



**2018 USCA  
National Canoe & Kayak  
Championships**

**August 9-12, 2018**

**Onondaga Lake and the  
Seneca River  
Syracuse, NY**

**Hosted by  
New York Marathon Canoe Racing  
Association**

For more information go to [www.cnynationals.org](http://www.cnynationals.org)

Or call - Race Director, Phil Millspaugh at 518-573-3284

# 2018 USCA NATIONAL CANOE & KAYAK CHAMPIONSHIPS

## Syracuse, New York

### Race Schedule

#### Thursday, August 9, 2018

Youth Sprint Championships and Youth Marathon Championships  
Adult/Youth Sprint Championships  
Paddlers with Physical Disabilities Sprint Championships  
Host Event: Paddle for the Pantry, Community Cruise

#### Friday, August 10, 2018

##### **Long Course**

C2 Standard Men Open, Master (40+)  
C1 Woman Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)  
C1 Stock Woman Open  
OC1 Man  
K1 Unlimited Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K1 ICF Woman Open, Master run with K1 Unlimited Woman  
K1 Touring Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K1 Touring Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
C2 Men Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K2 Unlimited Men

##### **Short Course**

C1 Woman Junior (<18)  
K1 Woman Junior (<18)  
C2 Men Junior (<18)

#### Saturday, August 11, 2018

##### **Long Course**

C2 Standard Women Open, Master  
C2 Women Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K1 Unlimited Man Open, Master, Senior, Veteran 1, Veteran 1, Grand Veteran 1, Grand Veteran 2  
K1 ICF Man Open, Master run with K1 Unlimited Man  
C1 Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
C1 Stock Man Open  
OC1 Woman  
K2 Unlimited Women

##### **Short Course**

C2 Women Junior (<18)  
K1 Man Junior (<18)  
C1 Man Junior (<18)

#### Sunday, August 12, 2018

##### **Long Course**

K1 Sea Kayak Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K1 Sea Kayak Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
C2 Standard Mixed  
C2 Mixed, Open, Master, Senior, Veteran (60+)  
C2 Man (18+) / Junior (15-17)  
C2 Woman (18+) / Junior (15-17)  
K2 Unlimited Mixed (Trial)

##### **Short Course**

C2 Mixed Junior (<18)  
C2 Man (18+) / Youth (5-14)  
C2 Woman (18+) / Youth (5-14)  
SUP Unlimited Woman  
SUP Unlimited Man

# Important Information for the 2018 USCA National Championships

## Please Read Carefully

\*\*\*2018 USCA membership is required for all USCA championship and trial events.

Send USCA membership application on or before July 27, 2018 to:

Lynne McDuffie, Membership Chair  
410 Cockman Rd.  
Robbins, NC 27325

Join on line at [www.uscanoe.com](http://www.uscanoe.com) or <http://uscanoe.info> by August 1, 2018 or you **must** join on site.

***Proof of membership is required for event registration. Membership will be verified onsite.***

\*\*\*To **Pre-register for races** by mail on or before July 13, 2018.

Send the registration forms with personal check made payable to ***NYMCRA CNY Nationals*** to:

Kim Greiner  
558 Old Hwy 30  
Esperance, NY 12066

For further information please go to [www.cnynationals.org](http://www.cnynationals.org) or contact Phil Millspaugh at 518-573-3284

**No day-of-event registration. All races require pre-registration no later than 5 p.m. on the day prior to the event with the exception of the Thursday Youth Sprint /Adult/Youth Sprints, Youth Marathon and Paddlers with Physical Disabilities events.**

Each participant must fill out a **participant registration form** and submit along with the entry form(s) for the day's event to be entered. Transfer the fees from each page to the **Total Fees Form on the Participant Registration Form**. A **Waiver / Release of Liability form must be completed and signed by each participant at check-in.**

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**Important:** Paddlers may elect to "paddle down" to a younger age class in the adult races. Winners will be awarded only in the class in which they register to compete. No duplication of awards except for Special Age Recognition Awards listed on the next page.

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The following age groups will apply for all the classes except for those that are stated otherwise.

### **Adult Age Groups**

18-39 Men/Women (open)  
40-49 Master  
50-59 Senior  
60-64 Veteran 1  
65-69 Veteran 2  
70-74 Grand Veteran 1  
75-79 Grand Veteran 2  
80 + Grand Master Veteran

### **Youth/Junior Age Groups as of 1/1/2018**

Youth 5-7 years of age  
Youth 8-10 years of age  
Youth 11-12 years of age  
Youth 13-14 years of age  
Junior 15-17 years of age  
Adult/Youth – Adult must be 18 or older on race day; Youth must be 5 to 14 years of age  
Adult/Junior - Adult must be 18 or older on race day. Junior (15-17) must be 15-17 years of age

In tandem events (C2 or K2), the team's age group is determined by the younger of the two paddlers in adult classes. In youth classes, the team's age group is determined by the older of the two paddlers.

**Remember: As of 2018:** All Canoes and Kayaks **should be jigged prior** to Marathon events. A **2018 sticker will be provided to all competitors whose craft has passed inspection.** This sticker is to be affixed to his or her boat. Watch the bulletin board for jigging times and location. In the marathon events, the top 5 finishing boats in all age groups must go immediately to the jigging area to be measured, or face disqualification. This is done before the awards presentation ceremony begins in order to make sure all boats are legal. Any boat that fails inspection and was not measured prior to the event, the boat and the competitor will be disqualified immediately.

**Trial Events:** This is an event to test to see if the number of entrants in a particular boat class warrant future championship status. It is on a trial (non-championship) basis. It is offered only at Nationals. USCA membership is required to participate in this event. If seven (7) or more boats compete in this trial class, then it will be added to the following Nationals as a Championship class.

