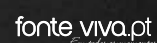




26 & 27 SEPTEMBER 2022

# INFORMATION FOR MASTERS



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# Communication and Information

All information for masters is written in this handbook and there will be no live meeting or briefing before the event.

You can find latest information at official telegram channel for this event



Information will also be broadcasted at the event website and official Facebook page of the event.

[www.canoemarathonportugal.com](http://www.canoemarathonportugal.com)

[www.facebook.com/canoemarathonportugal](https://www.facebook.com/canoemarathonportugal)

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## COVID-19 Protocol

Each participant needs to fill and sign the covid-19 consent form, available in documents area at [www.canoemarathonportugal.com](http://www.canoemarathonportugal.com).

This form must be presented at the accreditation when checking in.







# Accreditation

The accreditation centre will be located in the pavilion of Expolima.

Each master athlete should collect his/her accreditation individually.



## Opening times

### September 24

**8:00-12:30 / 14:00-19:30**

Two simultaneous lanes will be working on this day to reduce waiting times.

### September 25 to 27th

**8:00-12:30 / 14:00-19:30**

Shared with National Teams on these days. Masters will have one exclusive lane.

There will be a ticket waiting system, to avoid confusion.

Upon arrival to the centre take your ticket and wait. There will be 3 tickets tolerance.

Each ticket will be for one person only.

Two persons = two tickets.





## Accreditation

(continues from  
previous page)

### **When your number is called you should first confirm your entry.**

During this process you will be asked to present your ID or passport for Age and nationality verification. After that, we will confirm all payments are due and only after that you will be given your accreditation badge.

It will also be part of the accreditation pack, the individual bib and a bottle to fill with water.

Accreditation badges will have no individual picture, to simplify the process.

During the accreditation process you should be alone. All accompanies should be outside this area.

**Covid-19 consent form** should be delivered before getting the accreditation badge.

This form can be found at [www.canoemarathonportugal.com](http://www.canoemarathonportugal.com) at documents area.

**Payments of fees** can be made upon arrival in cash or debit/credit card. (taxes will apply when using credit cards). PAYMENTS IN EUROS ONLY.

No 100, 200 or 500 euros bills will be accepted.





## Timetable & Startlist

Provisional documents attached to this document.

Updated versions will be available at:  
<http://timetable.canoemarathonportugal.com>

No start list will be published in paper at the venue. Same for results.

## World championships races & Late entries

According to the rules, the World Championships races will be confirmed after 16th of September with the publication of the provisional start lists and timetable.

Late entries deadline will be September 24 for single races and September 25 for double.

No late entries will be accepted after this deadline.

In doubles events that have not achieved World Championship status

on 16th September, late entries will be permitted from mixed nation crews.

The status of the events will remain as World Master Cups. In doubles events that have achieved World Championship status on 16th September, late entries will only be permitted from crews of two paddlers from the same nation.

Late entries will be accepted subject to a late entry fee of 25 Euros per athlete. To be paid onsite in cash or credit card. In case of K2, it will be 50 Euros.



# Officials World Championships (World Cup) Masters



**Chief Official**  
Tim Cornish  
ICF



**Deputy Chief Official**  
Ruud Heijselaar  
ICF



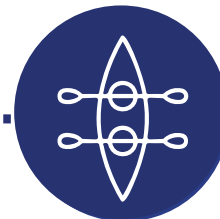
**Safety officer**  
Tim Cornish  
ICF



**Chief Course Umpire**  
Brian Chapman  
ICF



**Chief Finish Line**  
Diana Moreira(NTO)  
POR



**Chief Raft Marshall**  
Ana Vieira  
POR



**Chief Portage Umpire**  
Birger Vik  
NOR



**Starter**  
Oscar Soares  
POR



**Umpires**  
NTO's  
POR



# Paddlers and their personal ID

Bibs will be given to each paddler at accreditation.

