Canoe Federation (ICF) rules. The classification of PaddleAll competitors will follow Special Olympics Canada policies.

Awards

Canoe Kayak Sprint National Championships

Medals will be presented for each event to the those who finish first, second and third. In addition, trophies, many of which have historical significance, are presented to the first place winners in a number of different events. Many trophies date back to the early days of national competition and have ties to the pioneers and builders of the sport.

The “Black Trophy” is presented to the winners of the Junior Men’s C4 event. This event is one of the premier events of the championships because of the history of the trophy.

Burgees are awarded to the clubs winning the most points in each of the age classifications by gender. As well, a Championship Burgee is awarded to the club winning the most points overall.

CanMas Championships

Medals will be presented for each event to those who finish first, second and third. A Championship Burgee and Trophy is awarded to the club winning the most points overall.

Canoe Kayak in Canada

- Sprint canoe kayak has traditionally been one of Canada’s top performing summer sports
- There are several disciplines of canoe and kayak raced in Canada. Sprint and Slalom are the two Olympic disciplines.
- Canada has won 24 Olympic medals in sprint canoe and kayak events since 1936
- For the first time in Olympic history, women’s canoeing is an event at the 2020 Olympic Games in Tokyo.
- Canoeing has deep Canadian roots. The canoe was designed by First Nations peoples and then adopted by explorers, traders and settlers. The C in C1 actually stands for Canadian and is the only Olympic event to be named after a country.
- The Canadian War Canoe (C15) is a long standing tradition among Canadian clubs and is a favourite race every year at the Canoe Kayak Sprint National Championships. Some athletes are at the championships to compete only in the War Canoe races.

The Host Committee of the 2019 Canoe Kayak Sprint National Championships would like to thank all of our sponsors and supporters for their partnership. Please see the signage at our event and visit our website to see a complete list of those who provided grants, financial donations and in-kind donations. This event would not be possible without the amazing support of our community.

