

# Important Regatta Format Changes

Under 11 - Open



**ATLANTIC DIVISION**  
CANOEKAYAK CANADA

**2015**

**The Atlantic Division CanoeKayak Canada is working alongside sport experts and our Member Clubs to make positive change to our traditional regatta formats.**

**Our goal is to ensure that Canoe Kayak regatta experiences focus on developing the proper skills and techniques for each age class in line with the stages of Long Term Athlete Development.**

**We want to ensure paddlers stay involved in the sport for life by implementing best practices in Canadian Sport for Life, a fundamental movement that encourages sport to keep people healthy and active throughout their lifetime.**

**It is our sincere hope that our membership will realize the benefits of the following race format changes and support the sport of CanoeKayak through embracing these adaptations focused on developing our paddlers to the best of their individual abilities.**



## Under 11's

**Fun - Skill Development - Foundations - Participation**

**Creating a fun and safe event that focus on developing the fundamentals and foundations of canoe kayak and encouraging participation is our goal. Our two traditional events, the U 11 Bomb and U 11 Championship, have been shifted to realize six inter-club events that are in line with Long Term Athlete Development (LTAD) principles**

**We've heard from the experts, and even have a few of our own. We are acting on the best advice for LTAD (want to learn more about the LTAD? [Click here!](#)).**

**Kids aren't mini adults, so the regattas don't need to be the same as adult regattas, with all the adult rules and pressures. The new format creates six three-hour festival events (no more all day events with hours between races) that place the emphasis on fun, skills, and participation. All singles races are to be in the most appropriate equipment we have available (Lightnings and Mini K1s for kayakers, Cadets and Mini C1s for Canoers).**

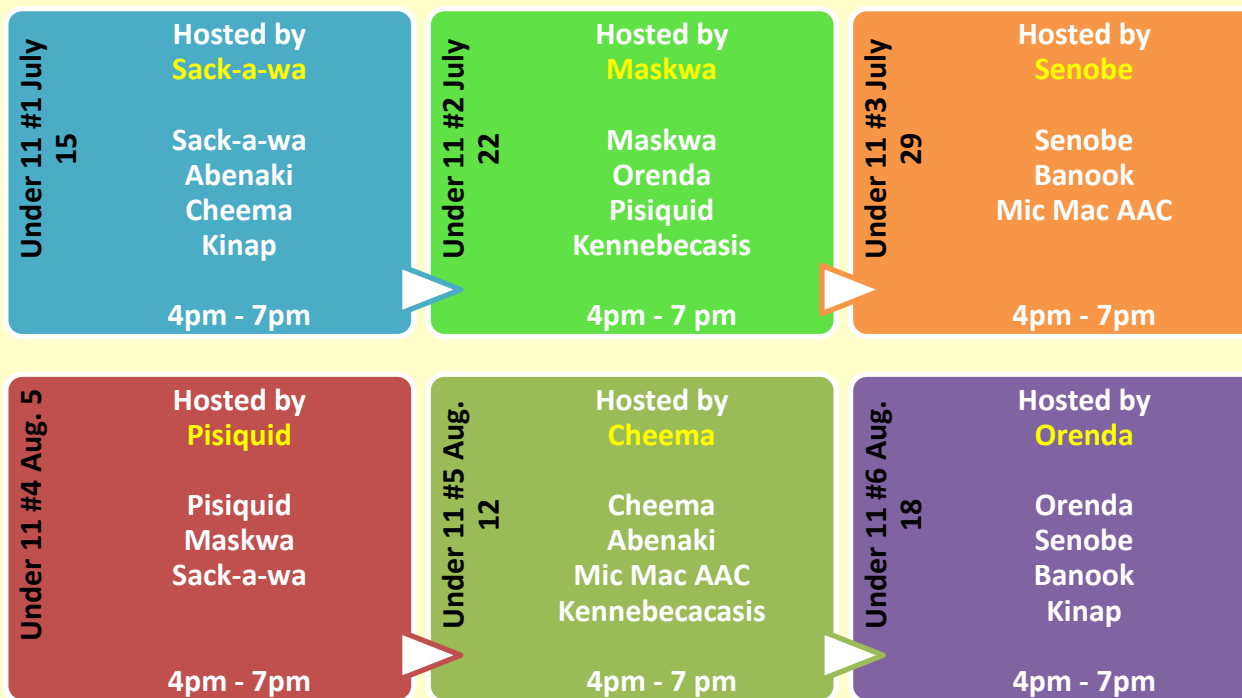


With start time blocks instead of heats, there is no worry about missing races. Paddlers can race as often as they like within the allotted time block. They can race alone, or choose their own competition – the races start as soon as they are ready! For parents and coaches, this means that regattas don't fall behind schedule since the starter is free to call 'Go' whenever there are kids in boats. No more waiting for Lane 4, Heat 3 to show up!

Participant Ribbons will be available to all paddlers.

## Under 11 – Schedule of Events Supported by the Atlantic Division CanoeKayak Canada & Host Club, Come Out and Celebrate!

Events include: C1 / K1: 400m (with 180 degree turn) C4/K4: 500m Club C15: 200m  
\*distances may change to suit host location



# Under 13's / Under 15's / Under 16's – Open

(Changes Applicable to Regatta #1 Only)

---

The following regatta format changes are applicable to the first regatta for each age class only. All other events will maintain the traditional format for these age classes.

The changes have been made to the first regatta of the season as these events are traditionally entered into by paddlers just beginning summer programs. The new formats for the first regatta support beginners by focusing on their physiological and developmental needs.



Example; longer distances encourage participants to develop pacing skills, turning, strategies for racing, riding wash etc.

Races also have a place for everyone at the U 13 age class with developmental singles and experienced singles broken out throughout the day to ensure paddlers need only be on site for their specific race times.

War Canoes have been eliminated in U 16 – Open (1<sup>st</sup> regatta only) as many athletes in the “Training to Compete” are not available for warcanoe as they are full swing preparing for various levels of team trials during this time period.



## New Format U 13 / U 15 / U 16 - Open

**U 13 #1 Host: Maskwa, July 18**

**Development Singles 1000m (with turn)**  
**K4/C4 500m**  
**K2/C2 2000m**  
**\* C15 500M**  
**Experienced Singles 2000m (with turn)**

**\*Includes mixed**

**U 15 #1 Host: Maskwa, July 19**

**Singles 2000m (with turn)**  
**K4/C4 500m**  
**K2/C2 2000m (with turn)**  
**\* C15 500m**

**\*Includes mixed**

**U 16 - Open Host: ADCKC, June 13**

**Singles 2000m (with turn)**  
**K4/C4 500m**  
**K2/C2 2000m (with turn)**



**For More Information, Please Contact:**

**Atlantic Division CanoeKayak Canada**  
**P: (902) 466-9925 E: gm@adckc.ca**

