



SA Sprints & SA Schools Sprints 2022 – Lomond Dam

A reminder to all SA paddlers that the Canoeing South Africa National Sprint Championships for



Senior and Junior sprint paddlers (including the annual SA Schools Sprints) will be held in just under 3 weeks time at the Lomond Dam near Gansbaai on April 23rd to 25th.

With three exciting days of racing this is *the* premier event on the South African sprint calendar. This event will be even more exciting than normal with certain paddlers trying to qualify for places at the International Canoe Federation World Cup and Olympic Hopes competitions.

The World Cup events are the main competitions for sprint paddling on the international calendar for athletes in the U18 category and upward. The Olympic Hopes event is an international development event for paddlers aged 15 to 17 that aspire to future Olympic level competition.

SA Sprints 2022 will be hosted by a joint venture of Stanford Canoe Club and Peninsula Canoe Club on behalf of the Western Cape Canoe Union on the beautiful Lomond Wine Estate. The



dam is filled by the Uilenkraals Rivier catchment and the surrounding mountains giving deep, clean and soft water. This really is a stunning venue not to be missed.

Entries are open on the CSA 'Dot Cloud' events portal. Entries close at midnight on 18 April 2022, in just 13 days time.

Registration will run from 17h00 to 19h00 on Friday 22nd at the Lomond Dam venue, please make sure that you attend.

Remember that every day we have a lot of racing to get through. It is really important that all the paddlers and their coaches and parents are aware of the following:

1. We have found over the last two years that sprint events can be run without using boat pounds, thus we will run this event without boat pounds.
2. Every day we will issue and publish on whatsapp a race schedule with race times and on the water times. It is the Paddler's / Team leader's / Parent's responsibility to ensure that the paddlers are on the water heading to the start with enough time throughout the day.
3. Information, lane draws and results will be available through the day both on the noticeboard and on whatsapp.
4. Before every event paddlers have to collect the correct number for their race. The number correlates to your lane number.
5. Immediately after the race, numbers are to be returned to the collection zone.
6. Younger paddlers need to be assisted by a Parent, Team leader or a responsible older paddler.
7. The starters will not delay any start to wait for a missing paddler
8. No paddler, other than those racing may paddle across the finish line or the Time Keepers line of sight. Paddlers warming up must stay well clear of the lanes.
9. Results will be posted on the board and on the whatsapp group.
10. Only Race Officials may interact with the Time Keepers during racing. Questions and complaints to be directed to the Race Director.
11. A Provisional program will be distributed by Midday on Friday 22 April, with final program distributed after registration.
12. K1 – Minimum weight – 12 kg
13. K2 – Minimum weight – 18 kg
14. Guppy – A standard Guppy class boat must not be less than 10 kilograms in weight, have a minimum width of 500mm, a maximum length of 4100mm, and have buoyancy at both ends. No small cockpits are allowed (as per CSA Competition by-laws)
15. All weights in boats must be stuck down with duct tape, put under seats, or fixed by some other means. There must be no loose weights in boats.
16. All paddlers must bring a PFD and splashcover to the event, all boats must have enough buoyancy not to sink if capsized.
17. PFD's / Lifejackets compulsory for all Guppy races and U14 races.
18. There will be safety crews in craft on the water, however the most important thing is that all paddlers must be competent swimmers with experience in managing their craft and paddle if they capsize.
19. Boats will be weighed on the official scale after each race. It is the paddler's and team leader's (and/or parents) responsibility to ensure that no under weight boats enter any race. If your boat is under weight, you will be disqualified

20. Paddlers must exit the water for weighing of their boat before any cool downs etc.
21. Please ensure that all seats and pedals are fastened into the boats with bars and wing nuts, no loose seats in boats. Good boat preparation is an important component of paddling so a good skill to learn at an early age.

We are optimists, we expect great weather, but please be prepared for all weather conditions. Bring sunscreen, hats etc, but also bring warmer long sleeved paddling tops, jackets and raincoats. Parents and spectators, you will need chairs, tables, gazebo's, umbrella's and groundsheets etc., and don't forget your binoculars and cameras.

The venue has wonderful lawns. It will be our responsibility to make sure that we look after the lawns.

Parking will only be allowed in the areas marked for parking.

The dam water is very clean, coming straight out of the mountains, but we strongly recommend that you do not drink direct from the dam. Drinking water, food and refreshment will be available at the venue.

We recommend that you bring a large container of drinking water every day.

The only power boats allowed on the water will be official craft.

For event information visit the Western Cape Canoe Union Website:

<https://wccanoeunion.co.za/races/2022-sa-school-sprints/>

Facebook: <https://www.facebook.com/156240209524147/posts/450996716715160/>

Instagram: https://instagram.com/westerncapecanoeunion?utm_medium=copy_link