



## Alberta Whitewater Association 2014 Alberta Summer Games Standardized Zone Time Trials Format

The Alberta Whitewater Association (AWA) is using a team selection format for the Alberta Summer Games (ASG) zone teams that will provide fair and open competitions between geographically dispersed clubs and communities, make the zone tryouts more inclusive for communities that do not have active kayak clubs 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 grant per zone from the AWA to run Zone Trials. Drop us a note at [admin@albertawhitewater.ca](mailto: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](http://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 gain a competitive advantage may result in disqualification or other sanctions by the AWA.

The Alberta Summer Games are being held in Airdrie, Alberta from July 24-27, 2014. 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.

Cadet: 11 - 14 years of age (Born between January 1, 2000 and July 24, 2003)

Junior: 15 - 17 years of age (Born between July 28, 1996 and December 31, 1999)

The intent of the selection process is to select a balanced team of 8 athletes with 2 athletes in each age group and in each gender. Teams should consist of 2 cadet boys, 2 cadet girls, 2 junior men, and 2 junior women. 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 a balanced team. 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.

The top 2 athletes in each gender age group will be invited to the Zone Development Camps that will be held in July that will work on slalom, canoe polo and downriver technical skills. We are requesting that the Zone Chair select 8 substitute athletes for their team in the event that 1 or 2 athletes in a specific gender age group cannot attend. The substitute athletes will be eligible to attend the Zone Camps. More details of the Zone Camps 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](mailto: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

Pools – Standard 25 meter pool is the preferred facility for this event, but any aquatic space with a minimum of 20 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 set 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 canoe polo balls or similarly sized balls. 1 ball in the pool to start. 1 additional ball is suggested to start the next racer as soon as the preceding racer finishes. A reaching device will help to keep the ball in the right position for the next racer.

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 playboats. Slalom and canoe polo boats have proven to be faster than playboats.

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 9<sup>th</sup> 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 race results to the AWA within 14 days of running their event. This can be a certified AWA/NCCP instructor or coach, Club volunteer, Pool Staff member or School Teacher.

Fees – There are no fees payable to the AWA for running this event. The only fee required is the pool rental fee, equipment fees or travel charges incurred by the organizers.

If the athlete is selected to represent the zone at Alberta Summer Games, a \$100 fee will be required to attend the Alberta Summer Games and the athlete must be a member of the Alberta Whitewater Association either through a local club (~\$20-\$50) or directly as an individual member - cost \$15.

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. Contact the AWA for more information if necessary.

Reporting – 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](mailto:admin@albertawhitewater.ca) or 403-628-2336. At the event all participants are requested to 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 9<sup>th</sup>, 2014**. All final results must be submitted by midnight, **June 12<sup>th</sup>, 2014**.

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 right and bottom ends of the pool as shown.

