

Bulletin nr1

January 2016

ICF Canoe Marathon World Cup II 2016

29 to 31 July 2016





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WELCOME

The municipality of Vila Verde, in partnership with the Nautical Club of Prado and Portuguese Canoe Federation would like to welcome you to the north of Portugal.

It is a huge challenge for us to host our second Canoe marathon event, after a successful Canoe Marathon European Championship in 2013. . We decided to move forward with this ambitious organization because we are convinced that we gather all the natural conditions and infrastructure designed to achieve this aim.

In parallel, it is our absolute conviction that all the necessary and exceptional conditions will be created so that the competition is placed at the level of the demands, not only for the organization, as well for the athletes, entourages, assistants and for the general public.

This will be our second big test before hosting the 2018 World Championships, so we count on you to compete here and help us testing this beautiful natural venue, once again.

Be conscious that Vila Verde will ensure you a competition at the finest level with all the necessary requirements!

We hope to see you very soon in Cavado River.

Yours faithfully,

THE NAUTICAL CLUB OF PRADO
HORÁCIO LIMA



Horácio Lima

THE MAYOR OF VILA VERDE CITY HALL
ANTÓNIO VILELA



António Vilela

THE PORTUGUESE CANOE FEDERATION
VITOR FÉLIX



Vitor Félix



GENERAL INFORMATION

Portugal I.D.

Official name _ Portuguese Republic

GPS _ 39 30 n, 8 00 w

Founding of the Portuguese _ 1143

Founding of the Republic _ 1910

Political system _ Democracy

National symbols _ National flag and National hymn

Language _ Portuguese

Territorial organization _ Two autonomous regions (Azores and Madeira). 18 districts

Capital _ Lisbon

Area _ 92,142km²

Population _ 10,642,836 (july 2007 est.)

Active population _ 5,523,000 (2004 est.)

Currency _ Euro, divides into 100 centimes

G-Ross Domestic Product: _ 155.131 millions Eur (2006)

Gdp per capita _ 14.654 eur (2006)

DP - composition by sector _ Agriculture: 7.9% _ Industry: 25.9% _ Services: 66.2% (2007 est.)

LOCATION _ Portugal is located on the west side of the Iberian Peninsula, ideally positioned between Spain and the Atlantic Ocean.

Portugal's excellent geographical position makes it a stopover point for many foreign airlines at airports all over the country.

Portugal has 5 international airports: Lisbon, Oporto, Faro, Funchal (Madeira) and Ponta Delgada (Azores).

With beautiful beaches, vineyards, sophisticated cities, country inns and palaces, Portugal invokes a romantic notion of breathtaking scenery, rich history and cobble-stone roads. With such a long sea coast, Portugal has a long term tradition with the water and with water sports, such as Canoeing.

LANGUAGE _ One of the Latin languages, Portuguese is the third most spoken European language in the world and the native tongue of about 200 million people. The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Europe (Portugal), in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique), in South America (Brazil) and in Asia (East Timor, the youngest nation on the world). In Portugal, a considerable number of citizens are able to communicate in English, French and Spanish.

CLIMATE _ Portugal has a sunny climate. There are only slight fluctuations in temperature between summer and winter; the overall mean ranges from 25°C in summer to about 14°C in winter. The rainy season begins in November and usually lasts through January. Portugal has 220 days of sun and 3000 hours of sunshine every year!



Vila Verde Municipality I.D.

Total area _ 228,7 Km²

GPS _ 41°39'05.42"N 8°26'09.37"W

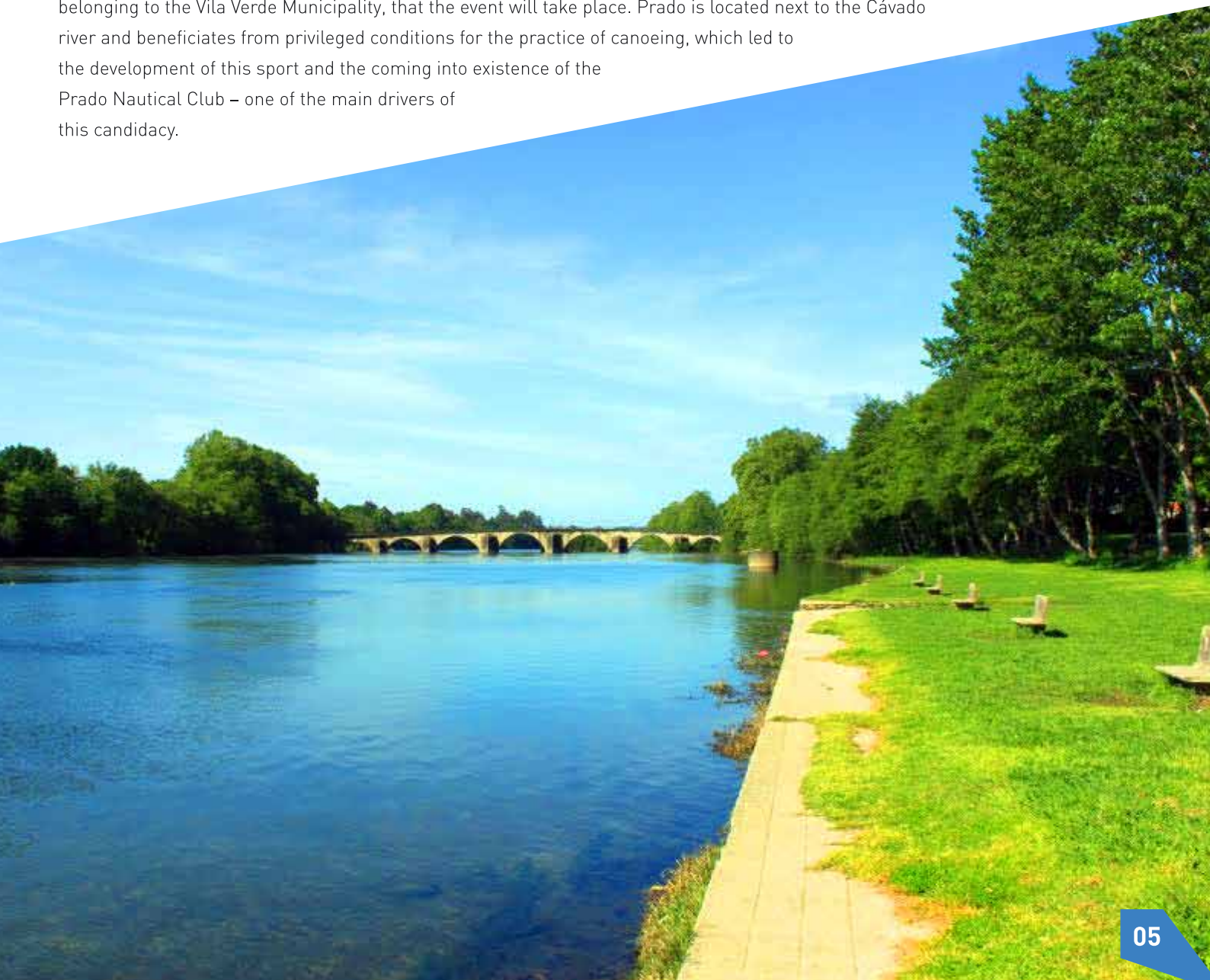
Territorial organization _ municipality with 58 parishes

Total residente population _ 46.000 inhab 46.579



About Vila Verde

LOCATION _ The Vila Verde Municipality, located in the heart of the Minho province, makes part of the district of Braga. It is limited to the north by the Ponte da Barca Municipality, to the west by the Barcelos and Ponte de Lima Municipalities, to the east by Terras de Bouro and to the southwest by the Amares and Braga Municipalities, from which is separated by the Homem and Cávado rivers respectively. It is located just a few tens of kilometres from the beaches situated along the maritime coastline between the city of Porto and the Spanish province of Galicia, and it is close to the Peneda-Gerês National Park. The Vila Verde Municipality has a privileged location, which means that its access doesn't constitute a concern. It will be in the town of Prado, a parish belonging to the Vila Verde Municipality, that the event will take place. Prado is located next to the Cávado river and beneficiates from privileged conditions for the practice of canoeing, which led to the development of this sport and the coming into existence of the Prado Nautical Club – one of the main drivers of this candidacy.