That number will also be visible in the accreditation badge and also in the competitors list to be published after the entries deadline.

Bibs must be worn on the back.

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## Venue Area

Detailed maps are available in Documents tab at:

[www.canoemarathonportugal.com](http://www.canoemarathonportugal.com).

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## Athletes Area and Access

The accreditation badge will give you access to the athlete's area inside the pavilion and also to the Teams Area, from 24/09 to 27/09. After this date master's accreditation will no longer be valid to access these areas.

All masters Boats must be removed from Team's Area racks by the end of September 27. Only boats that will be used by national Teams can stay. The racks will be available in first come, first served basis. Boats left there after this deadline will be removed by the OC.

All vehicles must be parked in public parking around the village. The best one would be the one on the side to the pavilion. Parking is free of charging.

For those arriving by caravan, please contact +351 9320 80 306 at arrival for local guidance. If your arrival will be outside of the day (8:00-20:00) please call-in advance.

Athletes must always use the accreditation badge, except when entering the water for training or race. Access to the lunch of 26 and 27 of September is made by using the accreditation badge.

Barcode scan system will be used. Lunch will be provided between 11:30 and 14:30.

All facilities are available to be used by the masters, except the wood houses, to be used exclusive by National teams.

Next to the wood houses will be the INFO POINT, where all information about the event can be provided. General enquires must be done at this point.

There will be a free Wi-Fi signal for all participants. Check for access credentials at info point.



# Sport Information

## Boat Measuring

There will be no boat measuring before the race. Only the boat numbers will be checked at the raft marshal.

Free boat measuring equipment will be provided by the OC from September 24, near the boat racks.

## Boat Numbering

All boat numbers will be given at ID control before going into the water. Numbers will be divided by colors according to the age group.

35-39	White	1-99
40-44	Black	100-199
45-49	Orange	200-299
50-54	Blue	300-399
55-59	Green	400-499
60-64	Purple	500-599
65-69	Grey	600-699
70-74	Yellow	700-799
75+	Pink	800-899

Numbers are not needed to be returned, and each paddler can keep it in the end of the race as souvenir from the event.

The numbers must be secured to the slot with a pin inserted through the hole in the slot and the number. This task will be done by volunteers at the ID control.

Boat repairs or assistance with boat problems will be provided by the officials and they should consult the main repair official who will be available in the boats shed area.





# Start Procedure

**All classes start positions have been completed by random draw and you will find the draw positions on the start list.**

All classes start positions have been completed by random draw and you will find the draw positions on the start list.

The draw positions are numbered from the left facing in the direction of the course.

Boats will line up in a numerical order and will be checked by the starter.

Launching on to the water will only be

from the indicated rafts and this will be a controlled area, the officials will check each person's boat on to the water. The boat must be in an undamaged state.

Paddlers will only be allowed into the water with their correct boat and also must be correctly attired in their National or club racing uniform. The warmup area will be in the area up stream of the bridge.

Paddlers should only go through the bridge to the start when called. The starter will call the paddlers to the start line. Other races may be on the water during some starts, so look out for this and don't disturb the race.

**Warm  
Up  
Area**





Please ensure that paddlers approach their starting point as quickly as possible in order that the starts may commence on time.

**ALL BOATS RACING HAVE TO BE ON THE WATER WELL BEFORE THEIR START TIME. RAFT MARSHALLING WILL CLOSE 5 MINUTES BEFORE START TIME OF THE SESSION. BOATS HAVE TO PASS THE RAFT MARSHALLING, OTHERWISE THEY ARE CONSIDERED NOT TO START.**

**THE STARTER WILL NOT WAIT FOR LATE PADDLERS.**

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The starter commands will be clearly heard by all the competitors through loudspeakers placed at points along the pontoon.

All his commands will be in English, and the start command will be **READY - GO**

Please note rule 10.4 and the possibility of time penalties.

