## Scottish Canoe Association Sprint Committee



## Scottish Championships K2 10km & 5km

Linlithgow Loch Sunday 16th October

Registration from 11:30am Lowport Car Park

Briefing: 12:15pm Lowport Centre Car Park

Starts from 1:00pm

10km – Senior Men & Ladies, Veteran Men & Ladies, U18 boys & girls, U16 boys & girls

5km - Masters Men & Ladies, U14 boys & girls

Entries in advance by email to Brian Chapman: brchapman@mac.com, Names, SCA nos. class entering

Entry Fees : Seniors £5 per paddler

Juniors £4 per paddler

## TO BE ELIGIBLE FOR MEDALS PADDLERS MUST BE MEMBERS OF THE SCA

SCA membership: Paddlers must be members of the SCA/BCU or take out SCA day membership (£5) on the day.

**Safety**: Buoyancy aids are compulsory for all novice paddlers. They are discretionary for other paddlers although <u>all</u> paddlers are advised to wear them. In adverse weather conditions the race organiser may require all paddlers to wear them

All boats must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsize. Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted

The loch may be in use by other members at this time. Paddlers must take care and be respectful of other users. Detailed advice will be provided in the briefing.

Organiser: Sprint Committee, Brian Chapman, mobile: 0771057612, email: brchapman@mac.com,