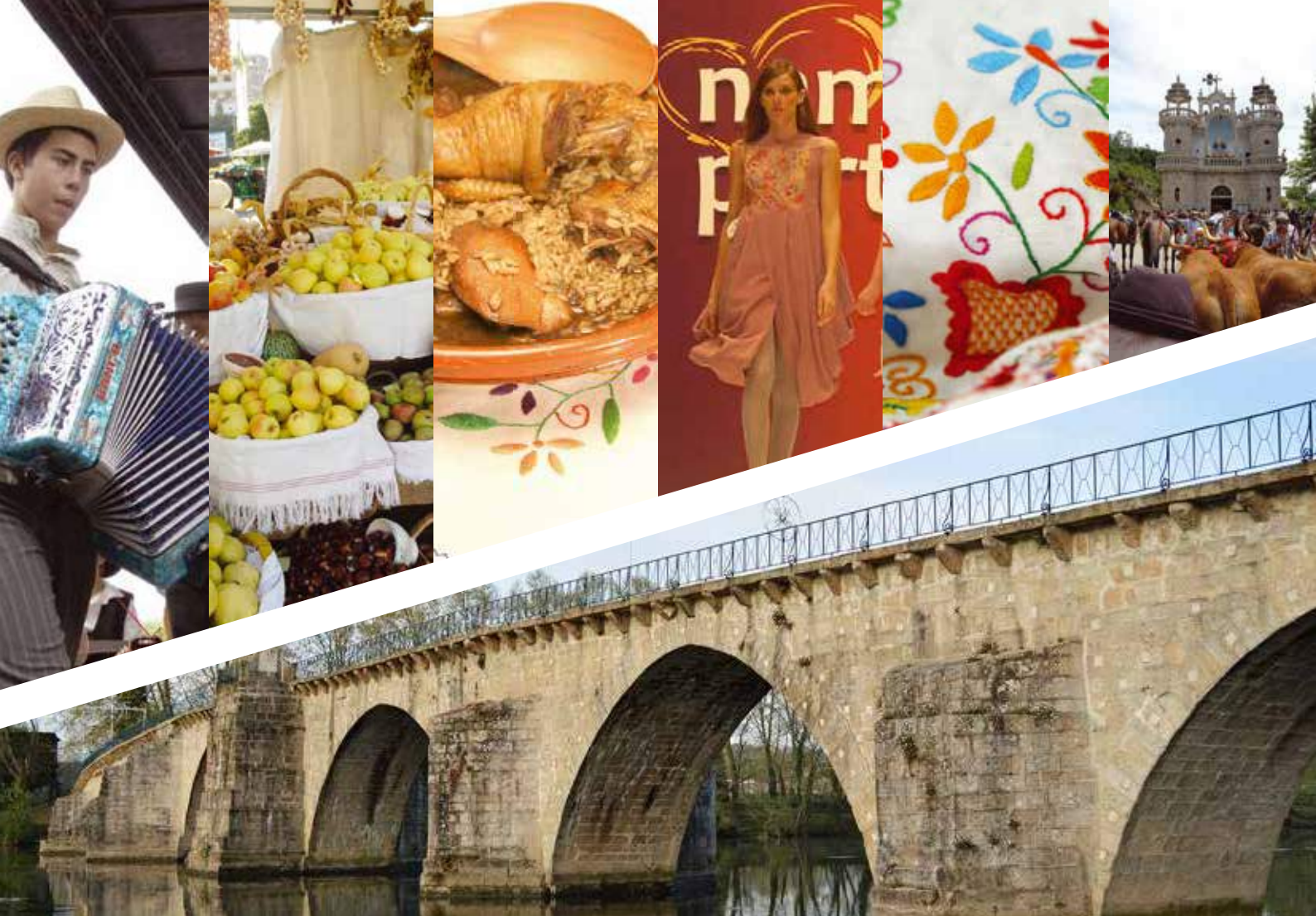
About Vila Verde

Climate _ Characterized by rainy winters and hot and dry summers, Vila Verde beneficiaries from a moderate climate, with average annual temperatures of 15° C.



Tourism _ Due to its ancient times and cultural richness, the Vila Verde Municipality has a vast patrimony, which results from archaeological remains, religious and civil architecture, typical rural scenarios, ethnographic aspects of popular culture, craftwork, traditional gastronomy, green landscape and the rivers that cross it. Parties and church fairs constitute one of the numerous expressions of the religiosity of its inhabitants. These celebrations are characterized by religious and pagan manifestations, which live in communion and complement each other. About 150 of these festive and religious events take place throughout the year at chapels and churches of the municipality and demonstrate, by themselves, the dynamic and religiosity of these people committed to preserving their cultural heritage and to transmitting to the new generations their way of living and feeling.





The weekly, bimonthly, monthly and annual street-markets, the cultural events and the different thematic exhibitions reveal the strong commitment towards the cultural, social and economic development of the region. The craftwork occupies more and more an eminent position in the municipality due to its growing economic relevance, to the preservation of ancestral manufacturing techniques and to the innovative conception of other products.

The «Lenços de Namorados» (love's handkerchief), a true ex-libris of this region, the articles in linen, the weaving, the miniatures and wood toys, the oxen yokes, the musical instruments, the pottery, the hand painted ceramics and the granite pieces are some examples of handmade products.

The pudding «Abade de Priscos», from the known «Papa dos cozinheiros - Abade de Priscos», original from the parish of Turiz and that became famous due to his highly prized culinary qualities, is one of the delicacies which forms part of our gastronomic heritage and that you should taste. The «Pica-no-chão» is another trump card of the municipality, which led Vila Verde to register the brand 'Capital do Pica-no-chão'.

It is in this context that the municipality invests and centres its development. That's why there are so many events putting in evidence this richness, such as: event «Namorar Portugal» (in February), Festas Concelhias em Honra de Sto. António (in June), Festa das Colheitas - Feira Mostra de Produtos Regionais e Festival Gastronómico (in October) and gastronomic weekends, where you can find the pudding Abade de Priscos and the Pica no chão.

The natural patrimony of the municipality provides many leisure activities, including, among others, walking, jeep tours, mountain biking and hunting. The Cávado and Homem rivers offer excellent conditions for the practice of canoeing and sport fishing and have wonderful fluvial beaches on the rivers' banks.

