

## TEAM CANADA SELECTION PROCESS

World Elite and Club Championships,  
London England, August 7-16, 2022

Released: August 15, 2021



---

### 2022 IVF WORLD SPRINTS OVERVIEW:

The 2022 IVF World Sprint Championships in London will follow the same format as 2018 & 2016.

- Part one of the event consists of an **Elite Championship** showcasing the top V6/V12 paddlers in *U19* and *Open* age categories from each country.
- Part two is the **World Club Championship**, the same as previous Championships.
- Note: All V1 races are considered Elite but will be run throughout the 7 days of the Championship events.

This document will cover the selection process for paddlers to represent Canada for both the **Club** and **Elite** Championships.

For more information on the event, please look at the IVF Race Rules (updated August 7, 2021). <http://www.ivfiv.org/race-rules.html>

Specific event information will be posted as it becomes available on the IVF website at: <http://www.ivfiv.org/2022-ivf-world-sprint-championship.html>

### IMPORTANT TERMINOLOGY:

#### Elite

- World Elite Championship – An Elite World championship is where countries/regions are represented by their best paddlers.
- V6 – Canada has one entry each for U19 and Open age categories men and women in the 500m and the 1000m (U19)/1500m (Open) races
- V12 – Canada has one entry for a combination of the U19 and Open; Men and Women. The race is 500m.
- All V1 paddlers are considered Elite no matter their age category
- Elite paddlers may be chosen for drug testing at the event
- Canada will aim to field the best paddlers/crews possible for our Elite crews
- Paddlers aged 14+ can be considered for U19 Elite crew
- Paddlers aged 16+ can be considered for Open Elite crew

#### Club

- World Club Championship – Club teams from a country will compete against other club teams for the title of “Club Champion”. Paddlers participating in the Elite competition will be allowed to paddle with a club crew, but crews are limited to 3 Elite members per V6 entry or 6 Elite members per V12 entry. V1 paddlers will not be considered in the Elite quota for club teams.
- Within CORA, a Club crew is defined as a group of paddlers from the same club or are self-organized from individual paddlers that train together regularly.
- Crews from CORA clubs wishing to represent Canada should apply according to the process outlined in the Club Selections section of this document
- Paddlers that train together regularly but are not of the same club are eligible for a Club crew spot and should apply according to the process outline in the Club Selections section of this document.
- Crews from a Club and crews that are self-selected will be treated the same for selections. For the purposes of this document will both be referred to as Club Crews.

### **Free Agent**

- Since not everyone is able to form a whole crew, there will be the option of trialing as "Free Agent" (FA).
- In the past these crews were called Canada 1, Canada 2, etc. This cycle, crews will decide on their name after selection.
- Please see the Club Crew selection section – V6 Canada Free Agent Crew Selection for details of this process.
- Successful paddlers will be named to a Draft Free Agent crew after day 1 of the trials and will race off on day 2 as that crew against the registered Club Crews to determine which crews get the quota spots for Team Canada.

### **SELECTION PROCESS OBJECTIVES:**

- To provide all paddlers with a fair and equitable opportunity to make TEAM CANADA for the 2022 World Sprint Championships
- To build the strongest and most cohesive TEAM CANADA for 2022
- To develop a process that is inclusive and fosters paddler interest in making TEAM CANADA for 2022 and for future events

## **PADDLER REQUIREMENTS:**

- All paddlers must have a current CORA membership
- Any paddlers not able to attend may request an exemption to be reviewed by CORA's IVF committee. See more details below.

## **PROCESS FOR EXEMPTIONS:**

Please read this carefully if it applies to you.

- Exemptions will be considered on a case-by-case basis. Please [submit your request](#) to the CORA IVF Selection Committee by the trials registration deadline (click the link to fill out the [exemption form](#)). Except in the case of injury, all paddlers (V1, Elite and FA) seeking an exemption will be required to organize a head-to-head race with 1 or more paddlers that will be at trials on a marked course with supervision of one of the committee members or a coach approved by the committee. If you need assistance identifying paddlers to perform this race with, please contact the Committee and introductions can be made.
- This control run must be completed prior to trials.
- Please also [submit to the committee](#) the following information (click the link):
  - Paddler's resume
  - Previous IVF experience and performance
  - Past race season performances in V1/OC1
  - Prognosis (if injury/illness)
- If a planned control run cannot be carried out due to extenuating circumstances, for example air quality, the committee will review the paddler's race history and reserves the right to schedule a race-off at a date following the trials.
- We have no process for full crews to request an exemption, but requests may be considered on a case-by-case basis.

