



Ridge Canoe and Kayak Club 2009 Ridge Invitational Regatta July 11th and 12th, 2009

Information

Schedule:

Friday, July 10, 7:00 PM Scratch Meeting
Saturday July 11, 8:00 AM ó 5:00 PM 500m Races
Sunday July 12, 8:00 AM ó 9:00 AM Pee wee/Bantam Long distance
9:00 AM ó 2:00 PM 200m Races

Races:

200m Atom - K1,K2
500m Pee wee ó K2,K4,
500m Bantam ó K2,K4,C1,C2 ,C4
500m Midget ó K2,K4,C1,C2,C4
500m Open - K2,K4,C1,C2,C4,WC
3x500m Atom/Pee wee-Bantam/Midget-Open K1 relay
200m Pee wee, Bantam, Midget, Open ó K1,K2, C1,C2,
200m Bantam, Open ó K4, C4
2000m Pee wee K1
4000m Bantam K1

**Note: All K1 200m will consist of a knockout format.

** We will run war canoe reace.

Entry Deadline

All entries are due by Monday, July 6, 2009 at 11 pm

- Some races may be combined to improve competition.
- Each peddler may enter a total of 8 races.

Age Groups and Categorie

Atom - Under 10 years as of January 1st, 2009
Pee wee- Under 12 years as of January 1st, 2009
Bantam- Under 14 years as of January 1st, 2009

Midget- Under 16 years as of January 1st, 2009
Juvenile-Under 18 years as of January 1st., 2009

****Coaches, when entering your team, please submit the entries in the following format:**

Example (Singles)

Bantam Men K1 500m

- 1) John Smith**
- 2) David Paddler**

Example (Teamboats)

Midget Women C4 200

- 1) C.Canoe/K.Kayak/B.Simpson/P.Griffin**

**** Please also include a list of all athletes attending the regatta.**

Email entries to: Peter Majewski at petermaj@telus.net

Entry Fee

- \$25 Can Funds , includes lunch
- Checks payable to Ridge Canoe and Kayak Club.
- Teams may pay at the beginning of the regatta.

Regatta Notes

- 1) All Bantam and under athletes must wear an approved PFD (no lifebelts)
- 2) All competitors must wear their club racing shirts / pinnies.
- 3) Each club is responsible for supplying their own deck numbers.
- 4) Starter will not wait for late competitors.
- 5) All other competition rules, other than those listed within this document will be guided by the Canoe-Kayak Canada ó Sprint Racing Discipline Rules

Eligibility

You must be a current USACK or CCA member in good standing to race.

Venue

Whonnock Lake The competition venue is located at Whonnock Lake Park, adjacent to the Ridge Canoe and Kayak club boathouse. Turn north on 272nd Street from Loughheed Hwy (No. 7). Follow about 5km to 112th Ave. and turn east, follow for 0.5 km to 276th Street and turn north, follow for 200m to 113th Ave and turn east, follow for 200m pass through yellow entrance gate to Whonnock Lake Centre. The boat house is located on the west side of the

building. Please park in the large parking lot located next to the lake and prepare to launch boats immediately west of the swimming area.

Boat Security

Boat security will be available both Friday and Saturday nights

Accommodations

Billeting:

DO NOT SEND BILLET REQUEST WITH ENTRIES.

Billeting request must be made separately. Contact Rosi Van Meel by email at mikerosi@telus.net

Please make requests early and NO LATER than July 5, 2009

Recommended Hotel:

TRAVELODGE, MAPLE RIDGE 604-467-1511

21650 Lougheed Hwy, Maple Ridge

Directions to Travelodge continue north on Lougheed Hwy (#7) from 272 Street passing through Maple Ridge town for approximately 7 km to 216th Street.

Please use the parking lot overlooking the lake and race course staging area as in the past. Boat trailers may park along the lakeside of the lot.

Questions?

Contact: Peter Majewski 778 8984097 or petermaj@telus.net