Finally, when visiting Vila Verde, take the change to rest in the rural tourism houses at your disposal in order to feel with more intensity this cosy rural ambience. Vila Verde is situated very close to the city of Braga (13km), the city of Guimarães (38km) and the Gerês mountain (54km), places of obligatory visit in this region of Portugal.

BRAGA

With more than 2000 years of history and located in the North region and the subregion of Cávado, the city of Braga is the district's capital and also the centre of the Greater Metropolitan Area of Minho (GAM). It is the third biggest city of the country, with 14 municipalities and 800 000 inhabitants. Located in the heart of the Minho province, Braga finds itself in a region of transition from east to west, between mountains, forests, huge valleys, strips of land, plains and green fields. Lands constructed by the nature and moulded by the man.

Braga is characterized by its religious architecture. In the city centre, it is notable the Cathedral of Braga (Sé de Braga) that combines different styles from the roman to the baroque. Despite its grandness, the Bom Jesus do Monte Church and the Sameiro Church compete with it due to their location, which offers a panoramic view of the city. The predominance of the baroque style in the churches of the city granted it the name of «baroque city». Already at the limit of the city's borders, it is remarkable the Church and Monastery of Tibães that belonged to the Benedictine order and that have been subject to restorations. In the historical centre, it can also be seen many buildings from the 18th century and the Sta. Bárbara Garden, constructed under the rules of the romantic style.



GUIMARÃES

Guimarães is located 38km from Vila Verde (30 min). To get there just follow the direction of Braga and, after, the A11 highway towards Guimarães. Guimarães is considered the cradle of Portuguese nationality, because it was here, according to what says the tradition, that was born and was baptized the one that, in 1179, it would come to be crowned the first King of Portugal, D. Afonso Henriques. Furthermore, it was in Guimarães that took place the Battle of S. Mamede, which gave victory to D. Afonso Henriques, thus, enabling him to gain independence for the Condado Portucalense from the Kingdom of León and paving the way for the founding of the Portuguese Nation.

The city of Guimarães rises in a valley from the bottom edge of the Santa Catarina mountain – Penha mountain, a place of mass pilgrimage during summer, from the top of which you get a view until the sea. Besides a unique natural landscape, this city presents a variety of monuments, caves, viewpoints, a camping park, a mini golf field, a touristic mini train, an equestrian centre, places for walking and picnics. Visitors can reach the Penha mountain by cable car, which is located close to the historical centre. The city's connection to the foundation of the Portuguese nationality, the building techniques here developed during the Middle Age and the fact that the city illustrates the evolution of different types of construction from the 15th to the 19th centuries contribute for the inscription of Guimarães' historical centre in the UNESCO List Of World Heritage Sites in December 2001. The requalification to which this area was subject helped turning the historical centre of Guimarães a pleasant space with many students, locals and tourists. Here there are many cultural and recreational activities, especially during summer, which turn the city centre even more attractive. In the historical centre, you can find some monuments as the Nossa Senhora da Oliveira church and the Padrão do Salado (a Gothic shrine), and very close from here you can visit the Guimaraes Castle and the Palace of the Dukes of Bragança.



GERÊS

The Vila Verde Municipality is close to the Peneda Gerês National Park, at a distance of some 54km. Peneda-Gerês National Park is a giant amphitheatre of nature, where the purest of natural resources remain intact, as well as the variety of fauna and flora, its almost savage corners, hide wild horses, boars, wolves, badgers, otters, roebucks and the famous, but rare, royal eagle, but also lookouts and waterfalls. Today, it shares its stage with adventure tourism, where nature walks, hikes, trails and horseback riding, along with radical sports, are attracting more and more followers.

Among the trails available stands the Roman Military Road. This part of the XVIII road classified as national Patrimony) of Antonino's Itinerary, that linked Bracara Augusta (Braga) to Asturica Augusta (Astorga), is an extraordinary roman archaeological complex that maintains, practically intact, along its 30km, bridges, walls, houses and the largest collection of epigraphic milestones in the north-eastern peninsula, many of which exhibit inscriptions that date between the end of the 1st century and the 4th century D.C.. There's also a selection of Pedestrian trails "On the Path of Miguel Torga", which place nature lovers in direct contact with the land's natural and patrimonial riches. In simultaneous, it presents itself as a tribute to one of Portuguese literatures great talents, whom over four decades explored local landscapes, fountain of his inspiration. Offering more than dozen different routes, the difficulty will be choosing! The Park belongs to the Terras de Bouro Municipality that is crossed by the Cávado and Homem rivers, where the conditions for the practice of nautical sports are especially relevant. The Rio Caldo Marina with its access to the Caniçada Lagoon, nautical sports associations, pleasant restaurants and esplanades, is a place of choice. There are 689 hectares of navigable waters, thanks to the Rio Caldo Vessel, a recreational boat that offers an original touristic-environmental trip. A fun way to discover the region, all year! You can also visit the Ethnographic Museum, relax at the Gerês Thermal Springs and sample the local cuisine. If you are spending an extended stay in the region, you might also like to visit Viana do Castelo, Ponte de Lima and Porto.



GETTING HERE

In order to reach Vila Verde (Prado) you have to travel, preferably, to the Oporto or Vigo airports, though you can also fly into the Lisbon airport.

OPORTO

Oporto Airport

GPS: N 41°14'19", W 8°40'14", N 41 14.328 W 8 40.234

The Francisco Sá Carneiro Airport is located in the heart of the industrial north of the country, 11km from the city of Oporto, making it a privileged access point to this valuable commercial area.

Porto – Vila Verde (Vila de Prado) The Francisco Sá Carneiro Airport has connections to Railway Stations, Metro and Aerobusses.

By car, take A3 highway in direction of Braga - 52Km; once in Braga, take the exit to Vila Verde (by the Arterial road or the EN101) - 13Km; then, follow the indications to the town of Prado. This will be the official airport of the event and the HOC will provide pickups only from here. Other pickups may be possible upon special request.

VIGO

Vigo Airport

GPS: N 42°13'31.51" W 8°37'18.96"

The Vigo airport (VGO) is one of the smallest airports of Spain. It is located 9km from Vigo's city centre and 83km from the city of Braga.

Vigo – Vila Verde (Vila de Prado)

The Vigo airport is located 9km from the city centre, where you have access to trains and busses services.

By car, drive in direction of Valença (Portugal) - 33Km; once in Valença, take the A3 highway in direction of Porto and, then, take the exit to Vila Verde - 83Km.

LISBON

Lisbon Airport

GPS: N 38°46'12", W 9°07'41"

The Lisbon Airport, providing service to the capital of Portugal, is the busiest and most important airport in the country. Lisboa – Vila Verde (Vila de Prado)

The principal point of entry for travellers arriving in Portugal. Connection to the city centre and interface with Railway Stations by Aeroshuttle and Bus.

By car, take the A1 highway in direction of Porto - 305Km; continue through A3 highway in direction of Braga - 52Km; once in Braga, take the exit to Vila Verde (by the Arterial road or the EN101) - 13Km; then, follow the indications to the town of Prado.