**KEY DATES:**

<b>DATE:</b>	<b>FOR:</b>
August 14	Dates and location announced for Trials Registration for trials open and registration fee announced
<b>August 28</b>	<b>Trials registration closes</b> <b>Club crews must have submitted rosters</b> <b>Last day to pay registration fee</b>
September 4	Posting of Trials race schedule
<b>September 18-19</b>	<b>TRIALS - <a href="#">Calgary Canoe Club</a></b>
October 2	Preliminary trial results posted to CORA website V1 Preliminary selections announced
October 10	ALL Paddlers <u>not</u> intending to compete in London to provide notice to the Selection Committee.
October 15	V1 Selections announced Applications for any unclaimed V1 spots open
November 1	Application for any unclaimed V1 spots due
November 10	Communication of all TEAM CANADA crews, Elite and Club
November 30	Confirm if you are planning on competing in London.
February 1, 2022	A non-refundable deposit up to \$250 is due by each paddler to cover some expenses related to the intent to compete registration with IVF, and the mandatory pieces of the TEAM CANADA uniform package
TBD	Training camp dates for Club crews and V1s to be determined over the off-season
TBD	Training camp dates for Elite V6/12 to be determined over the fall/winter

## AGE CATEGORIES:

Paddlers must have reached the minimum age of an age category by the end of the calendar year in which the competition is taking place (2022). The table below identifies the age categories, and their corresponding age ranges and minimum age requirements. All PARA events are in the PARA Open category.

AGE CATEGORIES	AGE CRITERIA *D.O.B in 2022	Number of Club Championships Entries plus Elite V1	Race Distances
JUNIOR 16	16 & Under (min. age: 11yrs) 2006-2011	V1 = 3 V6 = 6 V12 = 3	V1/V6/V12 500m V6 1000m
JUNIOR 19	19 & Under (min. age: 14yrs) 2003-2008	V1 = 3 V6 = 6 V12 = 3	V1/V6/V12 500m V6 1000m
OPEN	Min. age: 16yrs 2006 and earlier	V1 = 3 Men, 4 Women V6 = 6 V12 = 3	V1/V6/V12 500m V6 1500m
PARA (Open)	Min. age of 16yrs 2006 and earlier	V1 = 3 V6 = 6 V12 = 3	V1 250m V1/V6/V12 500m V6 1000m
MASTERS 40	40+yrs 1982 and earlier	V1 = 3 V6 = 6 V12 = 3	V1/V6/V12 500m V6 1000m
MASTERS 50	50+yrs 1972 and earlier	V1 = 3 V6 = 6 V12 = 3	V1/V6/V12 500m V6 1000m
MASTERS 60	60+yrs 1962 and earlier	V1 = 3 V6 = 6 V12 = 3	V1/V6/V12 500m V6 1000m
MASTERS 70	70+yrs 1952 and earlier	V1 = 4 V6 = 6 V12 = 3	V1/V6/V12 500m V6 500m 1 turn
MASTERS 75	75+yrs 1947 and earlier	V1 = 3 V6 = 6 V12 = 3	V1/V6/V12 500m V6 500m 1 turn*
MASTERS 80	70+yrs 1942 and earlier	V1 = 3 V6 = 6	V1/V6 250m V6 500m 1 turn*

*\* It is currently unclear whether these races have a turn or are straight. An update will be provided when clarified.*

*For entries for Elite Championships in V6 and V12, please see next section*

**V1 SELECTION PROCESS**  
**ALL AGE CATEGORIES**

**BOAT BEING USED FOR TRIALS:**

Solo Rudderless Outrigger Canoe (V1) - Teva Nui

Boat being used at Worlds: Tai Tah

**V1 RIGGING:**

Rigging will be standardized as per IVF rules. Any altering of the rigging will result in immediate disqualification.

