

Alberta Whitewater Association 2020 Alberta Summer Games Standardized Zone Qualification Format

The Alberta Whitewater Association is using a team selection format for the Alberta Summer Games (ASG) zone teams to make the zone tryouts more inclusive for communities that do not have active kayak clubs, provide fair and open competitions between geographically dispersed clubs and communities and increase the number of youth that tryout and experience a meaningful competition for the ASG. The design of the competition is balanced to pick athletes that can efficiently paddle a kayak or C1.

There is \$500 in funding per zone from the AWA & ASG to run Zone Trials at \$100 per event. To be eligible for funding, organizers need to register their Time Trial event and have it published 2 weeks in advance on the AWA website and send in their results within 7 days after the Time Trials are finished. Drop us a note at admin@albertawhitewater.ca to register your Zone Trial event and apply for funding.

The instructions outlined below will make this as fair a competition as can be held given the diversity of venues and the people that we are attempting to reach. Results will be posted online at www.albertawhitewater.ca the week following a zone trial. Competitors are encouraged to check their results online and compare them to other athletes in their zone or to athletes across the province. Athletes can then try to best the competition at the next zone trial opportunity. Coaches are cautioned that they must post the results as soon as possible after a zone trial competition to provide fair and open opportunities for other athletes to examine the top scores. Failure to submit scores in a timely manner to garner a competitive advantage will result in loss of funding for the Time Trial from the AWA.

The Alberta Summer Games are being held in Lethbridge, Alberta from July 23-26, 2020. Age of athletes are 11 – 17 as of the date of the Games. Athletes cannot be ten (10) years of age or younger or eighteen (18) years of age or older at the Games.

Pre-Cadet:	11-12 years of age (Born between January 1, 2008 and July 22, 2009)
Cadet:	13 - 14 years of age (Born between January 1, 2006 and December 31, 2007)
Junior:	15 - 17 years of age (Born between July 27, 2002 and December 31, 2005)

The intent of the selection process is to select a balanced team of 8 athletes with athletes in each age group and in each gender. The Zone Coordinator and Zone Coach have the discretion on the age composition of their team but the AWA and the Alberta Summer Games request that a balanced gender team is selected wherever possible. The AWA is committed to select as balanced a team as possible in all 8 zones. However due to personal circumstances, family vacation schedules, other commitments and zone selection opportunities it may not always be possible to field all gender/age classes. In these cases the Zone Chairperson can request special permission from the AWA to fill a gender-age group with other zone athletes from another gender-age group. Preference will be given to fills of the same gender to retain the ratio of accommodations for the Games.

All the athletes that tryout will be invited to the Pre-ASG Development Camp that will be held the week before the Games to work on slalom, canoe polo and downriver technical skills. More details of the Pre-ASG Camp will be circulated in April.

Communities that do not have an active kayak club are encouraged to participate in the ASG Zone Trials. Contact the AWA office at admin@albertawhitewater.ca to set up a time when we can come to help you run a kayak course and a zone trials. We will organize the equipment and an instructor to visit your community and help to offset some of the costs.

Good luck and thank you for your time and your support.

General Instructions

Pool/Pond – Standard 25 meter pool is the preferred facility for this event in the winter. In the spring any pond or aquatic space with a minimum of 23 meters long and 8 meters wide can be used. Water should be 1 meter deep or more.

4 Buoys - constructed from any floating device. A larger brighter colored object makes identification easier for the participants. Buoys need to be tied to an anchor on the bottom of the pool/pond with a rope that is the appropriate length so the buoy does not move too far away from its intended location.

2 Balls - junior water polo balls or similarly sized balls. 1 ball in the pool to start. 1 additional replacement ball is suggested where the paddler misses on the first throw. A reaching device will help to keep the ball in the right position.

2 Flutterboards – two standard flutter boards tipped together so they stand up in a vertical manner.

Boats – any type of kayak or C-1 can be used in the competition. Slalom, canoe polo or plastic boats. Slalom and canoe polo boats have proven to be faster than plastic boats.

Paddles – any type of kayak or canoe paddle can be used

Sprayskirts – optional for participants and at the discretion of organizers

PFD's & Helmets – Not required to be worn for this competition in the pool. Local pool rules shall prevail. Outdoor lake competitions will require PFD's as per Canadian boating regulations.

