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A. HISTORY OF THE SPORT

The sport of canoeing and kayaking has always been one of Canada's top-ten performing sports in international competition. However, in the last five years it has become one of Canada's best performing sports in international competition. The names of perennial star Caroline Brunet of Quebec, Steve Giles of Nova Scotia and Adam van Koeverden (Canada Games Alumni) of Ontario are well recognized in the Canoe-Kayak world for their consistent medal placings in World and Olympic competition. In particular, the gold medal performance in Athens of van Koeverden in the Men's K-1 500 meter coupled with his bronze medal performance in the Men's K-1 1000 meter distance was a Canadian highlight of the 2004 Olympic Games. Furthermore, the quality and depth of the team was shown with every Canadian canoe/kayak entry making the finals at the Athens Games.

The sport encompasses both kayaking and canoeing events. The boats include singles, tandems and fours in both the kayak and the canoe. The distances raced are 200, 500, 1,000 and 6,000 metres. The course is a "flatwater" course and is usually situated on lakes or rivers with little current.

The sport is club based. Traditionally, it was dominated by clubs from Ontario, Quebec and Nova Scotia. However, the last twenty-five years has seen strong competitors being developed in Western Canada. Recently, the sport has been experiencing growth in the number of clubs due to the popularity of dragonboat paddling and the promotion of the sport to aboriginal Canadians. Several aboriginal clubs have been featured as new members.

The Canadian Canoe Association was formed in 1900. At that time, canoes and kayaks were an inexpensive way for the average person to enjoy the recreational benefits of paddling on Canada's lakes and rivers. In the summer-time, many communities would rally around their canoe clubs for their annual 'regatta day' and the thrill of the climactic one mile war canoe race. The war canoe is a 15 paddler boat and is unique to Canada. At the 2005 Regina Summer Games it will be used for the ceremonial "Commodore's Salute" during the closing ceremony.

From the beginning, Canadians excelled at paddling. Indeed, Canada was instrumental in the introduction of paddling to the Olympic Games. Canada's Frank Amyot of Ottawa won the first gold medal in the men's C-1 1000m in Berlin in 1936.

Of course, canoeing and kayaking in Canada played a pivotal role in the early exploration of Canada. For many observers, the outstanding performances of Canada's paddlers today is a direct link to the skills, knowledge and passion for paddling of Canada's first peoples and Canada's intrepid explorers.

For more information on Canadian paddlers and paddling, go to the Canadian Canoe Association's website at www.canoekayak.ca

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Canoe/kayak racing has been a part of the Canada Games since the inaugural Canada Summer Games held in 1969 in Halifax-Dartmouth, NS.

PAST RESULTS

	1969	1973	1977	198	31	198	5	198	9	199	3	199	7	200)1
	С	С	С	М	F	М	F	М	F	М	F	М	F	М	F
AB	6	7	6	5	8	7	5	6	8	6	5	5	6	5	4
вс	4	4	5	6	5	4	4	5	4	3	6	6	2	7	5
МВ	7	5	4	7	7	9	-	8	9	7	7	7	8	6	7
NB	5	-	-	-	-	5	7	7	6	8	8	8	7	8	8
NF	7	-	7	4	6	8	6	9	7	-	-	-	-	-	-
NS	2	2	3	1	2	2	3	1	2	2	2	1	1	1	1
ON	1	1	1	3	1	1	1	3	1	4	4	3	3	2	6
QC	3	3	2	2	3	3	2	4	3	1	3	2	4	3	3
SK	-	6	8	8	4	6	8	2	5	5	1	4	5	4	2

C = Mixed M = Male F = Female

C. NUMBER OF ATHLETES PER EVENT

One entry per Province per event.

D. NUMBER OF ATHLETES PER TEAM

Competitors: Male 10 Female 10

E. EVENT FORMAT AND RULES OF PLAY

The Canadian Canoe Association Sprint Racing Discipline Competition Rules used for a Canadian Sprint Championship will be adhered to.

Events

The events included in the 2005 Canada Summer Games in Regina are: 200m C1, C2, K1, K2 500m C1, C2, C4 (women), K1, K2, K4 (women) 1,000m C1, C2, C4 (men), K1, K2, K4 (men) 6,000m C1, C2, K1, K2

Qualifying Heats to Finals

The first two places in each heat and the boat with the next fastest time from either heat will compete in the Finals. All boats that did not qualify for a Final shall be eligible to compete in the Consolation final.

