

# BRITISH INDOOR KAYAK CHAMPIONSHIPS 2010



Saturday 20<sup>th</sup> November 2010  
Sunday 21<sup>st</sup> November 2010

Lee Valley Athletics Centre,  
Edmonton



## Programme of Events

Saturday 20<sup>th</sup> November

British Indoor Kayak Individual 200m Championships  
British Indoor Kayak Team 5,000m Challenge

Sunday 21<sup>st</sup> November

British Indoor Kayak Individual 500m Championships  
British Indoor Kayak Individual 1,000m Championships

## Categories:

Open (Incorporates all Ages)

Men, Women and Team

Masters

Men and Women: 35-44yrs; 45-54yrs; 55-64yrs; Over 65yrs

Youth/Juniors

Men & Women: Under 23, Under 18, Under 16,  
Under 14, Under 12, Under 10

## Prizes:

The full details regarding prize money (minimum of £750 Cash Prizes pot) for each Individual Championship event are currently being finalised for the following categories:

Open Men (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) 200m, 500m and 1,000m Individual Categories

Open Women (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) 200m, 500m and 1,000m Individual Categories

Medals will also be awarded within the following categories:

Paracanoe Open, Veterans, Youth/Junior Categories (as applicable)

Masters Men & Women: 35-44yrs, 45-54yrs, 55-64yrs, Over 65yrs

Youth/Juniors Men & Women: Under 23, Under 18, Under 16,  
Under 14, Under 12, Under 10

Team 5,000m Challenge Open & Club Champions

Overall Club Champions

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## Entry Fees:

### Individual Events – 200m, 500m and 1,000m

	<b>BCU Members</b>	<b>Non Members</b>
Adults – Single Event	£12.00 per Event	£17.00 per Event
Adult – 3 events (200m, 500m & 1,000m)	£30.00	
Juniors* – Single Event	£7.00 per Event	£12.00 per Event
Junior* – 3 events (200m, 500m & 1,000m)	£16.00	

\*Under 18

### Team 5km Challenge

	<b>BCU Affiliated Club</b>	<b>Non Affiliated Team</b>
Team 5,000m Challenge	£20.00 per team	£30.00 per team

Entries for each event are limited and entries will be accepted in payment/date order.  
Closing date for entries is **Monday 1<sup>st</sup> November 2010.**

## Provisional Programme:

Final programme and times will be published once all entries have been received.

Saturday 20 <sup>th</sup> November	10:00 – 12:00	Individual 200m – Qualification
	12:30 – 14:30	Individual 200m – Finals
	15:00 – 16:30	Team 5,000m – Finals
Sunday 21 <sup>st</sup> November	10:00 – 12:00	Individual 500m – Qualification
	12:30 – 14:30	Individual 500m – Finals
	15:00 – 16:30	Individual 1,000m – Finals

## Information and Entry Details:

[www.gbcanoeing.org.uk](http://www.gbcanoeing.org.uk)

E-mail: [andy.goodsell@bcu.org.uk](mailto:andy.goodsell@bcu.org.uk)  
Tel: 0845 370 9528 or 07976 515258

British Indoor Kayak Championships 2010  
British Canoe Union, 18 Market Place, Bingham, Nottinghamshire, NG13 8AP

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## Rules:

The rules for the British Indoor Kayak Championships will follow the basic principles of the ICF Canoe Sprint Competition rules, where applicable, with the following exceptions:

1. Kayak Pro Ergos will be used throughout these championships.
2. Separate Kayak Pro Ergo will be available for competitors to warm up prior to their qualification/final event.

### 3. Race Protocol

- a. Athletes are advised to arrive at the race registration area at least 60 minutes prior to their published start time
- b. Athletes who are not in the kayak ergo warm up area by their designated time (start of the preceding race) will not be permitted to race
- c. **False Starts**  
After the order "**START WITHIN TEN SECONDS**" the starting signal is a strong sound. Between the order "**START WITHIN TEN SECONDS**" and the starting signal the competitors must not paddle. In this period paddling ahead before the starting signal is considered a false start.

In the event of a false start, the Starter will immediately give a powerful sound signal. On hearing this signal all competitors must stop paddling and follow the Starter's instructions for a new start. Before the new start, the Starter will identify the offending Lane(s) making the false start and give **ALL Lanes** a warning.

In the event of a second false start within a race the lane(s) offending will be disqualified from the race and must leave the race arena immediately.

#### d. Equipment Failures

The Starter and/or Race Umpire may also recall competitors for a new start in the event of any unforeseen circumstance – a malfunction of the starting equipment or technical failure for example.

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**ONTARIO**  
CANADA

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In such a case a powerful sound signal will be given. If the malfunction was the cause of any competitor making a false start, no penalties will be imposed.

In the event of equipment failure on an individual kayak ergo, the Race Umpire and/or Technical Umpire will decide if the competitor will be offered a new race start. New race starts will only be authorised for unavoidable equipment failures, new starts will not be authorised in cases of deliberate damage or poor paddling techniques.

**e. Protests**

A protest made during a competition must be addressed to a member of the Competition Committee no later than 10 minutes after the posting of the specific race results

All protests shall be made in writing and be accompanied by a fee of £10.00. The fee will be refunded if the protest is upheld.

**4. Race Numbers**

- a. All competitors will be issued with official race numbers for each event entered. Race numbers are to be fastened on each corner to the front chest prior to entering the kayak ergo warm up area. Safety pins will be provided
- b. Failure to wear the race number in the correct position will result in disqualification from that race

**5. Qualification and Finals:**

**a. 200m & 500m Events**

Each competitor will have 2 races  
Qualification (Race 1) is in Heats – competitors will be drawn into heats based on estimated /recorded 500m times

Qualification into the seeded Finals (Race 2) will be based upon the fastest times recorded during all of the heats

The overall champions will be the fastest time recorded in the A Finals

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**b. 1,000m & 5,000m Events**

Each competitor/team will have 1 race only and drawn into straight finals, the overall results will be based upon the fastest times recorded during all of these races

**6. Team 5,000m Challenge:**

a. Each team must use a minimum of 4 competitors and maximum of 6 competitors during the 5,000m race

b. The minimum distance to be completed before any change over is 200m

**7. Club Champions:**

The overall Club Champions will be decided on the highest placed Team 5,000m Challenge (Club Team) and competitors in each of the 200m, 500m & 1,000m events within the following categories:

Open Men

Open Women

Masters Men (35 and Over)

Masters Women (35 and Over)

Junior Men (Under 18)

Junior Women (Under 18)

**8. Age Groups**

**a. Youth/Juniors**

The last year an athlete can compete within a Youth/Junior category, is if their 23<sup>rd</sup>, 18<sup>th</sup>, 16<sup>th</sup>, 14<sup>th</sup>, 12<sup>th</sup> or 10<sup>th</sup> birthday falls within 2010.

**b. Masters**

The first year an athlete can compete within a Masters category is if their 35<sup>th</sup>, 45<sup>th</sup>, 55, or 65<sup>th</sup> birthday falls within 2010.

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