

BRITISH INDOOR KAYAK CHAMPIONSHIPS 2009

Saturday 21st November to Sunday 22nd November 2009
at Brunel University, Middlesex



Programme of Events

Saturday 21 st November	British Indoor Kayak Individual 2km Championships British Indoor Kayak Team 10km Challenge
Sunday 22 nd November	British Indoor Kayak Individual 200m Championships British Indoor Kayak Individual 500m Championships

Categories – British Indoor Kayak Championships:

Open (Incorporates all Ages)	Men, Women and Team
Veterans	Men and Women: 35-44yrs; 45-54yrs; 55-64yrs; Over 65yrs
Youth/Juniors	Men & Women: Under 23, Under 18, Under 16, Under 14, Under 12, Under 10

This event is open to all regardless of disability

Prizes – British Indoor Kayak Championships:

The full details regarding prize money/equipment (including minimum of £750 Cash Prizes/ for the 200m, 500m and 2km winners and Kayak Pro Ergos for Club winners) for the Championship Individual and Club winners are currently being finalised for the following categories:

Open Men	200m, 500m and 2km Individual Champions
Open Women	200m, 500m and 2km Individual Champions
Trophies will also be awarded for PaddleAbility Veterans, Youth and Junior categories:	
PaddleAbility	Open, Veterans, Youth/Junior Categories
Veterans	Men & Women: 35-44yrs, 45-54yrs, 55-64yrs, Over 65yrs
Students (BUCS)	Men & Women
Youth/Juniors	Men & Women: Under 23, Under 18, Under 16, Under 14, Under 12, Under 10
Team 10km Challenge	Open & Club Champions
Overall Club Champions	

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Entry Fees – British Indoor Kayak Championships:

Individual Events – 200m, 500m and 2km

	BCU Members	Non Members
Adults – Single Event	£12.00 per Event	£17.00 per Event
Adult – 3 events (200m, 500m & 2km)	£30.00	
Juniors* – Single Event	£7.00 per Event	£12.00 per Event
Junior* – 3 events (200m, 500m & 2km)	£16.00	

*Under 18

Team 10km Challenge

	BCU Affiliated Club	Non Affiliated Team
Team 10km Challenge	£20.00 per team	£30.00 per team

Entries for each event are limited and entries will be accepted in payment/date order.
Closing date for entries is **Friday 6th November 2009**.

Provisional Programme – British Indoor Kayak Championships:

Final programme and times will be published once all entries have been received.

Saturday 21 st November	09:00 – 13:00	Individual 2km & Team 10km – Session 1
	14:00 – 18:00	Individual 2km & Team 10km – Session 2
Sunday 22 nd November	09:00 – 13:00	Individual 200m – Qualification & Finals
	14:00 – 18:00	Individual 500m – Qualification & Finals

Information and Entry Details – British Indoor Kayak Championships:

www.bcu.org.uk

E-mail: andy.goodsell@bcu.org.uk
Tel: 0845 370 9528 or 07976 515258

British Indoor Kayak Championships 2009
British Canoe Union
18 Market Place
Bingham
Nottinghamshire
NG13 8AP

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Rules – British Indoor Kayak Championships:

The rules for the British Indoor Kayak Championships will follow the basic principles of the ICF Canoe Sprint Competition rules, where applicable, with the following exceptions:

1. Kayak Pro Ergos will be used throughout these championships.
2. Separate Kayak Pro Ergo will be available for competitors to warm up prior to their qualification/final event.
3. Qualification and Finals:
 - a. 200m & 500m events
Each competitor will have 2 races
Race 1 is in Heats – competitors will be drawn into heats based on estimated /recorded 500m times
Qualification into the seeded Finals (race 2) will be based upon the fastest times recorded during all of the heats
The overall champions will be the fastest time recorded in the A Finals
 - b. 2km & 10km events
Each competitor/team will have 1 race only and drawn into races, with the overall results based upon fastest times recorded during all of these races
4. Team 10km Challenge:
 - a. Each team must use a minimum of 4 competitors during the 10km race
 - b. The minimum distance to be completed before any change over is 200m
5. Club Champions:

The overall Club Champions will be decided on the highest placed competitors in each of the 200m, 500m & 2km events in the following categories and Team 10km Challenge (Club Team):

Open Men and Women;
Veteran Men and Women (Over 35)
Junior Men & Women (Under 18)

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