Timing – Any stopwatch timing device with 1/10 second calibration.

Ball Handling – Competitors cannot hold the ball for more than 5 seconds and are not allowed to put the ball on/in their kayak. To advance the ball the paddler must throw it forward and then paddle up to it and pick it up again and then throw it again to the next target.

Practice – Organizers are encouraged to have participants practice the circuit to help the athletes understand how to complete the circuit properly.

Racing – competitors can repeat the course as many times as they wish and time allows. Organizers are required to record and submit all results to the AWA – ASG result tabulations centre, including Did Not Finish (DNF) results where the competitor fails to complete the race due to a missed throw, missed buoy or wet exit. Competitors can also return and race at any other zone trials race held before June 14th to better their score.

Organizers – This competition requires a minimum of 2 volunteers and 3 is ideal. One person to do the timing on the start/finish line and one person to handle the balls in the far left corner. Tipi building and ball retrieval can be shared or given to a third person.

Monitors - Two responsible adults are required to monitor and submit the official results to the AWA within 7 days of running their event. This can be a certified AWA/NCCP instructor or coach, a Pool Staff member or School Teacher.

Fees – There are no fees payable to the AWA for running this event. Organizers can charge a fee for the pool rental and equipment fees.

If the athlete is selected to represent the zone at Alberta Summer Games, an athlete must:

- be a member of the Alberta Whitewater Association either through a local club (~\$20-\$50) or directly as an individual member - cost \$10.
- pay the ASG registration fee of \$160 fee to attend the Alberta Summer Games

Insurance – The AWA has a broad based public \$5 Million liability policy for any events and activities run by the AWA, its member clubs or its trained instructors/coaches. This includes an open rider for any pool kayaking associated with the AWA. Participants must complete a Waiver and Registration form to be covered. Contact the AWA for more information if necessary.

Reporting – To qualify for funding, 2 weeks prior to your event, the organizers are requested to confirm the date and time and location with Chuck Lee, Executive Director of the AWA at admin@albertawhitewater.ca 403-628-2336.

At the event all participants are requested to register as fill out the attached participant registration form to record their name, gender, birthdate, address, phone number, email address, and club/zone affiliation.

Timeframe – Last date for running a Zone Trials event is **June 14th, 2020**. All final results must be submitted by midnight, **June 15th, 2020**.

Layout - All measurements start in upper left corner. If Pool is greater or less than 25m long x 10 m wide then the adjustment to maintain a standard distance is necessary. Shorten or lengthen the distances on the left and top ends of the pool as shown.

Buoys are anchored to pool/pond floor with weights and can be any size or shape.

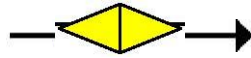
Junior Water Polo Balls are to be floating somewhere between the buoy and pool corner

Start & First Leg - Paddler starts in corner of pool. Time starts when they cross the start line at the first buoy and ends when they recross the finish/start line. Paddler's boat must go around buoys in a zig-zag pattern. There are no penalties for touching the buoys. Lifting the bow over buoy is permitted if buoy is not submerged under the boat when the body passes through gate plane.

Second Leg - After the first zig-zag at the far end of the pool, the paddler picks up the ball off the water and can dribble it forward around the buoys to a spot to throw the ball at the flutter board tipi. The ball cannot be passed inside of the buoys and must be dribbled around the outside along with the boat. The tipi must be knocked down before the paddler can move on. If they miss and the ball leaves the pool the time will be recorded as Did Not Finish (DNF) and the paddler has to repeat the race course.

Finish - After knocking down the Flutter Board teepee, the paddler then sprints to finish/start line to complete their race run. Time finishes on the same line as the starting line position.