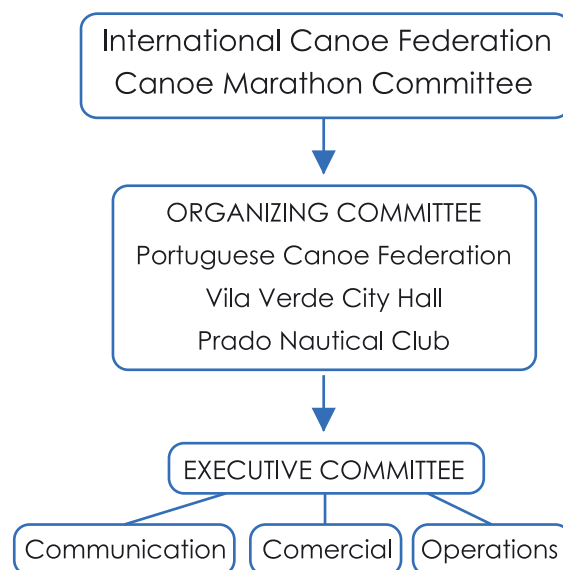
ORGANISING COMMITTEE

O.C. The structure of the Organization is defined as shown in the following diagram, with members of the Portuguese Canoe Federation, of Vila Verde City Hall and Prado Nautical Club.

The Portuguese Canoe Federation has the status of public sports utility, being the maximum legal entity for all the National Canoeing issues, responsible for the organization and regulation of all the competitions in national territory.

The Portuguese Canoe Federation already organized several National Championships in this course of action. This great effort is being made to develop the sport, calling more athletes, audiences and sponsors. As part of this plan, the Portuguese Federation wants to organize majors events that can help to reach the goals defined.

The host of 2016 Canoe Marathon World Cup II also enjoys the support of government authorities, of the Secretary of state of sport and of local authorities.



HOSTING EXPERIENCE

Prado Nautical Club

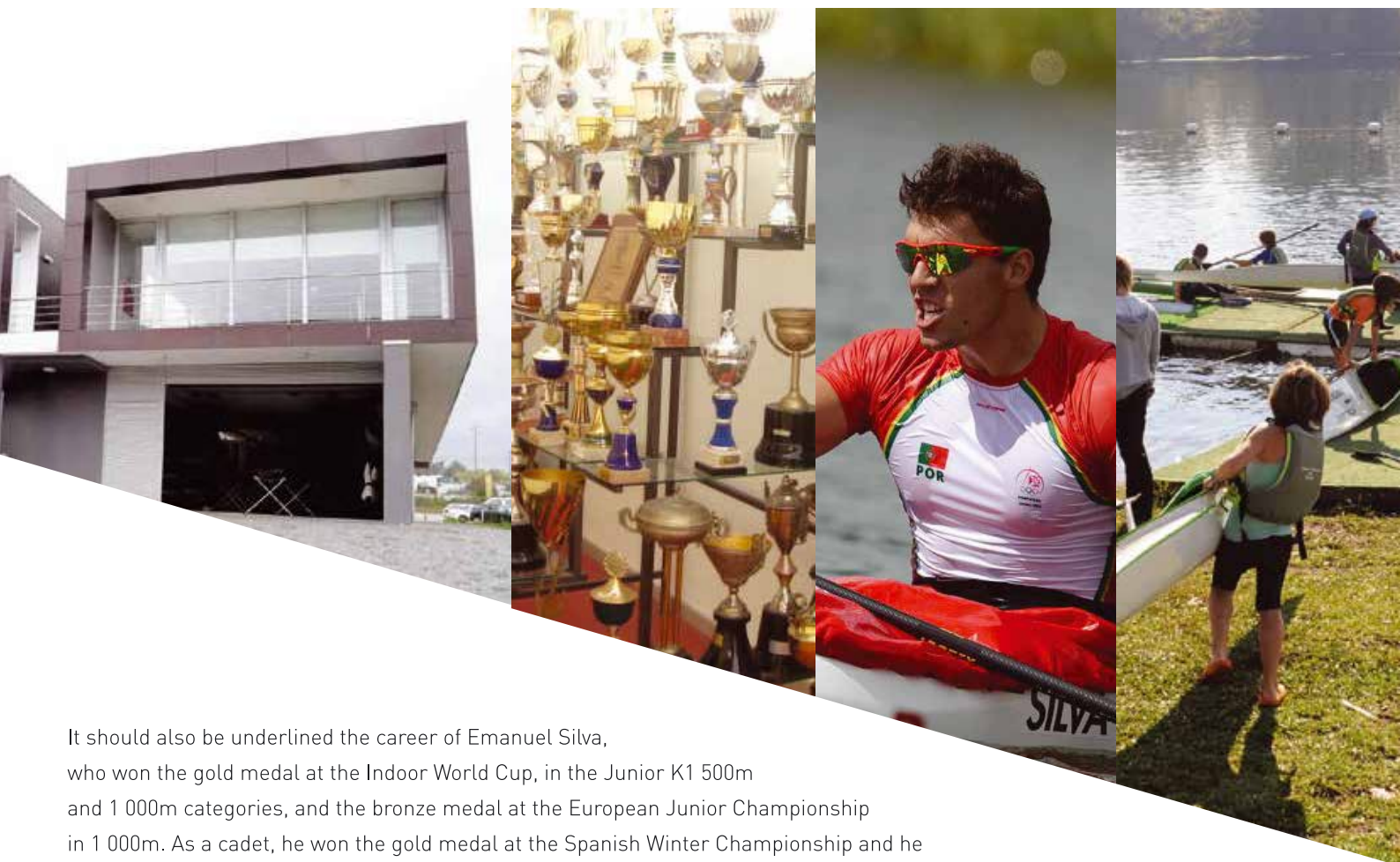
Prado Nautical Club is a cultural, recreational and sports association, founded in 24th February 1982, whose statutes were published in the Diário da República No 99, Series III, 29th April 1982, and whose subsequent amendment was published in the Diário da República No 287, Series III, 14th December 2000. The Club holds the status of public utility entity since 5th February 2002.

Its main activity consists of the practice of CANOEING, in its training, recreational and competitive aspects. At the moment, the Club has approximately 500 effective members. The Club's facilities are located in Avenida do Cávado, Faial, in the town of Prado, in a site whose building lease was definitively granted to the Club by the Vila Verde City Hall. The town of Prado plays a leading part in the Portuguese canoeing landscape due to the exceptional natural conditions for the practice of this sport and due to the action taken by the Prado Nautical Club, successor of the Rowing and Canoeing Schools (formed in the mid-1960s) of the old Mocidade Portuguesa (Portuguese Youth) and of the old Rowing and Canoeing section of the Prado Sports Group.



The growing adhesion of young people to the practice of Canoeing, as result as the continuous action taken by the Prado Nautical Club in the training and dissemination of this sport, places the Club as an important reference at regional and even national level. The Club's participation in countless canoeing competitions held throughout the national territory makes it the best means of dissemination of the town of Prado and the municipality in all the country.

The Prado Nautical Club has currently the best sporting performance of the municipality of Vila Verde and one of best of the municipality of Braga. Its athletes take often part in world and European championships, Olympic Games and International regattas. It should be noted that the athletes António Brito and Rui Fernandes won a silver medal at the Indoor World Championship, in the Junior K4 500m category; Silvestre Pereira won a silver medal at the Canoe Marathon World Cup, in the Senior C1 category; and Luísa Azevedo and Susana Pereira won a bronze medal at the Canoe Marathon European Championship, in the Senior (Women) K2 category. Also worth emphasising, the presence of Rui Fernandes in the Barcelona and Atlanta Olympic Games, as well as the presence of Silvestre Pereira in the Atlanta Olympic Games.