**RULES FOR V1:**

IVF rules for V1 will be followed: no additional equipment may be added to the V1 (including seat accessories, foot braces, grip wax in hull, GPS on boat)

**IS TRIALING V1 FOR YOU:**

Although we would like to encourage paddlers to race when they can, for scheduling we would like to limit trials to contenders as much as possible. All paddlers vying for a V1 spot should have regular access to a V1 or paddling without a rudder on their OC1. For paddlers new to Sprint Trials, the following chart provides a benchmark of V1 times for each category. The times listed below are the approximate time of the *slowest* Canadian qualifier in their category from the previous CORA World Sprint V1 Trials, which were in Calgary, in a blizzard, in 2019. We have no information for the Masters 75 and Masters 80 categories.

<b>Category</b>	<b>Men's</b>	<b>Women's</b>
U16	3:12	4:05
U19	3:02	3:11
Open	2:29	2:47
Masters 40	2:27	2:50
Masters 50	2:30	2:51
Masters 60	2:41	3:07
Masters 70	2:45	3:24

**Please note:** Paddlers are permitted to race down (or up for juniors) an age category in addition to their given category. As such, they may have to trial in each category.

**However:** If a paddler is racing in two age categories at Worlds, please note that the IVF World Sprints race program will not be altered if that paddler finds themselves with back-to-back races. A scratch fee of US \$100 will be levied by the IVF (to be paid by the paddler/s) should a paddler have to scratch a race. Please note, this conflict could result between V-1 and crew races too, in which case the paddler will be required to scratch their V-1 race for the sake of their crew.

#### **TIME TRIAL PROCESS:**

To register for V1, you must fill out the registration form available near the end of this document for each age class you would like to trial (two maximum). There is a \$20 entry fee per category.

The time trials may consist of heats and/or finals (A, B, C...) depending on the number of entries for each age category. Age categories may be combined depending on the number of registered entries for each age category.

#### **SELECTION CRITERIA:**

The top V1 paddlers per age category from the time trials may be awarded V1 spots (taking into consideration any approved exemptions). See the age categories table for the number of V1 spots available per age category.

#### **FORFEITING SPOT:**

Paddlers awarded a V1 spot but unable to attend the World Championships in London may forfeit their spot by notifying the Selection Committee. The next fastest paddler based on time trial results may be offered the V1 spot (see notes above for exemption exceptions).

#### **EMPTY/UNCLAIMED SPOTS:**

If any empty/unclaimed spots remain after the time trials in any age category, they can be applied for and will be assigned at the discretion of the Selection Committee. The deadline for any empty/unclaimed spots is outlined in KEY DATES.

Priority will be given to paddlers that time trialed. If spots are still available after the above deadline, paddlers without a V1 time trial result may apply for that spot; awarding of V1 spot in this instance is not a guarantee.

<p style="text-align: center;"><b>ELITE CHAMPIONSHIPS U19 &amp; OPEN</b></p> <p style="text-align: center;"><b>V6 SELECTION PROCESS</b></p>
---

*The Elite category only has U19 and Open crews; men's and women's; one crew per country.*

**SELECTION PROCESS:**

To register for Elite trials, you must fill out the registration form available near the end of this document. There is no entry fee but please only register if you are close to or faster than the time guidelines below.

Paddlers vying for an Elite crew will be raced as a separate category at trials at the end of the day on Saturday. From these results, and in consideration of any exemption requests and steerspeople needs, a pool of up to 12 athletes for each category (men and women; U-19 and Open) will be selected. Exemptions to trials will be considered as earlier described.

- Paddlers aged 16 or older are eligible to be considered for the Elite Open crew.
- Paddlers aged 14-19 are eligible for U19 Elite

**CREW SELECTION:**

The pool of paddlers selected at trials will be invited to participate in camps, dates TBD. At those camps, crews will be selected through V6 paddling with every effort made to select the fastest possible crews. Trials results will be considered as well as seat specific roles and crew blend. Seat races and/or an OC-1 race-off may be held at camps to aid in selection.

**RULES REGARDING ELITE AND CLUB CREW ROSTERS:**

There can only be three members of the Elite crew on a Club Crew. This does not affect pool selection but could affect the selection of the ultimate Elite crew.

**TIME GUIDELINES:**

For paddlers new to OC Sprint Trials, the following chart provides a benchmark of OC1 times for the Open Elite crew from the previous CORA World Sprint Elite Trials, which were in Calgary, in a blizzard, in 2019. The times given represent the 10<sup>th</sup> place time of all the competitors trialing for Elite. If your race time is close to this or faster, please register. If you are not yet at this level, please do not as we would like to avoid too many extra heats.



