



## The Mini Sprint Series 2009

The Mini Sprint Series is run alongside the National Sprint Regattas held at Holme Pierrepont in Nottingham during May, June, July and September.

The Mini Sprint series has been specifically developed to suit the needs of young people who have chosen this discipline at this time. It is part of the Paddlesport foundation which helps them progress into whichever discipline they may eventually choose. The programme has taken into account that full sized K1s, K2s and K4s are too large for young people. Together, Canoe England's Paddlesport Participation Programme and the BCU Sprint Racing Committee have formed the Mini Sprint Series which has evolved from the Lightning series which was originally only a K1 event.

The aim of the series is:

- To introduce young paddlers to the venue.
- To develop experience of sprint competition at a national event.
- To develop teamwork.
- To have the opportunity to develop paddling skills/speed through organised activities.
- To become motivated to progress through the main classes.
- To meet and make friends with paddlers from other clubs.
- **To enjoy, have fun and become confident sprint paddlers.**

The series has been developed over the years as a weekend event involving coaching activities and racing. **Some changes have been made for 2009.** The paddlers will compete over 500metres in Lightning K1, Mini K2 and Rocket K4 with heats and finals being run and timed on the main regatta course. There will be no 1000m races.

Changes have been made to the categories.

Coaching will be differentiated so that all paddlers will be able to enjoy and benefit from the activities.

Coaching and racing in Open Canoes will be included in the weekend event.

### MINI SPRINT CUP

Points will be awarded for each event culminating in the final event where double points will be awarded.

9<sup>th</sup>/10<sup>th</sup> May Regatta Nottingham

6<sup>th</sup>/7<sup>th</sup> June Regatta Nottingham

4<sup>th</sup>/5<sup>th</sup> July National Championship Regatta Nottingham

5<sup>th</sup>/6<sup>th</sup> September Mini Sprint Cup Finals – Inter Club Regatta Nottingham

MINI SPRINT CUP RULES -2009 Points are accumulated at each nominated event leading to a final at the Inter Club Championships in September. The Mini Sprint Cup includes overall prizes for both individuals in each category and overall club prize. Details are as follows:

#### Entry Conditions

To enter the Mini Sprint Series the young people must be aged 9 or over and under 12 on 1<sup>st</sup> January 2009 (Year of Birth 1999 - 1997), have reached at least Paddlepower Discover standard and must be able to paddle a K1 Lightning over 500m in less than 4m15s.

#### Categories

A – For those who can complete 500m in under 3m45s

B – For those who complete 500m between 3m45s and 4m15s

#### Entries

All entry fees are per day and will be taken with main regatta entries - see Team Leader's section.

#### Events

May, June and July, with the Finals at the Inter Clubs September Regatta 2009.

#### Points scoring:

1. All National winners (individual) are awarded on the same system, 2 best regatta scores added to their Inter Clubs score.
2. Points scored will count towards the team & individual event.
3. National Regattas (May, June, July): in K1, K2 and K4.  
K1 Final-1, 1<sup>st</sup> place scores 10 points, 2<sup>nd</sup> place scores 9 points etc. down to 2 points for 9<sup>th</sup> place, everyone after that scores 1 point. The total number of points scored across K1, K2 and K4 will be added together to determine the results at each regatta. For the K2/K4 races without heats the points will be awarded on time with the fastest crew receiving 10 points each, 9 points to the second fastest crew etc.
4. Inter Clubs Regatta (September): in K1, K2 and K4,  
As the National Regattas but double points will be awarded.
5. Club/Team event:  
The points scoring system is based on each club's best 2 regatta result's scores added to their Inter Clubs points score.

#### Promotions:

Promotion from Mini Sprint Category B to A will be based on K1 500m times being less than 3m45s. Promotion into Boys D and Girls D is based on normal regatta entry guidelines. See Standards Chart on page D1.

#### Prizes:

Tiddly Winks will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places in the K1 Final-1 of each category and for the three fastest K2/K4 crews in each category within the Mini Sprint series.

Trophies will be awarded to the overall series winners 1st, 2nd, & 3rd and The Mini Sprint Cup will be awarded to the overall series Club/Team.

All participants will be awarded a Certificate at prize giving