It should also be underlined the career of Emanuel Silva, who won the gold medal at the Indoor World Cup, in the Junior K1 500m and 1 000m categories, and the bronze medal at the European Junior Championship in 1 000m. As a cadet, he won the gold medal at the Spanish Winter Championship and he has taken part in European and world championships and in the Athens and Beijing Olympic Games having achieved excellent results.

It must be taken into account the growing activity of the Club in terms of sport, but also, and mainly, in social terms, especially considering the actual problems which ravage the youth (drugs, alcohol, prostitution, unemployment, failure at school, ...).

The protocols on cooperation concluded with Primary and Secondary schools of Prado, in order to promote and provide children a first experience with this sport, turn possible the practice of canoeing by these students (about 150 children) free of charge. As an interdisciplinary area of the subject Physical Education taught in the Secondary school of Prado, the practice of canoeing provided by the Club contributes for the extensive range of activities at students' disposal.

In order to attain the sports and social objectives pursued, the Prado Nautical Club formed a technical team to monitor continuously the students, as well as the competition athletes. In the last olympic cycles, the Prado Nautical Club has provided the practice of canoeing to an average of 85 federated athletes.

The Prado Nautical Club, as a big association, has also experience in the organization of big sports competitions at national and regional level. Thus, in the last years, among the organization of innumerable sports events, the most relevant are the following:

2013 – Canoe Marathon European Championship;
 2010 – Canoe Marathon National Championship;
 2009 – National Championship Hopes;
 2007 – Canoe Marathon National Championship;
 2006 – I Canoe Marathon National Championship;
 2005 – II Canoe Marathon National Championship;
 2004 – II Canoe Marathon National Championship;
 Long distance Regional Championship;
 Indoor Regional Championship;
 2003 – I Canoe Marathon National Championship;
 2002 – I Canoe Marathon National Championship;
 2001 – Long distance National Championship Cadets/Infantile;
 2000 – II National Championship Young Promises;



In 2008, as a result of the intervention for enlargement and reorganization to which its sports facilities were subject, the Club didn't organize national competitions, since, in this case, the ideal conditions for those competitions to be carried out were not met.

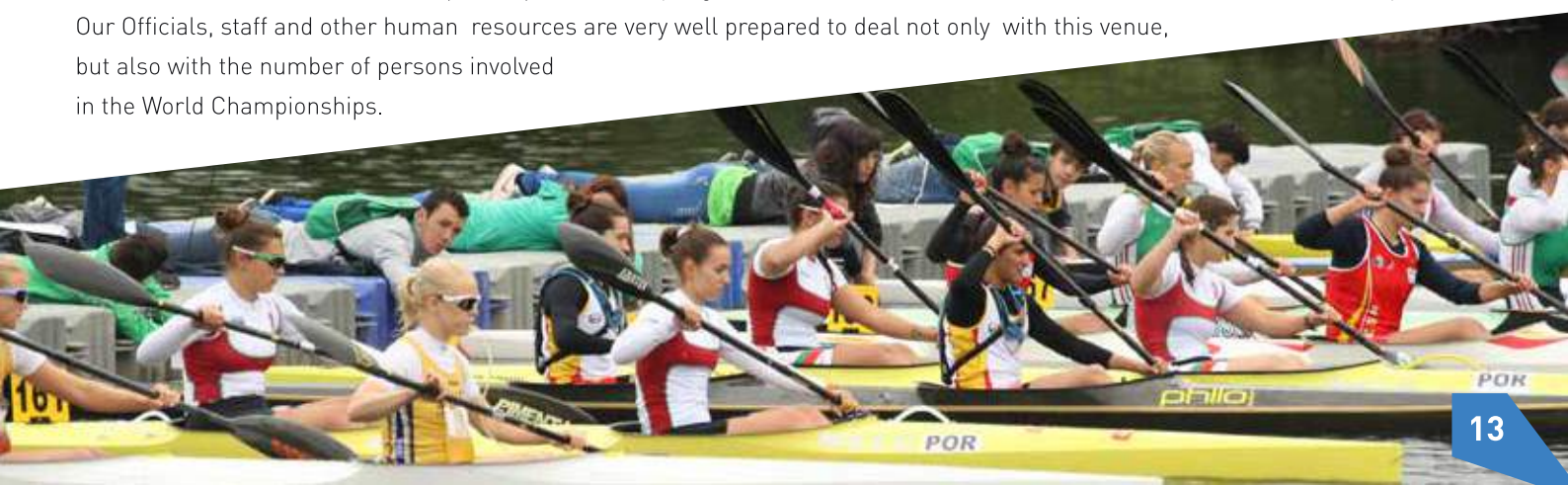


Portuguese Canoe Federation

The Portuguese Canoe Federation has a high experience in International Competitions organization.


Especially in Marathon, we are proud about our past in International competitions, like Crestuma Marathon, and the 2009 Marathon World Championship. This was one of, if not the most, competitive and well organized marathon competition in years, and became the proof of our potential as organizers.

Also, the National Marathon Championships are usually organized in the venue and has more than 500 athletes in a two days race. Our Officials, staff and other human resources are very well prepared to deal not only with this venue, but also with the number of persons involved in the World Championships.



COMPETITION VENUE & SPORT INFRASTRUCTURE



 Control access	D. Lunch tent	H. Teams boats	L. Medical room	P. Podium	T. Portage
A. Camping	E. Teams and org. parking	I. Teams tents	M. ICF	Q. Boat Control	
B. BUS parking	F. Technical area	J. Scales and raft marshaling	N. Grand stands	R. Finish tower	
C. Comercial zone	G. Trailers parking	K. Press room	O. Red Cross	S. Cerimony preparation	

SPORT PRESENTATION & SERVICES

▶ SPECTATORS

All entrances to the competition will be free of charge. We will provide temporary structures for leisure. This will include entertainment, food and beverage kiosks, merchandising kiosks and other activities for the public to enjoy.

▶ GRANDSTANDS

There will be a temporary stand with 500 seats capacity. The media and VIP s zones, including the balcony on the top, will be in a special stand.

▶ FOOD

This service, located in areas in contact with public, nearby grandstands will be provided by temporary machines or by local business shops.

▶ INFORMATION

The information system will be set in 3 steps:

- a. Outside the limits of the event at different public locations;
- b. From the sites of parking;
- c. In the main entrance to the venue in appropriated structures for the purpose.

▶ MERCHANDISING

The merchandising will be set in 2 steps:

- a. Outside the limits of the event at different public locations;
- b. In the main entrance to the venue in appropriated structures for the purpose, along the public access to the grandstands.

▶ PUBLIC SANITARY

There will be temporary structures, placed in strategic location. It will be provided approx. 70 un.

▶ BANKING & POSTAL

There will be temporary structures, placed in strategic locations.

▶ CHANGING ROOMS

- a. Location - adjacent to the permanent Boathouse facilities at the same level;
- b. Dimension - 3 units with approx. 40m (total - 120m).

All changing facilities will be provided with benches, lockers, hooks on the walls, mirrors, power points.

Temporary facilities can be provided .

▶ SANITARY FACILITIES

All the showers and toilets are adjacent to the changing facilities. Despite the trip for accomodation is less than 30 minutes, there will be 22 men shower heads (including 4 for handicap) and 11 women shower heads (including 2 for handicap).

The permanent units in men toilets are 6 urinols, 6 toilets and 14 wash basins.

