

## - Ridge Invitational -

**Date:** Sunday August 10<sup>th</sup>

**Time:** Sunday 9:00 am – mid afternoon, potluck dinner following completion of days races

**Entry Fee:** \$10; **Entry Deadline:** August 1<sup>st</sup>.

**Submit Entries to:** sean\_franklin@rckc.ca

The Ridge Invitational is a sport development regatta focusing on skill development and fun. The over-all goal for this competition is to ensure a competitive and fun environment, and as such the primary focus is to create as balanced crews and relay teams as possible. If there is a specific crew or team you wish to enter please make a note of it on your entries, otherwise it is preferred that you submit the entries with all athletes listed individually and an approximate 500m time listed in order to help balance out the races. No club points will be awarded for this regatta.

- *K1/C1 500m Mixed Relay.* Leg ages are approximate, based on entries teams will be seeded to ensure as even a competition as possible

Leg 1 ~ Atom-Bantam

Leg 2 ~ Midget

Leg 3 ~ Open

- *K1 200m Men's/Women's Open Knockout*

The race will be run with multiple boats per lane. Do not enter athletes that are not ready to race in serious wash conditions.

- *K2 200m Mixed.* Entries will be formed by pairing Fastest to Slowest with Slowest to Fastest.

- *2x200m Mixed C4 Turn Around.*

Crews will paddle 200m, turn around inside the boat, and paddle back 200m to finish the race

- *3x200m 'Challenge' K1/C1. Beginner, Intermediate or Advanced*

Participants will compete in a race consisting of 3 200m legs, with a 180° turn after each leg. Each 200 will feature a different handicap. There are two versions of the race, beginner and advanced. Beginner will feature handicaps more in line with beginner paddlers, and advanced is for older athletes looking for more of a challenge. Handicaps are a secret until the scratch meeting.... (Athletes are expected to race in the style of boats they normally train in.)

- *200m Resistor*

Participants will be assessed a resistor handicap based on experience and speed. Handicaps will range from 1-3 tennis balls, or recreational kayak/canoe for more serious competitors. Heats seeded based on handicaps, finals seeded based on times.

- *Open Mixed PaddleALL 200m & 500m*

Of course PaddleALL participants are welcome to enter in any other events they feel able to participate in.

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**Events offered are subject to change. Additional events may be added if sufficient interest is expressed, based on entries, or if I feel playful when putting the schedule together. Feel free to submit any feedback on events offered, preferably before the entries deadline.**

**Q:** How do I submit my entries?

Please submit a list of names with the following information for each:

- ~500m time
- any events you don't want them to be entered in
- Whether to include them in the K1 or C1 beginner, intermediate or advanced challenge race (or I will guess based on times.)
- Please indicate if the paddler is considered a novice. Ribbons will only be awarded to novices in their first year(ish) of competition.