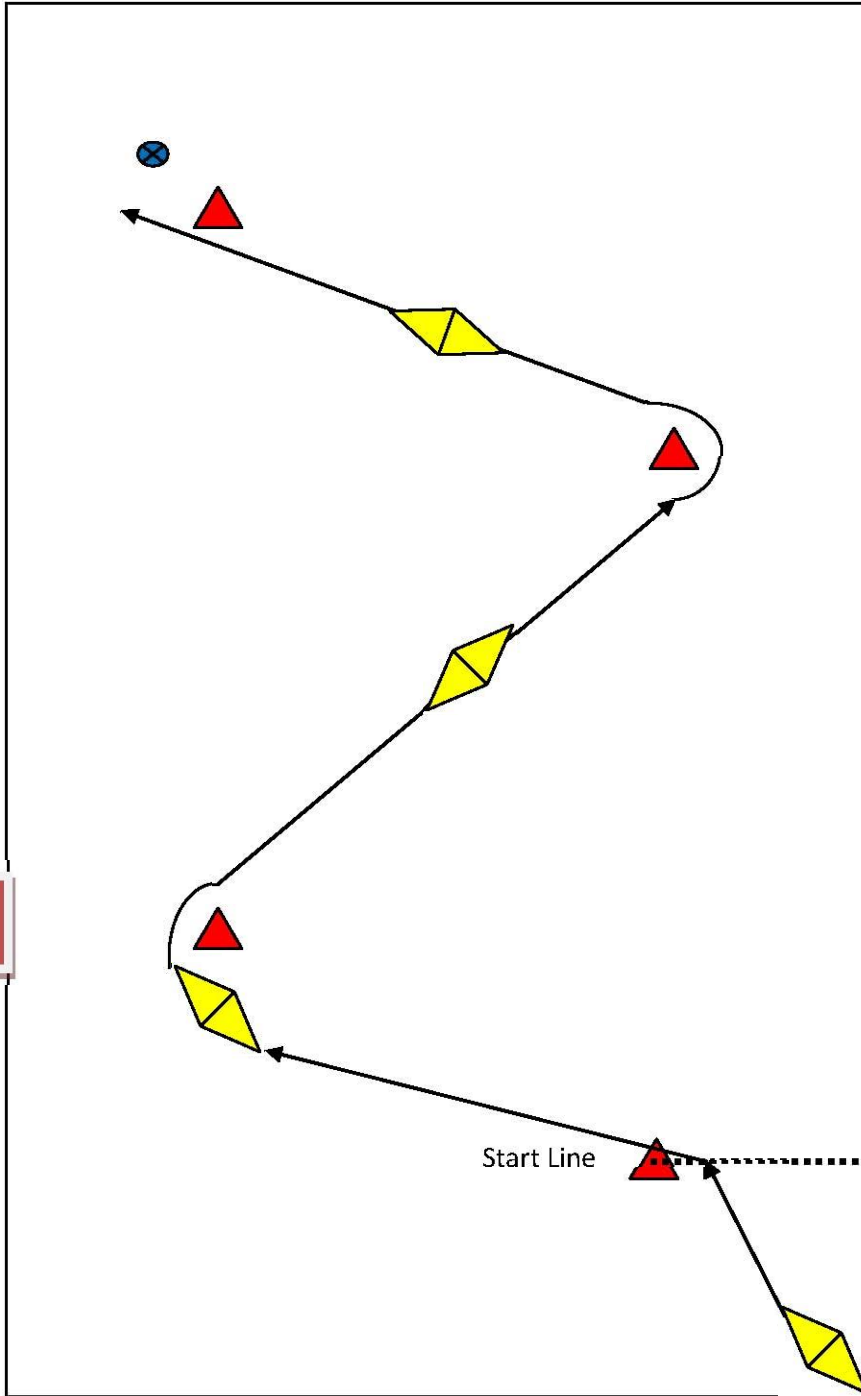
Line of Travel without ball



Ball Toss



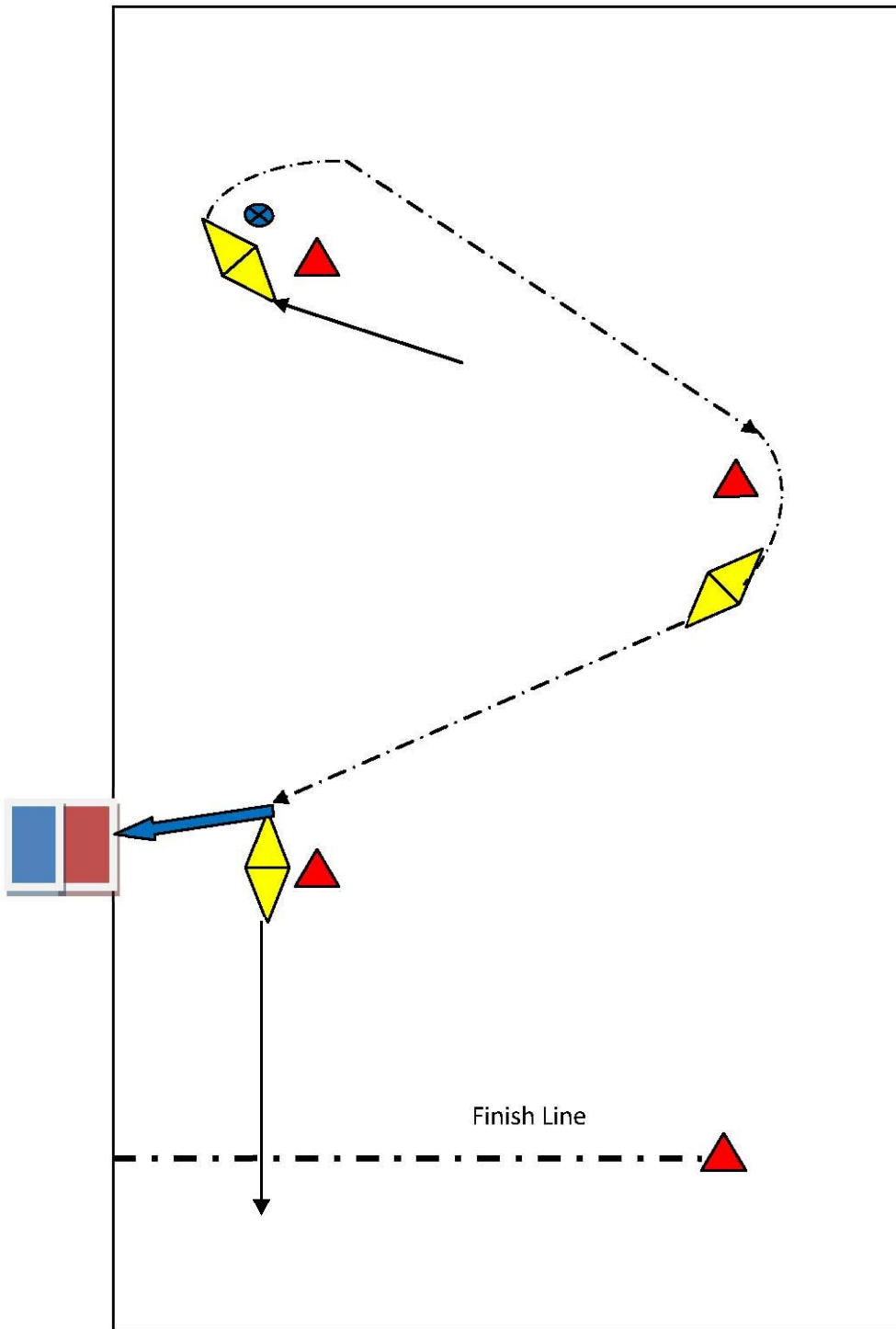
Line of Travel with ball



Participants can use any type of boat for this event.

Paddler starts in corner of pool. Time starts when they cross the start line at the first buoy and ends when they recross the start line the second time.