In women toilets are: 5 toilets and 7 wash basins. All the extra units will be provided in individual temporary structures in the changing rooms extensions.



► MESSAGE

There will be provided communal areas with individual curtains to separate men and women.
It's located in the Boathouse Area, nearby the team facilities.

► MEETING ROOMS

There are multiple possibilities for the meeting rooms as the space is not very limited on site.
Team Leaders Meeting: It will be provided at the Nautical Club structure.

► WELCOME CENTRE & INFORMATION

This centre with approx. 45m is located in the permanent Boathouse building nearby the main entrance easily accessible for the Team Leaders.

► PRESS

The organization will provide a press center for local and international media with all conditions.
Accreditation can be made upon arrival at the venue.

► SECURITY SYSTEM

There will be local policy at both venues to assure that everyone is safe and to guarantee that only authorized athletes go into the athletes area for example. All the athletes will have a card and must be showed at the venue entrance to prove that they are in the race. The security plan will be practice by the local security authorities: Portuguese national Guard, Police, civil protection unity and Red Cross Portugal.

► ANTI-DOPING CONTROL

The Doping control will be provide according to the ICF standards, in partnership with the Nationals entities ADOP.
At the venue, it will be located in a specific room.

► MEDICAL SUPPORT

The medical center will be divided in two places. One in the athletes area and other near the the public stands.
At the venue there will be two ambulances and paramedics that will follow the race on the water as well.

► BOAT RENTAL

The HOC will have one online catalog for boat rental for National teams and masters. This catalog will include all boats available to rent from all our national manufactures and other 3rd party suppliers.

► CAMPING

The HOC will offer two places for Camping at the venue. Both will all minimum facilities, like showers, WC and tap water.
One is located in front of Cavado river, along the portage and its only for tents. The second places will be special for auto caravans and other cars, including sleeping characteristics.
The service is free to all participants, Master or official national teams.
There is no reservation to be made, the space will be allocated according to arrivals at the venue.

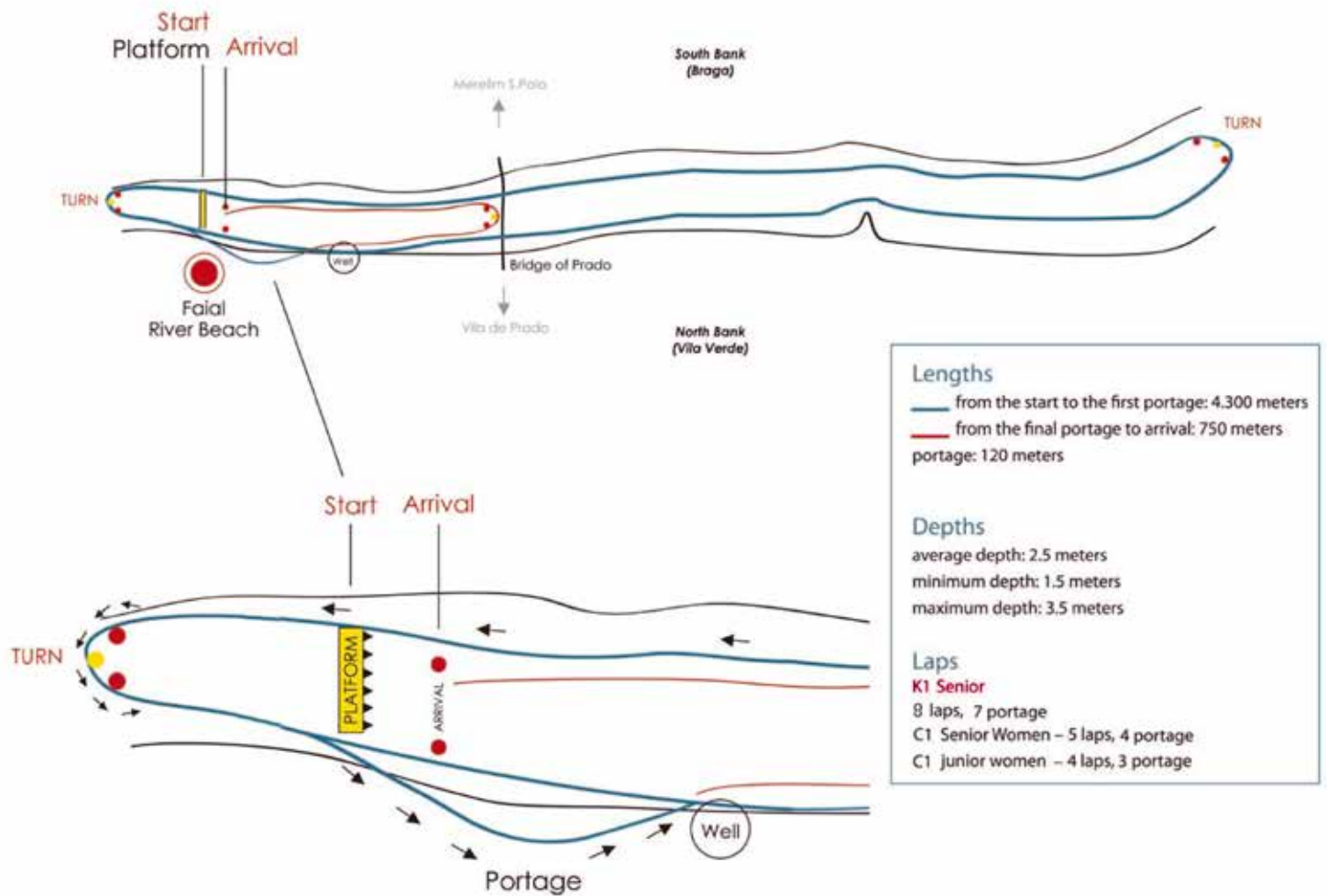


ABCD

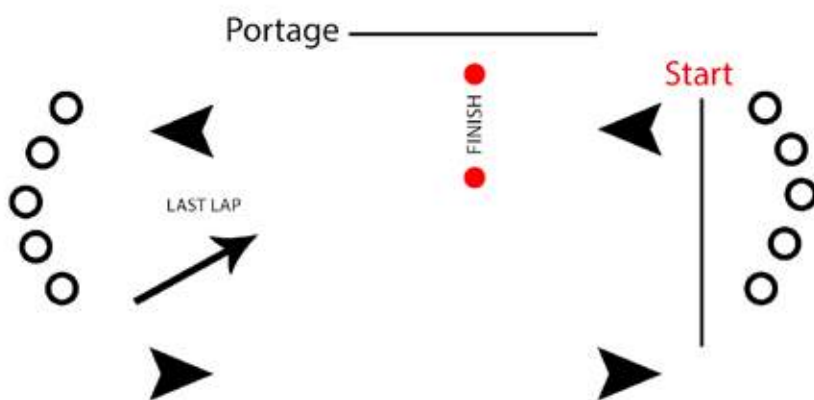


PROPOSED COURSE

NORMAL DISTANCE



SHORT DISTANCE



550m between bouys. 80 meter turns.
3,6 km total.
3 laps, two portages, after last portage to finnish.



ENTRIES & REGISTRATION

All team entries (numerical and nominal) must be made online through ISIS system from ICF.
If you have any question concerning this entry system please contact Michael NOYELLE at ICF HQ.

