



## Intent to Compete in 2020 Hawaii World Sprints

All paddlers must confirm their final intent to compete for the following deadlines based on which trial they are attending;

1. East trial September 22, 2019. Deadline is: September 16, 2019
2. West trials, Calgary, September 28-29. Deadline is: September 20 to register.

\$20 registration fee applies per person.

For 2020, CORA intends to provide additional coaching resources for support through camps and training programs. More details will be communicated once time trials are completed. Paddlers that qualify will be expected to contribute towards coaching costs over and above the general training camps we intend to offer.

There is an adaptive category will be for V1 (OC1 if you intend to compete for a Canada 1-2 seat). If we have 6 adaptive paddlers register, we will of course add a V6 entry (mixed). Adaptive paddlers are encouraged to join Club crews as well. \*Adaptive paddlers may trial east or west for V1 (assuming we have 6 or less entries). All other paddlers must trial head to head in Calgary in the V1 and Elite V6 categories.

**Please ensure all appropriate categories are checked off on the registration form.**

<p>If you wish to compete in more than one category at Hilo ?</p> <p><input type="checkbox"/> <span style="float: right;"><input type="checkbox"/></span></p> <p>Check all applicable on the form below.</p>	<b>Age</b>	<b>Men</b>	<b>Women</b>
	U16		
	U19		
	Open		
	Masters 40		
	Masters 50		
	Masters 60		
	Masters 70		
<p><input type="checkbox"/> V1 – Solo category (rudderless) Teva Nui</p>	See selection document for Canada's V1 quota		
<p><input type="checkbox"/> OC1 – Free Agent Boat (ruddered) C Lion</p>	Please see Selection Criteria for Free Agent crews.		
<p><input type="checkbox"/> Pre-determined/Club Crew member?</p>	** Pre-determined/ Club teams will time trial on Sunday in V6. Individuals not on a Club crew may trial to be added to Club crews and/or combined crews for individuals not affiliated with a Club.		
	You are on a predetermined or Club team and do not wish to time trial in OC1. Please enter crew details below.		

\*Paddler allocation for Free Agent crews will be based on combination of trial results, coaches input and regional considerations.

**Pre-Determined Crew Name & Club (if applicable):** \_\_\_\_\_

Name of Team Captain: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

List all paddlers on crew:

1.	2.
3.	4.
5.	6.

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**For Information Purposes:** V-1 time standards for 500m. These times represent the predicted time needed to be competitive in the semifinals in each division. These times are predicted to be approximately 5-10 sec off the time needed to reach the podium.

Age Categories	Men	WOMEN
U16	2:27	2:45
U19	2:23	2:40
Open	2:19	2:35
Masters 40	2:23	2:40
Masters 50	2:25	2:45
Masters 60	2:35	2:55
Masters 70	2:50	3:25
Open Adaptive	2:35	3:00

**Notes:**

- 1) If members of a Team Canada Elite crew (U19 or Open) are also in a Club crew, that Club crew can only have a maximum of 3 members of the Elite crew in the boat for any one event.
- 2) Members of a Club crew do not need to be from the same club. For the purposes of the World Sprints event we will name all entered crews with a Club name as opposed to Canada 1, 2, etc. These names do not have to reflect a registered CORA Club if paddlers are from various regions and Clubs.

**V-12 Qualification Process**

The selected V-6 club crews will be combined to form the V-12 crews. Results will be used from the V6 time trials as well as coach's discretion. Regional location may also be taken into consideration so crews may train as a V-12 crew.

## REGISTRATION DETAILS

Associated Club and/or Region (BC Island, BC interior, AB, East, etc):

FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

month / day / year

GENDER: \_\_\_\_\_

male / female

I intend to time trial for the following categories:

- |  |                          |   |                          |
|--|--------------------------|---|--------------------------|
| V1, my age category                    | <input type="checkbox"/> | OC1, Free Agent                                     | <input type="checkbox"/> |
| V1, age category younger (if eligible) | <input type="checkbox"/> | OC1: age category younger                           | <input type="checkbox"/> |
| Team Canada Elite U19                  | <input type="checkbox"/> | OC6, Club Crew only                                 | <input type="checkbox"/> |
| Team Canada Elite Open                 | <input type="checkbox"/> | Yes, I intend / am available to compete as a steers | <input type="checkbox"/> |

RACE CATEGORY:

**Women**

**Men**

- |            |                          |            |                          |
|------------|--------------------------|------------|--------------------------|
| U16        | <input type="checkbox"/> | U16        | <input type="checkbox"/> |
| U19        | <input type="checkbox"/> | U19        | <input type="checkbox"/> |
| Open       | <input type="checkbox"/> | Open       | <input type="checkbox"/> |
| Masters 40 | <input type="checkbox"/> | Masters 40 | <input type="checkbox"/> |
| Masters 50 | <input type="checkbox"/> | Masters 50 | <input type="checkbox"/> |
| Masters 60 | <input type="checkbox"/> | Masters 60 | <input type="checkbox"/> |
| Masters 70 | <input type="checkbox"/> | Masters 70 | <input type="checkbox"/> |

Are you participating in Adaptive Category (Open)

**REGISTRATION FEE:** \$20 – by Interac – please send me invitation to pay online

**REGISTRATION FEE:** \$20 – by snail mail (cheque has been sent)

**Please scan and email all forms to:** [ivfsprints@canadianoutrigger.ca](mailto:ivfsprints@canadianoutrigger.ca)

Payment can be made through Interac – an invitation to pay will be sent to every registration form received.

OR

Mail a cheque no later than **Sept 1<sup>st</sup>** to:

Canadian Outrigger Racing Association  
Box 152, 1857 W 4th Ave.  
Vancouver BC, Canada, V6J 1M4

For additional information email [ivfsprints@canadianoutrigger.ca](mailto:ivfsprints@canadianoutrigger.ca)

**EAST Paddlers:** Mony Sy is the contact and trials organizer, please touch base with him directly for any Q's concerning East trials, he will be in touch to help facilitate OC6 crews: [mony.sy@gmail.com](mailto:mony.sy@gmail.com)

## For ELITE V6 applicants only:

If selected for the ELITE V6 crew, you will be expected to attend a minimum of 3-4 weekend training camps with the crew. These camps will likely require travel outside of your region. You will also be expected to be fully committed to your crew meaning you will participate in significant off season training, dryland training, early season training and follow a structured training program. You should be training 6-10x/wk.

By applying for the ELITE V6 crew, you are committing to the training time required, attending the training camps, and accepting the expenses that are required for travel and coaching. If you are unable to make these commitments, you may be removed from the crew by the Selection Committee.

Please answer the following questions:

*Why do you want to be on TEAM CANADA ELITE?*

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*What is your paddling experience that you feel qualifies you for TEAM CANADA ELITE?*

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*What will your training from November 2019 – August 2020 look like?*

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*What is your goal for Worlds if you are named to TEAM CANADA ELITE?*

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