



2025 ICF SUP/BC Cup #1

Date	<p>May 25, 2025</p> <p>Age and board categories: <i>Mix M+F U14, U18, Open HARD shell boards</i> <i>Mix M+F U14, U18, Open INFLATABLE boards</i></p> <p>Distances: <i>100m sprint: All age and boards categories</i> <i>Long distance: U14 Hard shell boards - 3km</i> <i>U18, Open Hard shell boards - 6km</i> <i>U14, U18, Open Inflatable boards - 3km</i></p> <p>Tentative schedule (subject to change) <i>Sunday 11.30am: Sprints</i> <i>Sunday 3.30pm: Long Distance</i></p>
Location	<p>Burnaby Lake - sprint racing course (6 lanes, up to 12 athletes at the time) 6871 Roberts Street, Burnaby</p>
Cost & Athlete Registration	<p>All Categories: \$50 for all (\$30 racing fee, \$20 CKBC Individual membership fee)</p> <p>Athletes are asked to self register, complete waiver forms, and pay through the CKBC online platform RAMP</p> <p>Please use the following link for athletes registration: https://www.rampregistrations.com/public/participantregpage?v3=3444d750&pgname=SUPRaces</p> <p>Registration Deadline: May 18, 2025 10:59pm PST</p>

<p>Entries</p>	<p>Club coaches or individuals, please send your entries directly via email to CKBC Technical Director Stan Marek by Monday May 19, 2025. email: techdirector@canoekayakbc.ca</p> <p>A final draw will be available on Wednesday, May 21st.</p>
<p>Race Day Substitutions & Scratches</p>	<p>This outlines how substitutions and scratches are to be handled on race day:</p> <p>All categories: substitutions and scratches can be made during race day by way of the Competition Manager.</p>
<p>Athletes</p> <p>Volunteers and Officials</p>	<p>All competitors for ICF SUP disciplines must be registered members of PSO of CKBC.</p> <ul style="list-style-type: none"> - the registration for “Individual CKBC SUP membership” is included in \$50 regatta fee <p>*** We are always in need of volunteers (especially boat drivers) and officials ***</p> <p>Boat drivers require a Pleasure Craft Operators Card Those interested in driving the boat shall contact CKBC TD Stan Marek via following email: techdirector@canoekayakbc.ca</p>

<p>Race Events</p>	<p>Age and board categories: <i>Mix M+F U14, U18, Open HARD shell boards</i> <i>Mix M+F U14, U18, Open INFLATABLE boards</i></p> <p>Distances: <i>100m sprint: All age and boards categories</i> <i>Long distance: U14 Hard shell boards - 3km</i> <i>U18, Open Hard shell boards - 6km</i> <i>U14, U18, Open Inflatable boards - 3km</i></p> <p>Tentatively scheduled 100m sprints format: Heat, Repechage, Semifinal, Final A (Final B, C) - this way every participant will race 3 - 4 sprint races</p> <p>The following results of 100m sprint will be announced: 1. Regular order based on rank in Finals (Mix and M/F separately) 2. Individual fastest time of the day for every age and board category (M/F separately)</p> <p>The following results of Long Distance will announced: 1. Regular order based on rank in every category (Mix and M/F separately)</p>
<p>Rules</p>	<p>Canoe Kayak Canada Sprint Competition Rules will be used.</p> <p>Rowing course of 6 lanes will be used, thus there can be up to 12 athletes in each race. Final B (C, D, etc) will be raced in those categories, which will have more than 1 Heat.</p>
<p>Categories</p>	<p>U14: Born in the year 2011 and/or later</p> <p>U18: Born in the year 2007 or later</p> <p>Open: Born in the year 2006 or earlier</p>
<p>Technical</p>	<ul style="list-style-type: none"> ● Bibs will be provided by CKBC ● ALL athletes MUST use PFDs approved under the small vessels regulations within Canada's Shipping Act: U16 athletes MUST use regular PFD, athletes older than 16yo are allowed to use the belt PFD ● ALL athletes must use the leash ● 5 minutes to start may not be called for every race. 3 and 1 minute will be called
<p>Miscellaneous Information</p>	<ul style="list-style-type: none"> ● No athletes will be allowed on water until 45 min prior to the first race start time

	<ul style="list-style-type: none">• Coaches are asked to check in with the Event Manager (Stan Marek) upon arrival to the site• There shall be NO TENTS placed at the parking lot - all tents and athletes shall be located up at the grandstands. Only trailers and boats will be located in the front part of the parking lot
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