The Registration, preliminary entries, travel and accommodations requests must be done online at **www.canoemarathonportugal.com**

The registration system to be used will be the same from 2013 European Championship, so all European national federations will use the same login at TEAM AREA. If your NF does not have a user and password please contact the HOC at **registration@canoemarathonportugal.com**. There you will have to provide general information about your federation and use an official NF email, so the HOC may recognize this registration and give you full access.

After the approval from the organization you will receive a new email with your login details and you are ready to proceed.

The entries system will be online and available in following dates:

At Canoemarathonportugal.com

Preliminary entries January 2013 to May 15th

Accommodation: Opens in January 2016

Travel info : Opens in January 2016 and must be sent at least 1 week before the arrival.

ISIS system

Numerical entries until June 15th

Nominal Entries until July 15th

In case of any problems with the online system please contact the organization by email at **registration@canoemarathonportugal.com**

Participation fee:

All participants (athletes, coaches, attendants ,etc) have to pay a participation fee of 30€/day/person that includes:

- accreditation card
- shuttle bus: on the competition days according to the timetable to be published;
- training bus running from 26th July according to the timetable to be published;
- security service at the course;
- medical care at the course;
- fees for the use of the regatta course and its facilities;
- bottled water and coffee during competition days.

The participation fee does NOT include:

- Transfer from and to the Airport

In case accommodation is booked Through the HOC , then all team members of that national federation will not have to pay a participation fee as it is already included in the accommodation price.

Registration

MASTERS EVENT

A master competitor can compete in a Masters event in a year when he/she reaches the lower limit of the age category, i.e. in the 35-39 age group in the year of his or her 35th birthday.

Age groups will START from age 35-39 and increase upward in 5-year age intervals.

GROUPS

35-39 40-44 45-49 50-54 55-59 60-64 65-69 and 70+

There is no limit of entries per country in each race.

CATEGORIES:

K1 Men | K1 Women | C1 men | C1 Women

Masters will only compete in normal distance event

Registration and entries must be done at www.canoemarathonportugal.com

To make the registration you must go to www.canoemarathonportugal.com and use the menu MASTERS.

You will get one email with your submitted form. Please save it and bring it to the competition and send it with your fee proof of payment.

Please only register once.

There is also one online form in the same menu for the entries.

You must fill it including all requested fields.

You can only submit the form after register in the website, to be able to get your ID. This will be given by email after your registration.

In this form you will be able to select the age group, boat type and members of that boat.

Only forms with ID will be considered.

You will get a confirmation of the entries made by the organization by email.

There will be a participation fee per event for all masters of 30€, not including lunch or 50€ including lunch at the venue from 29 to 31 July.

This will include:

Event participation | Security & First Aid | Car and trailer Parking | Accreditation

Camping on site | **Lunch at the venue, from 29 to 31.

The participation fee has to be paid, before arrival. No accreditation and boat numbers will be given, without 100% payment.

Account Details:

All payments have to be done to the following Account

Federação Portuguesa de Canoagem

IBAN : PT50001000002597560000769

SWIFT/BIC- BBPIPTPL

Payment has to be done in Euros and all bank costs must be worn by the remitter

No credit cards payment will be accepted.

If you book accommodation through the HOC, this fee does not apply.

SPECIAL INVITATIONS AND PRIZE MONEY

The HOC, during the 2015 ICF Canoe Marathon world Championships, invited the 10 first K1 men, first 5 K1 Women and C1 Men to participate in Prado 2016 free of charge.

These are the athletes invited:

If your Federation has one of this athletes in the Team for Prado 2016, his or her participation will be free of charge in Portugal.

K1 SENIOR MEN

- 1 Hank Mc Gregor RSA
- 2 Adrián Boros HUN
- 3 Ivan Alonso ESP
- 5 Ádám Petrő HUN
- 6 Andrew Birkett RSA
- 7 Jakub Adam CZE
- 8 Quentin Urban FRA
- 9 Keith Moule GBR
- 10 Matteo Graziani ITA

K1 SENIOR WOMEN

- 1 Anna Koziskova CZE
- 2 Renáta Csay HUN
- 3 Kristina Bedec SRB
- 4 Jennifer Egan IRL
- 5 Lizzie Broughton GBR

C1 SENIOR MEN

- 1 Márton Kövér HUN
- 2 Manuel Campos ESP
- 4 David Mosquera ESP
- 5 Jakub Brezina CZE

PRIZE MONEY

For the Long distance event, the HOC will present a prize money with a total amount of more than **7500** euros.

K1 Men	K1 Women	C1 Men
1st – 1000€	1st – 1000€	1st – 1000€
2nd – 750€	2nd – 750€	2nd – 750€
3rd – 500€	3rd – 300€	3rd – 300€
4th – 400€	4th – 200€	4th – 200€
5th – 300€	5th – 100€	5th – 100€
6th – 250€		
7th – 200€		
8th – 150€		
9th – 100€		
10th – 50€		



PROVISIONAL TIME SCHEDULE

Thursday	18:00	Teams Reception	Laps	Portage
		TIME ACTIVITY		
Friday	09:30	Team leaders meeting	short distance heats	
*	14:00	Jun C1 Heat 1	3	2
*	14:30	Jun C1 Heat 2	3	2
*	15:00	Jun Women's K1 Heat 1	3	2
*	15:30	Jun Women's K1 Heat 2	3	2
*	16:00	Jun Men's K1 Heat 1	3	2
*	16:30	Jun Men's K1 Heat 2	3	2
*	17:00	Men C1 Heat 1	3	2
*	17:30	Men C1 Heat 2	3	2
*	18:00	Women's K1 Heat 1	3	2
*	18:30	Women's K1 Heat 2	3	2
*	19:00	Men's K1 Heat 1	3	2
*	19:30	Men's K1 Heat 2	3	2
	21:00	Musical show at the venue		

Saturday

FINALS SHORT DISTANCE

09:30	Junior men C1 Final	3	2
10:00	Junior Women's K1 Final	3	2
10:20	Price Ceremony JC1		
10:30	Junior Men's K1 Final	3	2
10:50	Prize Ceremony JWK1		
11:00	Men C1 final	3	2
11:20	Prize Ceremony JMK1		
11:30	Women K1 final	3	2
11:50	Prize Ceremony C1 men seniors		
12:00	Men's K1 Final	3	2
12:20	Prize Ceremony Women K1 seniors		
12:30	Prize Ceremony Men K1		
12:50	Women C1 final	3	2
13:10	Prize Ceremony WC1		
13:20	Junior Women C1 final	3	2
13:40	Prize Ceremony C1 women juniors		

Afternoon races

YOUTH AND MASTER RACES

	15:00	Youth races
see comments	16:30	Masters 35-39, 50-54
see comments	16:40	Masters 40-44, 55-59
see comments	16:50	Masters 45-49, 60-64, 65+
	20:00	Team Leaders Dinner
	22:00	musical show at the venue

PROVISIONAL TIME SCHEDULE

Sunday	TIME	ACTIVITY	NORMAL DISTANCE	Laps	Portage
	09:15	Junior Men K1		6	5
	09:18	Junior Women K1 Junior		5	4
	09:25	Junior men C1		5	4
	11:05	Women C1 juniors		4	3
	11:05	Women C1 seniors		5	4
	11:15	Women K1		7	6
	11:20	Men C1		7	6
	14:00	Prize Ceremony jw K1/C1 and jm K1/C1			
	14:30	Men K1		8	7
	16:15	Prize Ceremony women K1 and men C1 and K1			
	17:00	Teams Closing ceremony			

* May be changed if the total number of entries in the short distance is 10 or less



ACCOMMODATION

The HOC has established partnerships with different hotels in the city of Braga and there are 3 different categories included in teams Packages.



