



Kirkcaldy Canoe Club Regatta



Kinghorn Loch, KY3 9YG

Sunday 23 June 2019

Entries in advance by **Thursday 20 June 2019** on-line via CanoeScotland

<https://sca.azolve.com/workbench/public/events?ref=F5F7C0C7394A0737A4713440E034FF4A6093BED3>

Adults £6 - Juniors £5 (Non SCA members £5 day membership)

Registration – 9.30 am – 10.15 am

Briefing – 10.30 am

Start – 10.45 am

Events

Senior, Veteran, Ladies, Masters	K1/C1	200m, 500m, 1000m, & 3/6k
Under 18, 16, 14 Boys and Girls	K1/C1	200m, 500m, 1000m, & 3/6k
Lightning & K1 Under 12	K1	200m, 500m, 1000m
	K2	500m
Lightning Under 10	K1	100m, 200m, 500m
	K2	500m
Lightning Under 8	K1	100m, 200m, 500m
	K2	with U10

Open Handicap Relay Races – 4 x K1 paddlers (U14 and older Paddlers - NOT Lightning Paddlers) with combined 500m time of at least 6 minutes. These races will take place subject to the weather conditions on the day.

Refreshments – Soup, Hot Dogs, Sandwiches, Tea/Coffee, Juice, Cakes etc on sale throughout the day.

Event Organiser – Raven Cairn – email – raven.cairn@icloud.com

Buoyancy aids are compulsory for all Lightning Paddlers, all U14's and Paddlers in Divisions 7, 8 & 9 or D. They are discretionary for all other Paddlers, although all Paddlers are advised to wear them. In adverse weather conditions the race organiser may require all Paddlers to wear buoyancy aids. A rescue boat will be in operation during the event.

Non-native species - Please ensure that your boat & equipment is either dry or has been thoroughly flushed out away from the Loch catchment area to avoid the possible transfer of non-native species.