<b>Category</b>	<b>Men's</b>	<b>Women's</b>
Open	2:37	2:57

Paddlers in the ELITE crew pool will be expected to be committed to pursuing a level of training that is expected of a World Class paddler in preparation for the World Sprints. If their training and performance decline after the final crew selection, they may be removed from the crew.

**IMPORTANT:**

Paddlers selected for the ELITE pool will be responsible for all travel and related expenses involved in getting together for at least 2-3 MANDATORY Elite Training Camps throughout the Spring/Summer 2022 in preparation for the Worlds. These training camps will be 2-5 days in length with dates and locations TBD.

**FORFEITING SPOT:**

Paddlers awarded an Elite pool spot but unable to attend camps or the World Championships in London may forfeit their spot by notifying the Selection Committee.

## **CLUB CHAMPIONSHIPS ALL AGE CATEGORIES**

### **V6 / V12 SELECTION PROCESS**

Canada can enter up to six V6 crews and three V12 crews per category, in the Club Championships.

Paddlers have two avenues they can take to participate:

- 1) Form a crew within your Club
- 2) If you do not have a Club crew vying for a spot, you can trial as a 'Free Agent'.

There is a separate registration form for each. No paddler can be on both a club crew and vie for an FA crew spot for the same age category.

*The Club crew selection process section is divided into Free Agent Crew Selection and Club Crews to highlight the differences in how they are selected/created and how they will be ranked against one another.*

### **V6 CANADA FREE AGENT CREW SELECTION PROCESS**

#### **CANOE BEING USED:**

Solo ruddered outrigger canoe (OC1) – CLion

#### **OC1 RIGGING:**

- Seat distance may be altered and fixed to ensure paddler is able to use the pedals to steer the boat. Additional equipment is permitted to be added to the OC1 such as foot pedal extenders, yoga block/water bottle/shoe to ensure the seat is fixed.
- Rigging will be fixed, paddlers shall NOT alter the rigging (this will cause too many time delays).
- No GPS devices permitted to be affixed to the boat

#### **STEERS:**

All steers must identify themselves at time of registration to be eligible to qualify as a steers. Steers have the option of choosing to be a paddler as well.

Steers people must time trial in OC1 to be named to a Draft Free Agent crew. Steers will be named to Draft Free Agent crews based on OC1 rankings and Selection Committee consultation (where required).

### **TIME TRIAL PROCESS:**

To register as a free-agent, you must fill out the registration form available near the end of this document for each age class you would like to trial (two maximum). There is a \$20 entry fee per category.

The time trials will consist of heats and/or finals (A, B, C...) depending on the number of entries for each age category. Age categories may be combined depending on the number of registered entries for each age category. Distance to be raced is 500m (250m for 80 year old category) in a 15m width lane. IVF rules for race disqualifications apply.

### ***IMPORTANT:***

Paddlers are permitted to qualify for two age categories and therefore may have to trial in both age categories. However, in the case of a close finish, a paddler of the age of the category may be chosen over one who has qualified for a crew in another age class.

### **SELECTION CRITERIA:**

- The number of crews made depends on the number of athletes and capable steerspeople people entering into the free-agent process.
- Draft Free Agent Crews will be determined based on the results of the OC1 trial as well as seat suitability, regional considerations, and required skills.
- For the comfort and safety of all participating athletes, for free agents, if you are not fully vaccinated, you are required to wear a mask at all times, except during your solo trial on the water. This means that a mask is required on the race site including the dock, inside and outdoors, and at all times in the V6 with your free agent crew.
- The Draft Free Agent crews are not guaranteed a spot at Worlds.
- Draft Free Agent crews will race against the registered Club crews to determine which crews will be awarded the entries for the World Club Crew Championships.
- Members of a qualifying crew may be replaced after trials in the cases of successful exemption requests. Athletes will be made aware of pending exemption requests prior to the trials.

### ***IMPORTANT:***

All paddlers that trial on **day 1** for Free Agent crews are required to attend the meeting at the end of day 1 for their **day 2** crew to be announced. Paddlers shall confirm their acceptance ASAP as that will affect the remaining Draft Free Agent

Crews.

If a trialling paddler has no intention of going to Worlds, you must let the CORA IVF Committee know ASAP, ideally prior to the event or immediately after your trial.