Category 1 5 stars hotel

Hotel Meliã Braga



Av. General Carrilho da Silva Pinto, nº 8, Tenões,
4715-380 Braga

The Meliã Braga Hotel & Spa adds an impressive new dimension to Braga's accommodation portfolio. Located a 5-minute walk from the city's historic centre, this newly-built 5-star hotel has 182 modern rooms, including 20 connecting rooms, 20 executive suites with kitchenette, a presidential suite and 2 rooms specially adapted for handicapped guests, all fully equipped with an LCD cable TV, mini-bar, safe-deposit box, broadband Internet access, air-conditioning and private bathroom. The 150-seat "El Olivo" restaurant offers show-cooking and various themed buffets, while live musical entertainment. Specialising in massage and beauty therapy, the hotel's El Spa features a gym, sauna, Jacuzzi, Turkish bath and various health treatments. Covering 750 square-metres of space, the on-site congresscentre has 7 multi-purpose meeting rooms and a business centre.

Category 2 4 stars hotel

Hotel Mercure



Praceta João XXI,
4715-036 - Braga

The Mercure Braga Centro hotel is located a few minutes from the city center, 547 yards (500 m) from the famous Sé cathedral and 1.9 miles (3 km) from the Bom Jesus sanctuary. Whether here for business or leisure, relax in one of our 128 rooms and suites featuring LCD TV, hairdryer and free WIFI. You can also take advantage of our excellent facilities, such as the restaurant, bar and gym. The hotel also has an indoor car park for 250 cars and 3 modern, fully equipped meeting rooms for 150 people.

Category 3 3 stars hotel

Basic Braga Hotel Axis



Largo da Estação - Maximinos
4700-223 Braga

The Basic Braga by Axis offers all the comforts of its rooms, including basic rooms with double bed for 1 or 2 people, standard rooms with two beds which the option of an extra bed for a third person or child. All rooms are fully equipped with private bathroom, telephone, air conditioning, television and wireless Internet.

ACCOMMODATION

The HOC has established partnerships with different hotels in the city of Braga and there are 3 different categories included in teams Packages.



Category 3 3 stars hotel

Hotel Lamações



Avenida D. João II Nº75
4715-313 Braga
www.hotel-lamacaes.com | info@hotel-lamacaes.com
Tel. +351 253 603 680 / 919 668 256 | Fax. +351 253 603 689

The Lamações Hotel is located in the city of Braga, near the University of Minho, with excellent access, you found the Lamações Hotel with more than 50 rooms. It is a recent hotel that answers with modern norms and exigencies that offers to you, the quality and good services in a calm and pleasant environment.

Following the advent of new technologies, the Hotel places at your disposal access Internet in all the rooms.

The dinner for team staying in this hotel will be made in a nearby restaurant.

Category 3 3 stars hotel

Hotel Ibis



Rua do Carmo 38
4700-309 - BRAGA
www.ibis.com | h1802@accor.com
Tel. +351 253 204 800 | Fax. +351 253 204 801

The Ibis Braga hotel is exceptionally located in the center of Braga, close to a range of historic attractions, such as Braga Cathedral, various museums and the Bom Jesus Nature Park. Relax in one of the contemporary rooms of this entirely non-smoking hotel or in the bar and enjoy our services,

including Wi-Fi Internet access, 24-hour snack service and paying private indoor car park.

Prices

The prices below are per person and per day with full board (Lunch will be at the venue. Breakfast and Dinner at chosen hotel.)

Category 1

Double Room – 75€
Single Room – 105€

Category 2

Double Room – 70€
Single Room – 95€

Category 3

Double Room – 55€
Single Room – 70€

Terms of payment

30 % of the total cost has to be paid before April 1st 2016

75% of the total cost has to be paid before June 1st 2016

100% of the total cost has to be paid before July 1st 2016

No reservations are made until 30% is paid. The organization may cancel any reservation if no regular payments are made. No Transport from the airport is guarantee or accreditation cards will be given without 100% payment has been done.

Cancellation Terms:

Until 60 days before the arrival – Refund 100%

Until 30 days before the arrival – Refund 50%

From 29 to 15 days before the arrival – Refund 25%

Minus 15 days before the arrival – No Refund

Account Details

All payments has to be done to the following Account:

IBAN : PT50001000002597560000769

SWIFT/BIC- BBPIPTPL

Payment has to be done in Euros and all bank costs must be worn by the remitter

No credit cards payment will be accept.

TRANSPORTATION SYSTEM

The HOC will provide different types of transportation for all participants.

There will be an official bus transfer from Oporto Airport for all teams requesting this service. There will be a fee of 15 euros per person, including return. This service must be requested during the flight info online form at www.canoemarathonportugal.com

There will be also a service between Crestuma marathon and Braga for participants in this event in the weekend before the World Cup. The fee is the same, 15 euros per person and includes return to Oporto airport.

From 26 to 31 of July there will be a shuttle service between all official hotels and the venue and return included for all participants with accreditation. Schedule to be publish in the final information bulletin.

Considering that the 2016 Sella International Descent is taking place one week after the World Cup, the HOC will offer all teams or/and athletes one shuttle service between Braga (Monday) and Ribadesella. This service will be available only if there are a minimum of 30 persons registered.

The fee for this service is 75 euros per person, one way.



OTHER EVENTS

July 23th

As described in this bulletin, the Portuguese Canoe Federation would like to invite all teams to arrive to our Country sooner and be part of the 2016 Edition of the ICF Classic Marathon Race, **Crestuma Marathon** taking place on July 23th only in K1 men and Women, Senior and Junior.

This race will happen in the same place as for the 2017 ECA Canoe Sprint European Championship, as this is a very good way for your team to know the river conditions.

K1 Senior men	5 laps (21.5Km) – 5 portages
C1 Senior men	4 laps (17.2Km) – 4 portages
K1 Senior Women	4 laps (17.2Km) – 4 portages
K1 Junior Men	4 laps (17.2Km) – 4 portages
K1 Junior Women	3 laps (12.2Km) – 3 portages
K1 master Men	3 laps (12.9Km) – 3 portages
K1 master Women	3 laps (12.9Km) – 3 portages
C1 Senior Women	2 laps (8.6Km) – 2 portages
C1 Junior Women	2 laps (8.6Km) – 2 p portages

July 24th

We will be able to accommodate you for free in a limited number of beds or get you very cheap options for your stay in Oporto.

We would also like to invite you to participate in the **Douro River descent in K4**, taking place in the next day, July 24th, from Crestuma to the Ribeira in Oporto old city centre. The descent has a total of 15km and we may provide you a k4 free of charge.(limited number of boats).

If your team members are not enough to complete a K4 we might get you inside a boat with Portuguese Athletes.

If your team would like to participate in any of these events, please send us one email when possible to **main@canoemarathonportugal.com** so we can help you.





29 to 31 July 2016

ICF Canoe Marathon World Cup II _ 2016

Portuguese Canoe Federation | main@canoemarathonportugal.com | Telephone +351225432237 | FAX: +351225432238

Organização_



Parceiros Oficiais_