The timing and race results will be dealt with at the finish control and access to this area will only be available to the Competition Committee, main event officials.

Photo finish & Video finish equipment is installed and will be used where applicable.

The finish line is between two red buoys.

An audible signal will identify the finish of each paddler.

After the finish the competitors must paddle beyond the line and turn right around the island before disembarking at the same place where they got onto the water. Care must be taken as after paddling around the island paddlers will need to cross the path of paddlers that may still be racing to the finish line.

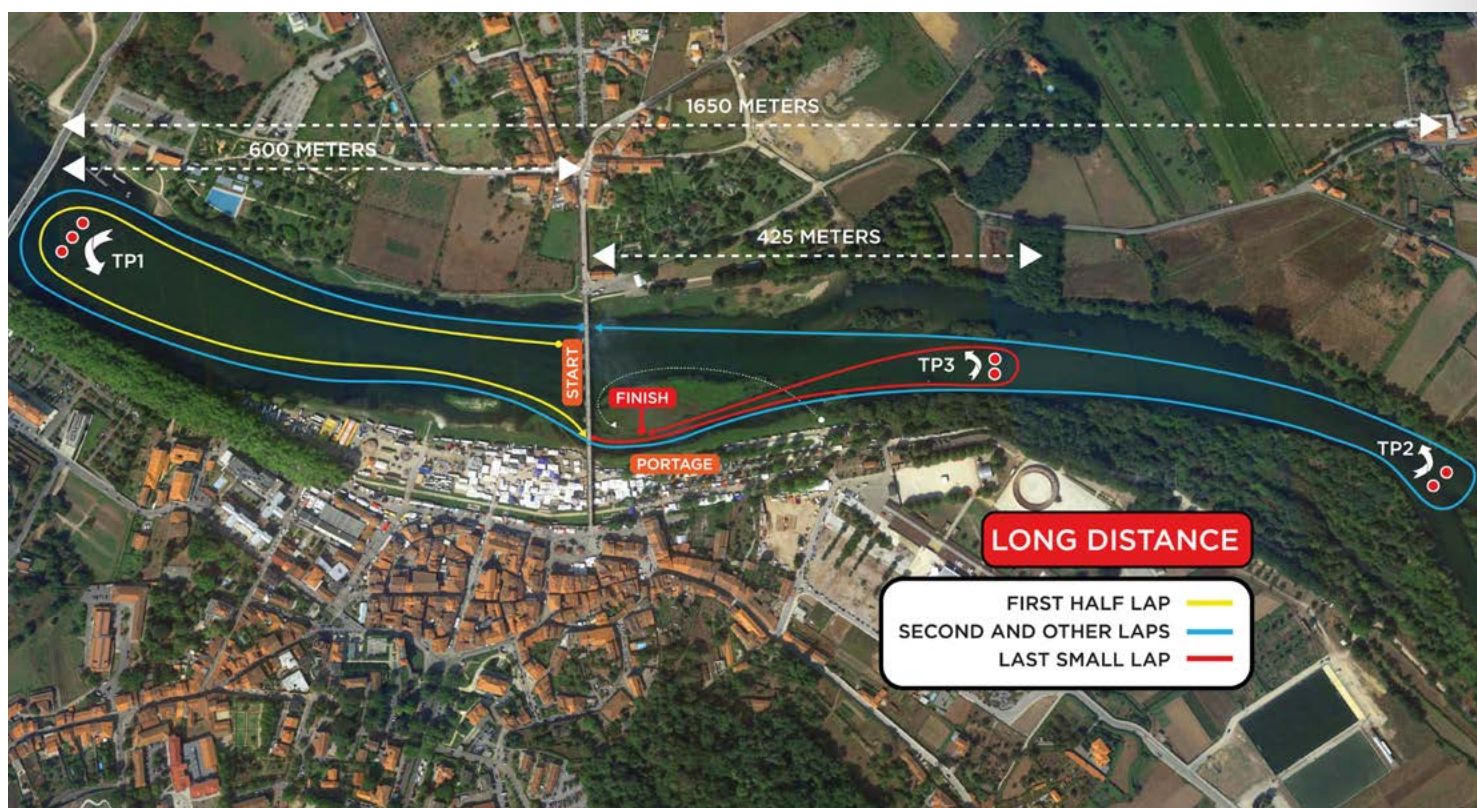
# Course Description And Map

There is an initial short half lap anticlockwise around TP1 and back to the bridge in the start area (shown in yellow on the map below). There is no portage at the end of this half lap.

From here the normal laps anticlockwise around TP2 and TP1 (shown in purple on the map below) will commence. There will no portage at the end of the first normal lap.

After the designated number of normal laps and portages the paddlers will do a small lap anticlockwise around TP3 (shown in red on the map below) and finish between the red buoys at the finish line.

Any lapped paddlers passing by TP3 on their way to TP1 must keep clear of paddlers turning round TP3 on their way to the finish.









## Portages

There is a beach Disembarkation. The running distance of the portage is about 90 metres with a beach embarkation.

**NO PORTAGE AFTER FIRST HALF LAP AND AFTER FIRST NORMAL LAP, SO FIRST PORTAGE IS AFTER SECOND NORMAL LAP - AFTER 8.6 KM**

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## Finish area

Paddlers should clear the finish area as soon as possible on the route described previously and must not under any circumstances cross the finish line twice.

All disembarkation must be at the same place where you embarked before your race.

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## Portage restrictions

Due to the high number of paddlers, the marshals who will be in control of the portage area will be strict and if you are not giving drinks or food to competitors, you are not allowed to be in the feeding area at all.

Limit of helpers will be implemented according to the paddlers in the water. None of the helpers are allowed to enter the non-feeding area or feed over the separating barrier.

Marshals will be instructed to ask other helpers to stay behind the barriers.

