

## Sprint Racing in Scotland FAQs

**How does it work for children?** Children in the under 8, under 10 and under 12 age groups (as of 1st of January) normally practice and race in a particular design of smaller and more stable racing kayaks. These Lightning kayaks allow young paddlers to develop their skills on an equal footing, typically racing from 100 m up to 1 km in a sprint event.

**And what about adults?** Adults and young people who are under 14 and above (as well as some younger paddlers) use longer boats of varying designs. In a regatta the races tend to range between 200 m and 1 km with a few events racing up to 10 km depending on ability. At regattas you race against paddlers in the same age group as you.

**What is involved in a regatta?** There are 5 Sprint regattas throughout the year. 3 are club organised regattas and the other 2 are much more formal, held on the laned regatta course at Strathclyde Park. At these events competitors compete in several races in the same day. For example 200 m, 400 m and 1 km. The times and positions across all races would be combined to work out overall positions and prizes. The Scottish Sprint Championships also takes a similar format to the regattas.

**Do I have to complete every race in a regatta?** The more races you do in 1 event, the more points you will gain but you don't have to do every race. For example a beginner might chose to ease themselves in by only doing some of the shorter races in their first event.

**Can I win a prize at each event?** Most races award small prizes after the race depending on the event and the number of competitors. Competing in races that are part of the Sprint League gains the competitor and their club points towards SCA awards at the end of the season.

**Is each regatta or race an individual event?** Yes, but some races count towards a series. For example the results of all 4 regattas and the Scottish Sprint Championships are combined to make the Scottish Sprint League. The details of how prizes are awarded at the end of the season can be found on the SCA website.

**How do I find out more information?** For more information on everything related to sprint kayaking go to [www.canoescotland.org/disciplines/sprint](http://www.canoescotland.org/disciplines/sprint)

# Kayak and Canoe Sprint Racing Information 2019



**SCA**  
Scottish Canoe Association  
Comann Curach na h-Alba

## **Introduction to Sprint Racing**

As soon as you have picked up the basics of paddling in a racing kayak or canoe you are ready to race. A coach or a fellow paddler in your canoe club will be able to suggest a suitable race for you to start with. This may well be one of the sprint regattas listed across the page. At a regatta you can do all of the races or just a selection.

You don't have to be part of a canoe club to race as anyone can enter the races, but there are lots of benefits to being in a canoe club - coaching, support at events, sharing transport etc. At some of the events competing gains you and your club points towards various Scottish trophies and medals. You will also have to either join the SCA or pay for day membership to be able to compete in any race.

The main UK Canoe and Kayak Sprint racing season runs from April to October, with events ranging from individual races to regattas. During the summer there are some weekday events and your club may have their own races as well as the regular training nights. The race distances range from 100 m to 10 km. Most events are held on small lochs within the central belt, with a couple of events at the internationally renowned Strathclyde Country Park.

The basic information for this season is in this leaflet. Find out more by talking to people in your club and look at the Scottish Canoe Association website ([www.canoescotland.org](http://www.canoescotland.org)). Look under the 'Discipline' tab for Sprint or the 'Events' tab. For most events you can enter online or on the day, but check the requirements online for each event.

On the back of this leaflet are some FAQs about Sprint Racing in Scotland. Ask at your club or get in touch with the SCA Sprint Committee – details and email addresses can be found on the SCA website.

[www.canoescotland.org/disciplines/sprint](http://www.canoescotland.org/disciplines/sprint)

<b>Scottish Sprint League events—2019 dates</b>	
May 11th	Strathclyde Park Regatta
May 25th	Linlithgow KR Regatta, Linlithgow Loch
June 23rd	Kirkcaldy Canoe Club Regatta, Kinghorn Loch
Aug 25th	Kirkcaldy Canoe Club Regatta, Kinghorn Loch
Sept 7th	Scottish Sprint Championship, Strathclyde Park

<b>Other Races and Events in 2019</b>	
Lowport Summer Series 10K	A series of 5 events held on Thursday evenings once a month from May to Sept. 2km, 6km & 10km.
Scottish Racing Week	A series of 5 events held over a single week in June. 2 marathon and 3 sprint events.
K1 5K Championships	Held as part of the Strathclyde Park Regatta in May.
K2 5K Championships	Held as part of the Scottish Sprint Championship Regatta in Sept at Strathclyde Park.