



2023 Fall BC Long Distance Cup Information Package - Fort Canoe and Kayak Club

Purpose of Long Distance Cup	High intensity long distance paddling in competitive environment, endurance skills assessment
Dates & Start/Finish Times	<p>BC Long Distance Cup: October 21 & 22, 2023</p> <p>The Long Distance Cup will be held on October 21 & 22. Races will be finished around 2pm on both days.</p> <p>The expected start of the race for both days is 9.00 AM, expected end of the races is around 1.00 PM - number of athletes dependent</p>
Location	Fort Canoe and Kayak Club: Billy Brown Rd Box 1098, STN, Langley Twp, BC V1M 2S4
Athletes	<ul style="list-style-type: none"> • Athletes on the 2022 - 2023 Provincial Team • Athletes that competed at the 2023 Sprint National Championships • Athletes who are applying for 2023-2024 Provincial Team/Next Gen • Athletes who intend on competing at the 2024 Sprint National Championships • All athletes must be +U14 (born 2009 or earlier) unless approved by the Technical Director <p><i>All Provincial Team Athletes 2022.23 and Athletes who intend to be part of the team for 2023.24 are expected to attend the Camp unless they receive approval from the Technical Director.</i></p>
Racing distances	<p>SINGLE BOATS ONLY</p> <p>“Sprint Long distance”: ALL age categories: 3km twice: 1. Staggered start 2. Mass start</p> <p>Winner will be determined by a summary of the placements from both races.</p>



	Regular Long distance: 5, 10, 16km (same as 2022, as we will be tracking the progress of the athletes)
Cost	<p>The Fall Camp rates include the Long Distance Cup fee.</p> <p>REGATTA FEE for athletes who are NOT part of the camp/not paying the regular fee:</p> <ul style="list-style-type: none"> ● Regatta fee: \$50
Registration	<p>Athletes who are not part of the camp, please use a separate link on the bottom to register for the Long Distance Cup.</p> <p>LONG DISTANCE CUP (athletes who are NOT fully enrolled in the camp and are NOT paying the regular full fee):</p> <p>https://www.rampregistrations.com/public/participantregpage?v3=c7ddaa6f&pgname=bccup4longdistance</p> <p>Registration deadlines:</p> <p>Long distance championship: Oct 15, 2023</p> <p>Late fee of \$50 will be charged for late registration.</p>
Meals	<p>Athletes will be responsible for lunch and snacks at the camp and regatta.</p>
Additional Notes	<p>Please do not come to the event if you are feeling unwell.</p>