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

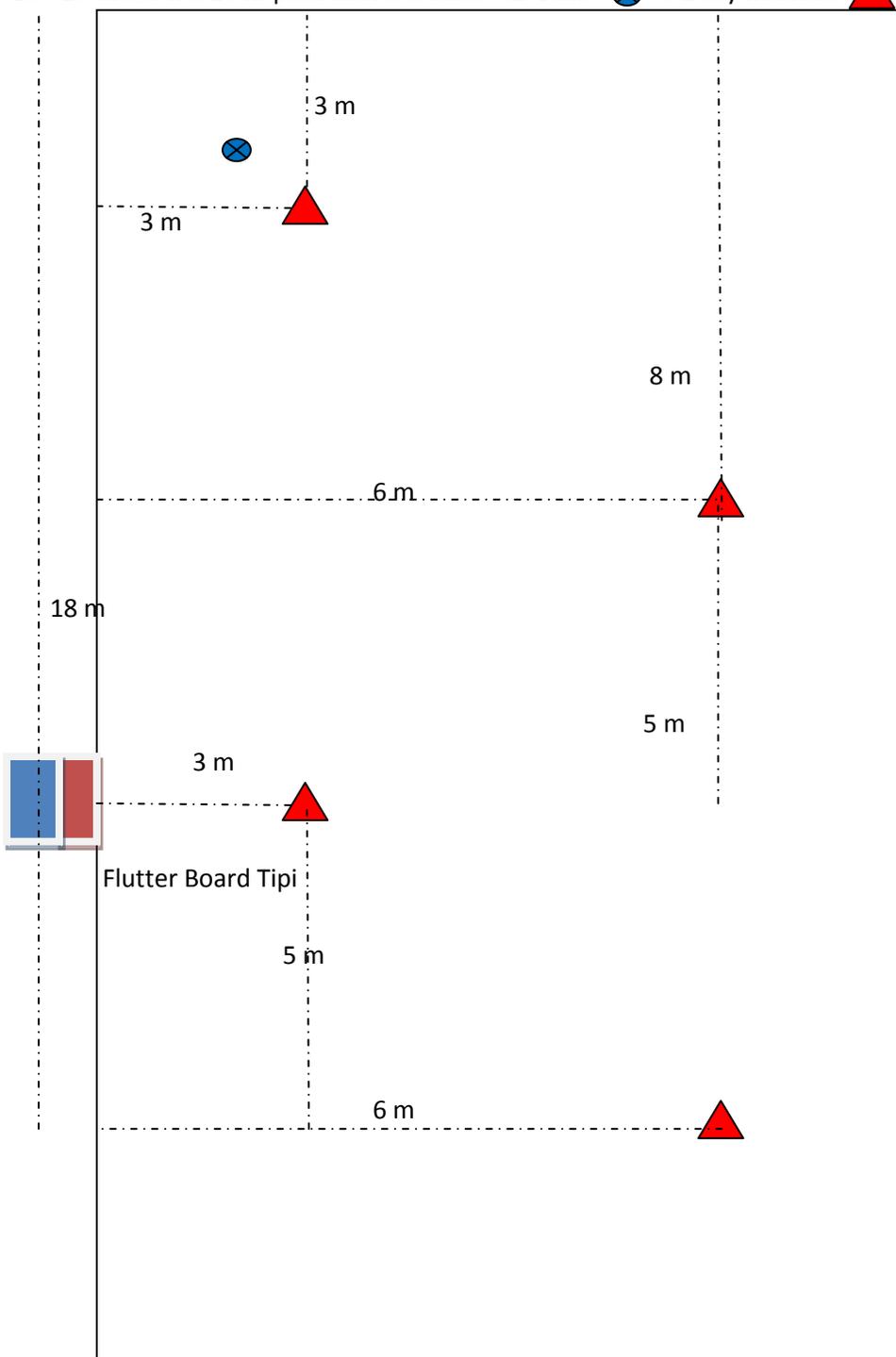
Junior Water Polo Balls are to be floating somewhere between the buoy and pool corner

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 pass and dribble it forward 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 will be recorded as Did Not Finish (DNF) and the paddler has to repeat the race course.