With competitors running at high speed, with canoes on their shoulders, with restricted vision it is important for safety that the marshal's instructions are obeyed.

**Helpers should not stop suddenly after helping their paddler as there may well be another boat coming behind them and the paddler of this second boat may not see you. Go to the end of the feeding lane and return to the beginning by the third lane provided.**

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## Medal Ceremony

The medal ceremony will take place after each session of races (excluding the first session) on Monday and Tuesday at the Regatta Course below the old bridge, next to the portage entrance. Please check timetable for detail info.

The event will be announced, and the athletes and officials will march on to the prize giving area.

Anthems will be played in world championships ceremonies as well as raising of flags.

For World Cup events, no anthems no raise of flags.

**Please ensure that all paddlers receiving medals have full national or club track suits, with no hats or sunglasses.**

**NO MEDAL CEREMONY WHEN LESS THAN 3 FINISHING BOATS.**

All other medals will be given at the info desk, upon request.



## Training Facilities & Course Use

The Event venue will be available for all competitors for training in the days before the event. No security or medical service will be available before September 24.

No paddling in the course will be possible after 27/09. Course will only be available to the Seniors, U23 and Juniors World Championships.

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## Safety

There will be motorboats with safety umpires covering all the parts of the course and these will be in radio link with the organisers in case of any problems on September 26 & 27.

There will also be an ambulance stationed at the racing area and because of the radio link with all sections of the course medical assistance can be readily summoned at short notice, from September 24th.

## Anti doping

According to ICF Anti doping program every athlete, coach and support personnel must pass the relevant anti-doping online course on the Anti-Doping Education Learning platform (ADEL) corresponding to their role.

**Link** <https://adel.wada-ama.org/>

All athletes must complete the International-Level Athletes Education Program.

This course will give athletes information about the dangers of doping, the importance of anti-doping controls and promotes positive attitudes to avoiding doping.

Coaches must complete the High Performance Coaches' Education Program.