### **IN THE CASE OF CREW MEMBER WITHDRAWAL**

If a crew member withdraws from a crew after the crew has qualified for a Worlds entry one of two things may happen, at the discretion of the selection committee:

1. That crew member will be replaced by the next paddler in the ranking with the required skill to fill the crew effectively, or
2. If the crew is seen to be made significantly weaker by more than one withdrawal of team members, and, there was a close next-crew at the trials, the next crew from the trials race-off will be awarded the entry.

*With this in mind, please do not participate in this aspect of the trials if you do not have the intention to participate with the crew, if selected, at Worlds.*

### **CLUB CREW SELECTION PROCESS**

Selection of Club crews put forth by CORA clubs is the responsibility of the club.

All Club crews must register their entire crew (6, or more if spares) by the end of the Trials Registration Period as outlined in KEY DATES and those paddlers will not be eligible to time trial in OC1 for Free Agent crews in the same age category as they may only be on one OR the other. Club crews can decide their own rules for COVID vaccinations. More on COVID protocols is below.

Note that if a Club crew disbands after trials, some of the paddlers that still want to go may be left without a crew. If this is the case, those paddlers should notify the CORA IVF Committee (via [IVFsprints@canadianoutrigger.ca](mailto:IVFsprints@canadianoutrigger.ca)) that they are available to fill-in if needed.

If you and your crew are unsure if you want to register for trials, the chart below provides the times from the last two World Championships which would place the crew mid pack in the Repechage of the age category. Note that the boats in 2018 were a lighter hull weight than 2016. If you are faster than these times in a spec boat, you should register! If you are slower, you never know who else will be at trials so you might be in the top 6 crews.

Category	Men's		Women's	
	2016	2018	2016	2018
U16	2:10	1:55	2:20	2:14
U19	2:00	1:53	2:20	2:12
Open	1:57	1:50	2:23	2:14
Masters 40	1:58	1:54	2:25	2:18
Masters 50	2:03	1:58	2:27	2:22
Masters 60	2:10	2:00	2:33	2:28
Masters 70	2:20	2:10	2:40	2:38

### **REPLACEMENT PADDLERS:**

Ultimately, it will be up to the Club crews to replace any paddlers that can no longer compete at Worlds. Note that paddlers on Club crews may be replaced by the Club, with the approval of the CORA IVF Committee, at any time up until IVF paddler registration deadlines in the spring. If the Committee deems that the changes to the crew are significant enough that the crew has become weaker such that seeding with other crews or even selection is in question, the Committee reserves the right to change seeding or de-select this team.

If needed, a club may contact the CORA IVF Committee for eligible paddlers that may have trialed in OC1 or are remaining from a Club Crew that did not qualify and can join a crew.

### **FINAL ALLOCATION OF CREWS FOR CLUB CHAMPIONSHIPS**

If there are more than 6 crews vying for CLUB crew spots, the Club crews and Draft Free Agent crews will race in V6 on **the second day of trials**. The canoe used for race offs will be a Bradley. The race format will be a straight 500m. These results will determine the crews named as the CLUB crews representing CORA.

### **THE SEEDING OF SELECTED CREWS**

Trials races will only be run for the categories with more than six crews vying for entries. For the categories for which trials are held, seeding for Worlds will be allocated based on trials results. For categories without a trials race, another process will be used based on the locations of crews. Most likely, the submission of GPS crews will be asked to submit GPS runs of specific distances for use in seeding.

V6 crews will be paired to make V12 crews by the Selection Committee.

Preliminary results from all the trials will be communicated to participants by the date listed in KEY DATES. Any paddlers not intending to compete at Worlds must provide notice to the CORA IVF Committee the deadline listed in KEY DATES. This includes any club crews (as defined on page 2) to clarify if they will remain a Club Crew or not.

**IMPORTANT:** All of TEAM CANADA will be posted by the date listed in KEY DATES.

## **ADDITIONAL NOTES AND INFORMATION**

### **COVID PROTOCOLS**

Alberta no longer has COVID restrictions in place. However, for this event, the protocols of physical distancing on land will be in place. It is requested that all paddlers wear masks when indoors or unable to physically distance on land. Our hosts, Calgary Canoe Club, may have their own protocols on top of what CORA is outlining here. If so, we will make you aware of these.

For free agents, if you are not fully vaccinated, you are required to wear a mask at all times (except during your solo trial on the water). This means that a mask is required on the race site including the dock, inside and outdoors, and at all times in the V6 with your free agent crew. This is for your safety and the safety of your fellow paddlers.