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

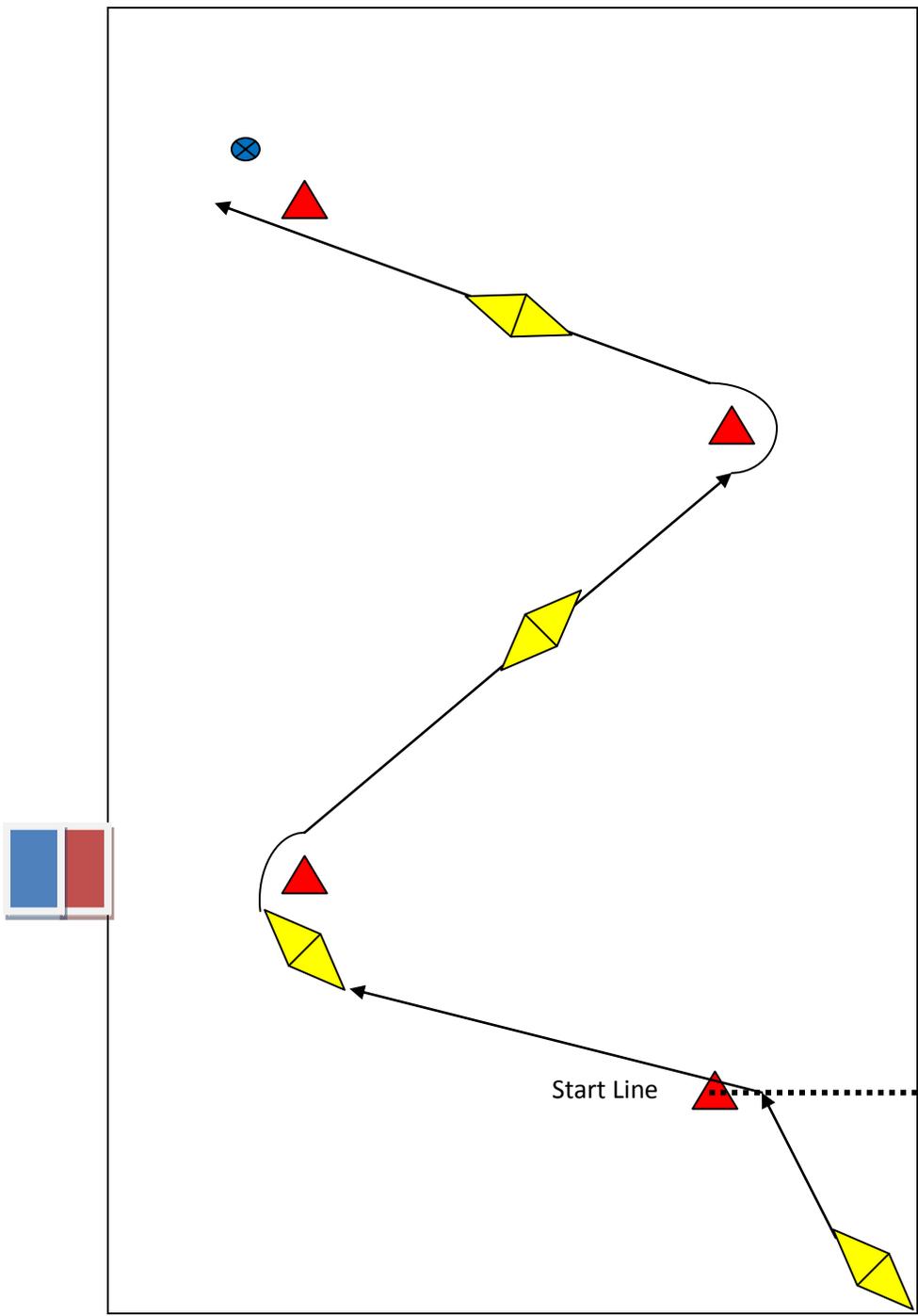
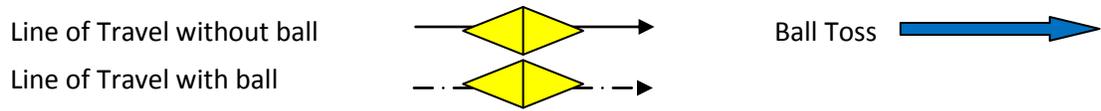
20 - 25 meter x 8-10 m pool with 5-6 lanes 2 Balls -  4 Buoy Markers - 



