

Burnaby Canoe and Kayak Club Spring Regatta

Sunday April 13, 2008

Entry Fee: \$10

10:00am 2km Time Trial K1/C1 (register by 9:20am)

Race is intended for athletes wanting to try to achieve 2000m time control standards for provincial funding eligibility. Course will start at the east end of the lake and will finish in front of the boathouse. Paddlers will leave at 30 second or 1 minute intervals depending on the number of entrants. Paddlers may launch after 9:30am when the rowers will have cleared the lake. Only time trial participants are permitted on the water during the 2km race and all racers are to proceed to the starting area prior to the first racer starting the time trial.

11:00am 6km Mass Start K1/C1/surfski

Heat 1: women midget/juvenile/junior/senior/master K1 & men midget/juvenile/junior/senior/master C1

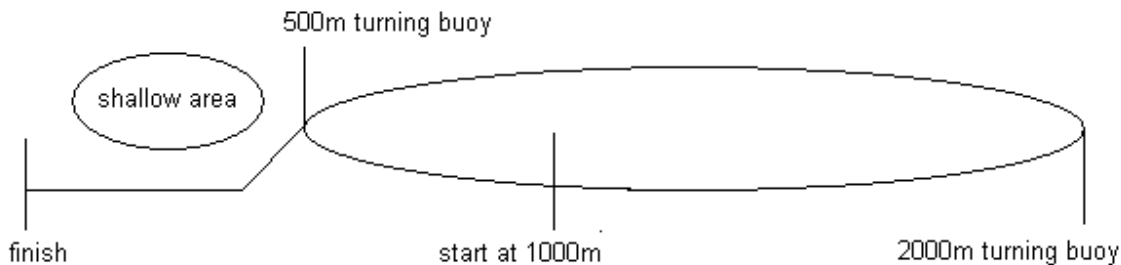
Heat 2: men/women bantam K1/C1 & women midget/juvenile/junior/senior/master C1

Heat 3: men midget/juvenile/junior/senior/master K1

1:30pm 6km Mass Start K2/C2/double surfski

Race is intended to be a competitive but fun race with K2, C2 and double surfski crews to be mixed gender and/or bantam/senior, midget/junior or juvenile/master combinations. The idea is to try to 'even out' the speed in the boats to make all the crews as competitive as possible. Stacked crews, such as those composed of 2 paddlers who have participated at a national team trial, will be severely frowned upon for not being in the spirit of this competition.

6 km Course Map



6 km Course Description:

Racers start at the 1000m marker, head east to round the 2000m turning buoy, *single buoy turns so be intelligent at preparing for the turns*. Racers then head west to the 500m turning buoy, staying on the north side of the buoy line that runs the length of the lake. Racers then head east to the 2000m turning buoy, staying on the south side of the buoy line. Racers then head west, again staying to the north side of the buoy line and the 500m turning buoy then proceeding to the finish line in front of the boathouse.

The 2000m and 500m turning buoys are single buoy turns with the buoys being bright orange and are the end buoys of a line of buoys running the 1500m distance from the 500m to 2000m points. Racers and coaches are responsible for familiarizing yourselves with the course; officials will be in place to ensure turns are completed as required in the race description. Racers not completing the course will be disqualified.