^{*} The men's C-4 events will be racing the ICF-4 boat. The women's C-4 will be the Canadian C-4 boat.

F. EQUIPMENT AND TERMINOLOGY

Two crafts are used in sprint racing – the canoe and the kayak. Canoes and kayaks are built of wood (pressed layers of various veneers), fiberglass, Kevlar or other composite materials to produce a strong, light fast craft. The Canadian C-4 and war canoe (C-15) have traditionally been of cedar strip, although fiberglass and wood-fiberglass combinations are also common.

There are numerous designs for each canoe and kayak, but each class (singles, tandems, fours, and war canoe) must meet the specifications of the international Canoe Federation or the Canadian Canoe Association Sprint Racing Council.

Class	Length (cm)	Width (cm)	Weight (kg)
Canoe Singles (C1)	520	-	16
Canoe Tandems (C2)	650	-	20
Canoe Fours (ICF C-4)	900	-	30
Canoe Fours (Cdn C-4)	610	76	31
War Canoe (C-15)	915	91	86
Kayak Singles (K-1)	520	-	12
Kayak Tandem (K-2)	650	-	18
Kayak Fours (K-4)	1,110	-	30

Canoes are paddled by a paddler kneeling on one knee, using a single blade paddle. There is no rudder or keel, so the athlete must steer the canoe throughout the race.

Kayaks are paddled by the athlete sitting in the kayak on a fixed seat, using a double-bladed paddle. The kayaks have a rudder, which the paddler moves with their feet, controlling the direction of the kayak while they paddle.

G. JUDGING / SCORING SYSTEM

Provinces will be ranked from first to last following each event. Sport scoring points will be distributed as follows:

Ranking	Pts
1 st place	100
2 nd place	97
3 nd place	94
4 th place	91
5 th place	88

Ranking	Pts			
6 th place	85			
7 th place	83			
8 th place	81			
9 th place	79			
10 th place	77			

Ranking	Pts
11 th place	75
12 th place	74
13 th place	73

Fore more information on the ranking and points system, see flag points information sheet.

H. TECHNOLOGY OF SPORT

The impact of technology in the sport of canoe relates to the boat design and material, paddle adaptations and improvements in athletic training. Boats have been made more aerodynamic and also made firmer and lighter with harder materials such as carbon fiber and kevlar.

The elimination of a width requirement has allowed boats to become narrower with some boats less than 14" across. This has increased the requirements of the athletes to be able to balance in extremely tippy boats. Paddle technology has also advanced yet it is the power of the athlete that remains the primary component of racing.

I. ROLE OF OFFICIALS IN SPORT

The role of the official and competition committee include organizing and supervising the competition as well as ensuring the ICF Racing Competition Rules are applied accurately and fairly. The chief official and his or her committee make decisions with respect to inclement weather which may require a postponement of competition. Protests regarding disputes, disqualifications, penalties and other decisions regarding any infraction of the rules are ultimately made by the Chief Official.

Other officials include the Starter who lines the competitors in their place and start the race according to race rules. He or she is responsible for decisions regarding false starts and his or her decision is final. The Course Empire ensures that during the race the rules are complied with. If the rules are broken, the Umpire communicates the infraction by waving a red flag then filing a report. The Competition Committee makes a decision immediately and before the results of the race are announced. If the Umpire has no infraction to report, he or she waves a white flag. The Umpire is in a boat on the water behind the competitors.

The Chief Judge, Finishing Line Judges, Chief Timekeeper and Timekeepers are all officials who work at the finish line to determine the order and the time of the competitors as they cross the finish line. Each race is timed by at least two watchers. Boat control ensures the length of the canoe or kayak and the weight of the craft are within rule specification. The Competition Committee selects three or more boats on a random basis to be re-measured immediately after the race. Additional officials such as Technical Organizers, Competition Manager and Announcers are also appointed to ensure the successful running of the regatta.

J. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Total number of athletes, coaches and officials = 8,738 Per province:

BC – 696	AB – 856	SK – 251	MB – 80	ON – 2,664
QC - 1,784	NB – 188	NS - 1,660	PEI – 97	NFL - 258
YK – 1	NWT - 193	NU – 10		