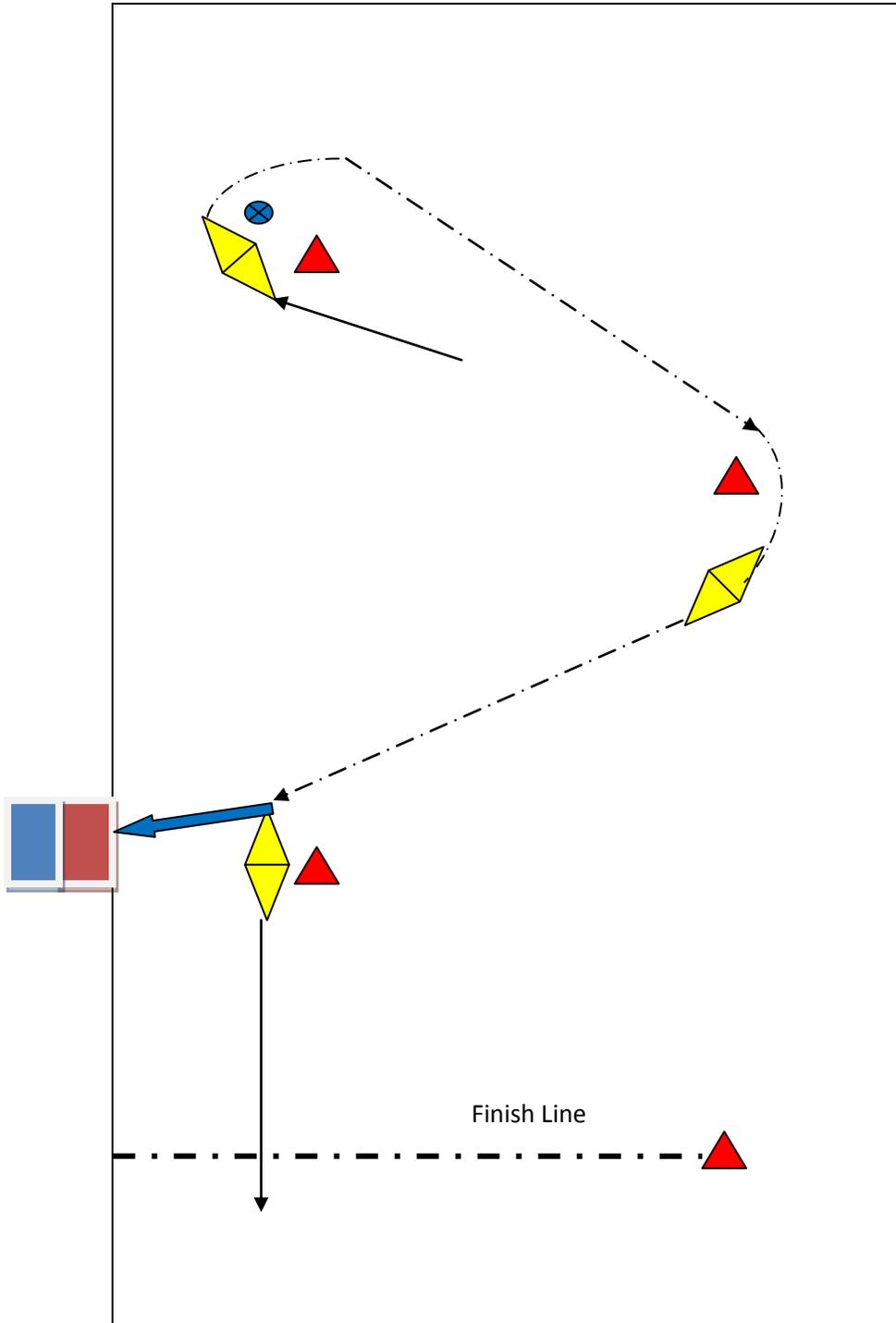
All measurements start in upper left corner. If Pool is greater or less than 25m long x 10m wide then the adjustment to maintain a standard distance is necessary. Shorten or lengthen the distances on the right and bottom ends of the pool as shown.

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



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 if buoy is not submerged under the boat when the body passes through gate plane. There are no penalties for touching the buoys.



After the first zig-zag at the far end of the pool, the paddler picks up the ball off the water and can pass and dribble 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 the paddler knocks down the flutter board tipi they paddle across the finish line.

2014 Alberta Summer Games - Time Trials Results Template Submitted by

Date of the Time Trial Event

Date Submitted

First Name	Last Name	Zone 1,2,3,4, 5,6,7,8	Club	Gender M / F	Class Cadet / Junior	Best Time min:sec:1 00's	Birth Date	Street Address	City

Send this completed form to: [admin@albertawhitewater.ca](mailto:admin@albertawhitewater.ca)

403-628-2336

Chuck Lee

# Expense Report

For \_\_\_\_\_ Date: \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Email \_\_\_\_\_

Date	Activity	Expense Category	Expense Description	Amount	Km Travelled	For Office Use Only
	ASG Zone Trials	Pool Rental				
		Travel	From			
			To			
		Other				

Submitted: \_\_\_\_\_  
 signature  
 Notes: \_\_\_\_\_  
 \_\_\_\_\_

Total Kilometers		\$ 0.26
Sub-totals	\$ -	\$ -
Total Due	\$ -	
	Rate per Km	

**Email to:** [admin@albertawhitewater.ca](mailto:admin@albertawhitewater.ca)  
**Fax to:** 403-628-2336  
**Mail to:** AWA, c/o Chuck Lee  
 Box 162, Lundbreck, AB, T0K 1H0

Receipts Attached (please attach receipts in pdf format)

For Office Use	
<b>Total</b>	
<b>GST Collected</b>	
<b>Net Amount</b>	