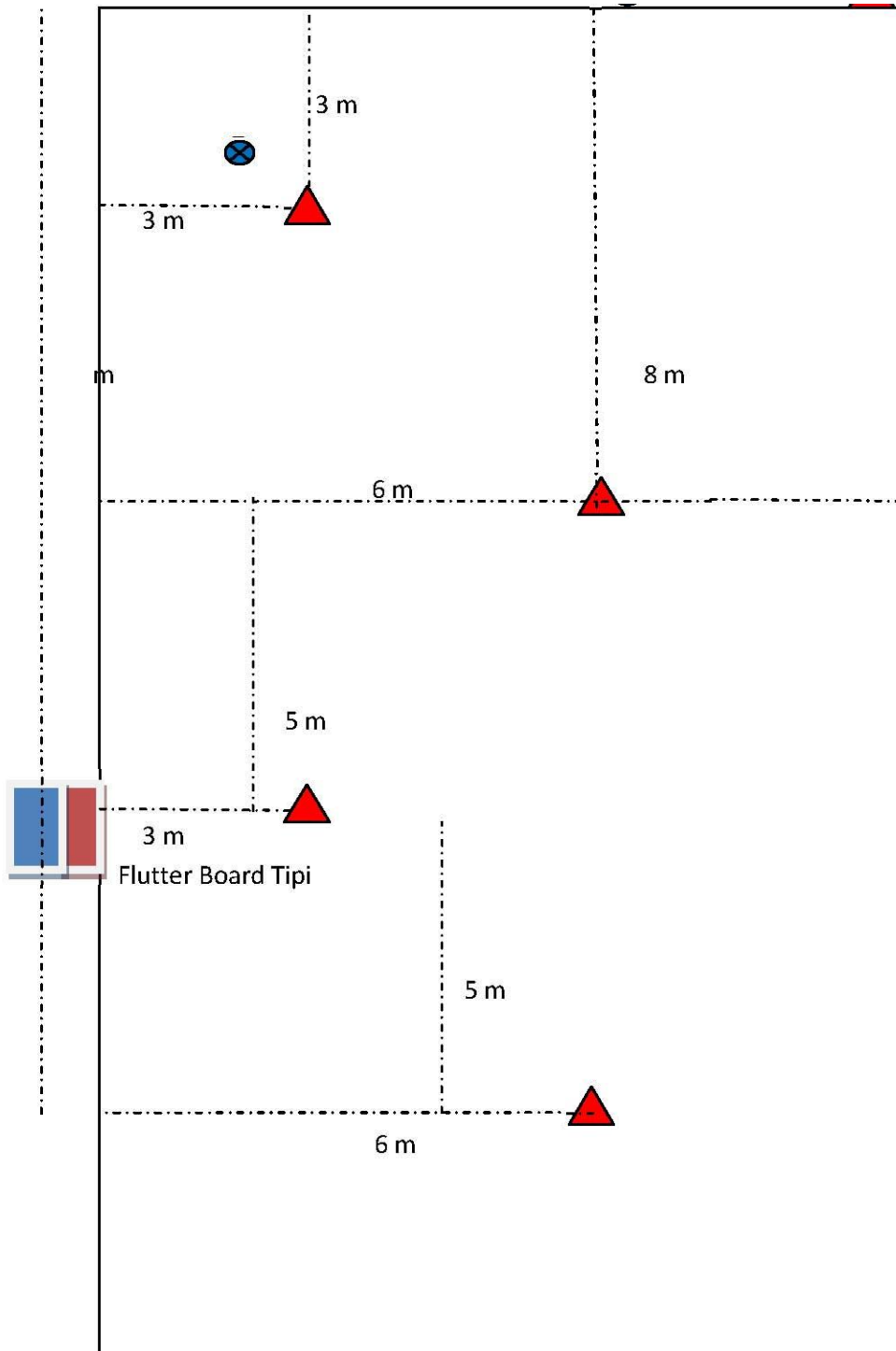
Paddler's boat must go around buoy. Lifting bow over buoy is permitted. Buoy cannot be submerged under the boat when the body passes over the buoy. There are no penalties for touching the buoys.



After the first zig-zag at the far end of the pool, the paddler picks the ball up off the water and dribbles it around the buoys to a spot to throw the ball at the flutter board tipi. Ball cannot be passed inside of the buoys and must be dribbled around the outside along with the boat.

The tipi must be knocked down before the paddler can move on. If they miss and the ball leaves the pool the time is recorded as a DNF and they must repeat the course from the beginning.

After paddler knocks down the flutter board teepee they paddle across the finish line.



20-25 meter x 8-10 m pool with 5-6 lanes

▲ 4 Buoy Markers

⊗ Ball

All measurements start in upper left corner. If Pool is greater or less than 25m long x 10 m wide then the adjustment to maintain a standard distance is necessary. Shorten or lengthen the distances on the right and bottom ends of the course as shown.

Buoys are anchored to pool floor with weight and can be any size or shape.

Junior Water Polo Balls are to be floating somewhere between the buoy and pool corners