

INVITATION



Norges
Padleforbund

Organizing
Committee:



Asker Skiklubb
Kajakgruppe



Strand
Kajakklubb



Oslo
Kajakklubb



Bærum
Kajakklubb



NORDIC CHAMPIONSHIPS – KAYAK FLATWATER RACING

7-8 AUGUST 2010

ÅRUNGEN RO- OG PADLESTADION

Norges Padleforbund in collaboration with the organizing clubs Asker Skiklubb, Strand Kajakklubb, Oslo Kajakklubb, and Bærum Kajakklubb are pleased to issue this invitation for the 2010 Nordic Championships in kayak flatwater racing.

The competition is to be held at Årungen Ro- and Padlestadion in Ås kommune, approx. 25km south of Oslo. Access from highway E6; follow the post signs.

As determined by the Nordic kayak and canoe associations the Nordic Championships cover ages U16, U18 and U21. All races are direct finals. Each nation is allowed 2 boats for each start on 200m, 500m and 1000m. For the U16 4x K1 200m relay each nation is allowed 2 boats. For the 3000m and 5000m K1 and K2 races each nation is allowed 5 boats.

The schedule will be as follows:

Friday	6. Aug 2010	Arrival at Årungen Ro- and Padlestadion Boat control/inspection from 17:00 Opening ceremony at 18:00 Team leader meeting at 19:00
Saturday	7. Aug 2010	First race at 09:00 Short team leader meeting at 08:00
Sunday	8. Aug 2010	First race at 09:00 Short team leader meeting at 08:00 Closing at approx. 15:30

All current information related to the Nordic championships can be accessed on our website www.skk.no - click on the link **NORDIC 2010**.



NORDIC CHAMPIONSHIPS – FLATWATER RACING

Competition Program

A detailed race program will be announced later. Entries will be admitted for the following classes, boat types and distances:

Class	Boat Type	Distances
Men U21	K-1	200m, 500m, 1000m, 5000m
Men U21	K-2	200m, 500m, 1000m, 5000m
Men U21	K-4	500m, 1000m
Women U21	K-1	200m, 500m, 1000m, 5000m
Women U21	K-2	200m, 500m, 1000m, 5000m
Women U21	K-4	500m
Men U18	K-1	200m, 500m, 1000m, 5000m
Men U18	K-2	200m, 500m, 1000m, 5000m
Men U18	K-4	500m, 1000m
Women U18	K-1	200m, 500m, 1000m, 5000m
Women U18	K-2	200m, 500m, 1000m, 5000m
Women U18	K-4	500m, 1000m
Men U16	K-1	200m, 500m, 3000m
Men U16	K-2	500m, 3000m
Men U16	K-4	200m, 500m
Men U16	K-1	4x 200m
Women U16	K-1	200m, 500m, 3000m
Women U16	K-2	500m, 3000m
Women U16	K-4	200m, 500m
Women U16	K-1	4x 200m



NORDIC CHAMPIONSHIPS – FLATWATER RACING

Entries: **Preliminary entries** are requested submitted by Friday 23 July 2010 and shall include the no. of boats for each start, and the total no. of athletes and leaders that will require accommodation and meals.

Final and binding entries must be submitted by Friday 30 July 2010 at 17:00 and shall include the name of each individual athlete and which starts they are elected for. By this date the participation fee shall be paid to Strand Kajakklubb:

Bank account: DNB NOR 5132.05.20146

SWIFT: DNBANOKK
IBAN: NO6051320520146

Participation Fee: The participation fee is € 125 per athlete or leader and covers entry fees for the competitions, accommodation for 2 nights, breakfast and lunch on Saturday and Sunday, and dinner Friday and Saturday.

Accreditation cards will be issued to all registered athletes and their leaders.

Accommodation and Meals: Accommodation will be at nearby school located approx 2km from the competition site: Ås Ungdomskole, Idrettsveien, 1430 Ås. Participants bring their own mattress and sleeping bag.

Breakfast and dinners are served in the school's canteen. Lunches are served at the competition site. At the competition site there will also be a sale of beverages, fruit, sandwiches, cakes etc.

Arrival Program Friday 6 Aug: At Ås Ungdomskole:

16.00: The school will be open for admitting guests.
19.30: Dinner

At the competition site:

17.00: Boat control/inspection (K1 ≥ 12kg, K2 ≥ 18kg, K4 ≥ 30kg).
18.00: Opening Ceremony
19.00: Team leader meeting (max. 1 hr)¹

¹ Any changes to the entries should be communicated via email no later than Wednesday 4 August in order for the team leader meeting to be as short and effective as possible. This also allows any changes to be included in the printed competition program.



NORDIC CHAMPIONSHIPS – FLATWATER RACING

Safety:

Norway and Sweden have rules requiring U16 athletes to use life vests during competitions, whereas Denmark and Finland do not (as we are aware) enforce such rules. The organizing committee recommends that all U16 athletes carry life vests when on the water.

Please note that the organizing committee may to ensure adequate safeguarding during poor weather conditions introduce mandatory use of life vests for U16 athletes. This is in accordance with the agreement made between the Nordic kayak and canoe associations at the summit meeting 7 November 2009.

Site Locations:

Årungen Ro- og Padlestadion is located in Ås kommune, approx. 25km south of Oslo: 59.692785N, 10.746603E

Traveling northward on E6 take exit n. 18 onto local road n. 152 to Ås. After 1.5km turn left at the roundabout and follow the post signs to the arena. Otherwise to get to Ås Ungdomskole; drive through the roundabout and turn left up Idrettsveien at the post sign.



Information:

Email: skkmedlem@hotmail.com

... for submitting entries or if there are any questions.

Website: www.skk.no - click on the link named **NORDIC 2010**

... the website of Strand Kajakklubb. On this website we will be posting this invite, the detailed race program, FAQ's, and ultimately the competition results.

Welcome to the Nordic Championships and 2 exciting days of competitions!