

2022 Canadian R4 Rafting National Championships

Dates; Friday 9th September to Sunday 11th September

Venue; Ottawa River

Race Schedule

Friday - Optional downriver practice runs at 3pm, with safety boat cover. Meet at Wilderness Tours (W.T.) put-in (2746 Grant Settlement Road). Set your own shuttles!

Saturday - Meet at 9am at the Lorne parking lot (2180 Grant Settlement Road). Sprint and Head-to-head in the morning. Downriver after lunch; again, set your own shuttles.

Sunday - Slalom at the Pumhouse in Ottawa, meet at 9:30am.

Teams

A team is made up of 4 paddlers plus an optional reserve. Enter as a Mens or Ladies team, with the following age categories U18, U23, Open and Masters. Mixed teams will race in the corresponding mens event.

Entry Fees, Entry Deadline

Entry fees are \$50 per person, deadline for entries is 5pm, Monday the 5th September.

Contact for entries is; marie.janick.robotaile@gmail.com, or via the Rafting Canada Facebook page

This will be a Whitewater Ontario event - **sign waivers for Whitewater Ontario and Wilderness Tours before the event.**

Volunteers

We are always on the lookout for more helpers for any aspect of the event. We will probably need to get some of the competitors to help with judging the slalom.

Accomodation

Both OWL Rafting and Wilderness Tours have offered free camping for competitors. Support staff and spectators at normal rates. Wilderness Tours have also offered a discounted meal package, more details here; <https://wildernesstours.com/2022-national-rafting-championships/>

Rafts

Wilderness Tours have generously agreed to supply rafts for the event. These will be Maravia rafts.

River Access

Both Wilderness Tours and OWL rafting have allowed access to the river for competitors during the event and training in the week prior. For access prior to this, please contact the respective companies directly.

Race Rules

Events will be run in accordance with the International Rafting Federation race rules as much as possible. There will be some modifications to account for local conditions and available resources.

Rules can be found at; <https://www.internationalrafting.com/racing/race-rules/>

Sprint

Sprint is the first discipline to be raced on Saturday morning, at the Lorne rapid.

Head-to-head

The Lorne is the obvious venue for this, as it allows for vehicle access top and bottom. Start at the island above and finish either upstream or downstream of Waikiki waves. The Head-to-head will be run under the old rules (no buoys in eddies, straight run top to bottom).

Downriver

Top of McCoys rapid to Blacks takeout. There will be an optional scouting run on Friday afternoon.

Slalom

Location; Pumphouse in Downtown Ottawa.