### **RACE COURSE SETUP**

In Calgary, there will be lanes marked with buoys every 25-50 meters. The finish line may not be directly in line with the last buoy. There will be a camera on the finish line.

### **RACE START PROCEDURE**

Starts will follow the IVF starting procedure. See the race rules outlined on the IVF webpage for details. White flag – stage your boats. Red flag – approach the start line. Black flag – someone is over the start line. Green flag - GO

### **APPEALS PROCESS**

In situations where a paddler is unable to attend time trials due to extenuating circumstances (injury, illness, other), it is up to the paddler to contact the Selection Committee prior to the time trials. The Selection Committee will consider the situation on a case-by-case basis and may seed the paddler within a specific crew accordingly.

### **RE-RACES**

Paddlers have **20 minutes** following their time trial race to post an appeal for a re-race (circumstances must be legitimate such as equipment malfunction, interference during the race not noted by the on-water official). The Selection Committee will rule on the appeal. Appeals received after 20 minutes has passed after the end of the race will not be considered.

## HOW TO REGISTER:

### **Registration deadline: August 28, 2021**

*Please note, the intent to compete formerly collected DOES NOT constitute registering for this selection process. The below steps must be made:*

Registration for free-agent, club crew and V1 selection are separate forms. You must submit one per age class you seek to vie for. Club crews, please submit just one form/crew/age class.

There are no entry fees for U-16 and U-19 racers, racing in these categories. Fees apply for these athletes if they are vying for Open entries.

### **Club Crews:**

- Entry fee: [\\$120/crew](#) (click link to pay fee)
- Six or more athletes are required per crew list. The six paddlers racing at the trials must be on the club list.
- ONLY one form per crew - select one person from your crew to fill out the form and pay the fee.
- All athletes listed must be 2021 CORA members.
- A form and entry fee must be submitted for **each** age category of participation.

[Click here for the Club Crew form](#)

### **Free-Agent:**

- Entry fee: [\\$20/paddler](#) (click link to pay fee)
- Athlete must be a 2021 CORA member.
- A form and entry fee must be submitted for **each** age category of participation.
- An athlete cannot be on both a club crew list and race as a free-agent in the same age category. *If we receive entries with this duplication we will, automatically, disregard the free-agent application.* So, register carefully after speaking with your crew.

[Click here for the Free-Agent form](#)

**V1:**

- Entry fee: [\\$20/paddler](#) (click link to pay fee)
- Athlete must be a 2021 CORA member.
- A form and entry fee must be submitted for each age category of participation.

[Click here for the V-1 Registration form](#)

**Elite:**

- Athlete must be a 2021 CORA member.
- This form must be submitted: [Click here for the Elite Registration form.](#)
- Some club crew racers may be considered for the Elite pool without racing a single craft at trials. This is more likely in the case of steerspeople.

**Forms:**

- [Club Crew](#)
- [Free-Agent](#)
- [V1](#)
- [Elite](#)

**Paddlers seeking an exemption are required to submit the fees associated with the event for which they are seeking an exemption at the time of [submitting their exemption request](#).**

Except in the case of the event being cancelled by CORA or public health order, **all fees are non-refundable**. Please make sure you are not making an error in your registration before you pay your fees.

Funds collected that are not required to cover costs of trials will be put towards the paddlers' IVF entry fees.

***Trials being held are subject to Provincial Health Orders across Canada. Paddlers booking flights are strongly recommended to purchase cancellation insurance and/or opt for refundable flight and accommodation options.***



**CONTACT INFORMATION:**

Team Canada Administrator: Leanne Stanley [ivfsprints@canadianoutrigger.ca](mailto:ivfsprints@canadianoutrigger.ca)

**Current CORA IVF Committee**

Leanne Stanley, Cindy Wright, James Hill, Scott Borle, Rob Magus, Mony Sy, Mike Bernemann, Kamini Jain

**FINAL COMMENTS**

We know that this is a lot to digest. Canada is a big country and we are doing our best to ensure that everyone that wants a shot at competing at Worlds has one.

If you have any questions about the process, please review the section in question along with the definitions. If you still have questions, email [IVFsprints@canadianoutrigger.ca](mailto:IVFsprints@canadianoutrigger.ca).

Good luck and happy training!