This course provides Anti-Doping education for High Performance Coaches with an emphasis on why clean sport matters and how it protects athletes' experiences and opportunities in sport.





# ANNEX 1

## IMPORTANT RULES

### DISQUALIFICATION FOR UNSPORTSMANLIKE BEHAVIOUR

10.12.1 - An athlete who attempts to win a competition by irregular means, wilfully breaks the rules, or who contests their validity, as deemed by the officials, may be disqualified for the competition.

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#### Failing to follow the correct course

10.12.2 - Should an athlete have failed to follow the correct course of the race (for example missed a turning buoy) the athlete has broken the racing rules will be subject to a penalty:

10.12.2.a If the Race Umpire believes the athlete has gained a small advantage on other athletes: Time penalty of 15 seconds will be given;

10.12.2.b If the athlete has gained a major advantage a disqualification (DSQ) will be imposed;

10.12.2.c Should a buoy be missed as a result of a collision in group racing during a turn this will be investigated and the boat that caused the collision will be penalised or disqualified (DSQ), see article 10.12.3. The athlete who missed the buoy due to collision will not be penalised.

### 10.12.3 Collision or damage

10.12.3.a Any athlete who is considered by a Course Umpire or Race Official to have been responsible for a collision, or who damages the canoe or kayak or paddle of another athlete or unnecessarily deviates from the direct racing line or deliberately blocks the path of an athlete may be penalized or disqualified;

10.12.3.b A collision will be considered to be an event where an athlete's boat or paddle touches another athlete's boat or paddle in a way that disadvantages another athlete;

10.12.3.c If it is considered that other paddlers have only had some minor disadvantages compare to other athletes as a result of the incident the responsible athlete will get a time penalty of 30 seconds;

10.12.3.d If it is considered that the incident has given other paddlers a major unfair disadvantage the penalty will be disqualification.

### Wave riding

**Rule 12.8.1&2** - Due to the combining of master classes into combined starts and the need to start different classes so close together wave riding boats in other classes will not be penalised.

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### Protests ( Based on rule 11.1)

If a team leader or an athlete wishes to make a protest during or after the competition it must be addressed to the Chief Official and handed to the Competition Committee not later than 30 minutes after the last of the athletes involved in the incident have completed the course or retire from the race. All protests must be accompanied by a fee of 75 Euros . The fee will be refunded if the protest is upheld. The decision of the Competition Committee is final and not subject to appeal.

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### Boat scrutineering infringement

Should a competitor have completed a race in a kayak or canoe which is shown, upon inspection, not to fulfil the ICF classifications, he or she shall be disqualified from the race in question.

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### Accompanying infringement

**10.9.1** - An athlete may not be accompanied along the course or assisted in any way by other canoes/ kayaks not entered in the event or by any vessel (e.g., runabout).

Such acts shall entail the disqualification of the competitor/s concerned.

### Handling of penalties

Time penalties are decided by the Chief Course Umpire and are not subject to appeal.

Time penalties shall be executed in a designated area at the portage and supervised by a race official or will be added to the competitors finishing time if a time penalty stop is not used in the competition.

**Disqualifications are decided by the**

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**Competition Committee and are Not subject to appeal.**

All penalties or disqualifications by the Competition Committee must be confirmed in writing immediately, giving the reasons. The team leader of the competitor (or the competitor) must acknowledge receipt on a copy of the notice of disqualifications, with the exact time, which marks the start of the protest time.

**If a competitor is observed by an International Official to throw a drink bag into the water, they will receive a 30 second penalty. The decision is to be confirmed by the Chief Course Umpire and cannot be the subject of an appeal.**

Penalties must be taken at the Penalty box. If there is any penalty, yellow flag will be raised and number will be displayed on a noticeboard at the start of the portage. Paddler has to take the penalty immediately at the portage. If the penalty is not taken on the portage then the penalty will be added to the athlete's race time.

# Attachments







