



**Madawaska  
Kanu Centre**



## **Canadian and Pan-Am Whitewater Slalom Kayaking Championship Monday Aug 14<sup>th</sup> – Sunday 20<sup>th</sup> August**

Madawaska Kanu Centre, Barry's Bay.

*Hosted by the Ottawa River Runners and MKC*

**Daily schedule** (commencing Monday August 14<sup>th</sup> through Friday 18<sup>th</sup>)

08:00-09:00 Break fast (meal plan)  
09:00-12:00 Official training in groups according to the schedule  
12:00-13:00 Lunch (meal plan)  
12:00-16:30 Official training in groups according to the schedule below

### **Meetings**

Wednesday Aug 16<sup>th</sup> 17:00-18:00 Team Leaders (re down river race)  
Friday Aug 18<sup>th</sup> 17:00-18:00 Team Leaders (re Slalom races)  
Friday Aug 18<sup>th</sup> 19:30-21:00 Officials/Judges meeting

### **Boat Measurement/PFD testing**

Wednesday Aug 16<sup>th</sup> 16:00 – 18:00; 19:00-20:00  
Thursday Aug 17<sup>th</sup> 16:00 – 18:00; 19:00-20:00  
Friday Aug 17<sup>th</sup> 17:00 – 18:00; 19:00-20:00

**Training Schedule** (subject to revision, based on change in dam release)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	9:00-9:45	Open	National Sr Team	National Sr Team	National Sr Team	National Sr Team	Beginners' race; Nationals for Cadets, Juniors, Masters	Nationals for seniors, top 3 juniors each class from Saturday. Team runs
	9:45-10:30	Open	ON 1	BC/Ger/USA	QC/USA	AB/BC		
	10:30-11:15	MKC	MKC	MKC	MKC	MKC		
	11:15-12:00	Open	BC/Germany/USA	QC	ON 2	ON 1		
<b>PM</b>	12:00-12:45	Open	QC	ON 2	DR Nationals	ON 2		
	12:45-13:30	Open	ON 2	AB/BC	DR Nationals	AB/BC/Ger/USA		
	13:30-14:15	Open	AB	ON 1	AB/BC	QC		
	14:15-15:00	MKC	MKC	MKC	MKC	MKC		
	15:00-15:45	Open	ON 1	AB	ON 1	Course setting/demos	Demo	Awards
	15:45-16:30*		QC	ON 2	open			

**Race schedule**

Thursday Aug 17<sup>th</sup> – Canadian Down-River Championship (start Bark Lake Dam)  
12:00- 13:30

Masters/Seniors DR kayaks  
Junior DR Kayaks  
Cadet DR Kayaks

Masters/Seniors Slalom boats  
Junior Slalom boats DR  
Cadet Slalom boats DR

17:00 Awards

**Saturday Aug 19<sup>th</sup> Cadet, Junior and Masters Canadian Slalom Championship**

09:15 **First runs:**

Forerunners  
Cadet Men K1 (90 sec intervals)  
Cadet Women K1 (90 sec intervals)

Junior Men C1 (90 sec interval)  
Junior Men C2 (90 sec interval)  
Junior Men K1 (90 sec interval)  
Junior Women (90 sec interval)

Masters Men K1(90 sec interval)  
Masters Men (90 sec interval)

11:15 Break

11:30-12:30 Novice/beginner race, lower gates

13:00 ***Second Runs***

Cadet Men K1 (90 sec intervals)  
Cadet Women K1 (90 sec intervals)

Junior Men C1 (90 sec interval)  
Junior Men C2 (90 sec interval)  
Junior Men K1 (90 sec interval)  
Junior Women (90 sec interval)

Masters Men K1(90 sec interval)  
Masters Men (90 sec interval)

15:00 Course reconstruction for senior race

15:45 Demo runs

**Sunday Aug 20<sup>th</sup> Canadian Senior and PanAm Championships**

**09:15 *First runs:***

Forerunners  
Men C1 (60 sec intervals)  
Women K1(60 sec intervals)  
Men C2 (60 sec intervals)  
Men K1 (60 sec intervals)

10:15 Break

10:30 ***Second Runs***

Forerunners  
Men C1 (60 sec intervals)  
Women K1(60 sec intervals)  
Men C2 (60 sec intervals)  
Men K1 (60 sec intervals)

12:00-13:00 lunch break

13:00 Team Races  
Cadet, K1,K1W  
Junior K1,K1W, C1  
Master K1,K1W  
Senior K1,K1W, C1

17:00 Awards (MKC)

18:00 Banquet