## Important Information for the 2018 USCA National Championships (*continued*)

### Special Age Recognition Awards for USCA Marathon Events to be awarded to the **first** in the following:

1. OC1 Man and Woman, 40-49, 50-59, 60-69
2. K2 Men and Women, 40-49, 50-59, 60-69 team
3. First 70+ teams or individual in any event without a Grand Veteran class.
4. First 80+ team or individual in any event without a Grand Master Veteran (octogenarian) class

**Medals: Awarded as follows:** All adult USCA classes: 3 medals deep.

All Junior (15-17), Adult/Youth (5-14), and Adult/Junior (15-17) classes: 5 deep for sprints and 6 deep for marathon. Trial events awarded 3 medals deep. (USCA membership is required.)

A special medal will be awarded to each SUP marathon participant.

**Barton Youth Award:** The USCA offers the Barton Youth Award to encourage youth participation in solo kayak (K1) or solo canoe (C1). Participation is open to all paddlers ages 9-17. The award goes to the fastest female and the fastest male in K1 and C1. The winners will each receive a new paddle.

**Important Information for the Paddlers with Physical Disabilities:** *New for 2018.* Athletes entering the National Championship Sprints for Paddlers with Physical Disabilities must send ICF Paracanoe Athlete Diagnosis Form and ICF Paracanoe Athlete Certificate of Diagnosis Form or USCA Adaptive Paddler Vision Qualification Form to Jan Whitaker at 560 Shore Drive, West Henrietta, NY 14586 or [janwhitaker@twc.com](mailto:janwhitaker@twc.com) by July 1, 2018 for eligibility assessment. Phone: 585-292-6107 (See Event Application for information to links to ICF forms.)

**Traveling Trophies may be delivered to Race Headquarters upon arrival to check-in or register for the week's events. Please make sure these trophies are checked in by a USCA official. Trophies will be securely stored until distribution.**

**Friday Catered Buffet Dinner:** Friday August 10, 2018 - 5 p.m. to 7 p.m. at Elks Lodge at 3730 Cold Springs Rd, Baldwinsville, NY 13027. Cost is \$17.00 per person for Adults and youth 5-17 years old. Youth under 5 years of age - free. Pay with race registration, at check-in or at the door.

**USCA Semiannual Meeting:** Friday, August 10, 2018 at 7 p.m. at Elks Lodge. All members are encouraged to attend.

### **Safety Information**

Failure to observe the following safety requirements will result in a disqualification in that event or a time penalty may be assessed to the violators' finish time as determined by the Competition Chair.

**Safety Rules:** Attendance at pre-race meetings is mandatory. A *US Coast Guard* approved PFD must be in the possession of each contestant, and properly worn if wearing it is required in accordance with the *PFDs Owner's Manual* and what is stated on the label attached to the PFD (if there is not a manufacturer's instruction label on the PFD then the PFD is not *US Coast Guard* approved). If there are any questions pertaining to PFDs consult with the Nationals Coordinator or Competition Chair **BEFORE YOU ARE ON THE START LINE**. A sound producing device, such as a pealess whistle which meets USCG requirements, must be carried in each boat, either securely affixed to a PFD or the boat in a manner which allows quick access in a personal emergency. A *US Coast Guard* approved PFD must be worn by all non-swimmers and by persons ages 5 through 14 at all times on the water, and by all contestants in Youth (13-14) and younger classes. Inflatable PFDs shall NOT be worn by non-swimmers and by all persons under the age of 16. Competitors **must wear the ISO 12402-5 compliant PFD securely to be legal.**

**Lightning Safety:** Before a race has started, if thunder is heard and/or lightning is seen, or a lightning detector indicates an approaching thunderstorm, the racers, race helpers, and spectators shall take proper shelter and wait at least 30 minutes after hearing the last thunder. Once a race has started, if lightning is seen, you count the time until you hear thunder. If this time is 30 seconds (6 miles) or less, or if you do not see the lightning, but hear loud thunder; get off the water immediately and seek proper shelter. The race is considered officially stopped at that moment in time. **This is a weather emergency and race clocks will be stopped.** The order of the paddlers on the race course at that instance will be considered their placement in the finishing order, based upon discussion with the racers and race officials at the finishing area. Thirty minutes after hearing the last thunder the racers may proceed down the race course. Detailed information will be provided at the pre-race meeting.

# 2018 USCA National Canoe & Kayak Championships

## *Schedule of Events*

**Race Starts:** In the Schedule of Events for the marathon races, the start time each day for the first race in the sequence of events is 9:00 am. The remaining events will follow about every 10 minutes. The number of race entries may require some classes to be split into separate heats. Specific heats will be announced and posted. The USCA race starter is in control.

**Race HQ Location:** Onondaga Lake Park, adjacent to Syracuse University Boathouse, 3820 Long Branch Rd, Liverpool, NY 13090 from **Thursday, August 9 to Sunday, Aug. 12**

### **Thursday, August 9, 2018**

**Check In: 10:00 am - 5:00 pm.** Pre-registered entrants must check in. Open registration at **Race HQ:**

#### **Race Registration / USCA Memberships / Waiver – Release of Liability**

- Thursday Sprint participants must check in or register between 10:00 am and 1:00 pm.
- On-site registration accepted for all Marathon events for Friday through Sunday.
- Anyone who pre-registered by mail or online and plans to participate in a Friday event, you **must be checked in** and make any changes to the pre-registration forms by 5:00 pm Thursday.
- USCA membership verification / memberships accepted. Current USCA membership is required to enter any Championship or Trial Event.
- Each competitor must sign a Waiver of Release of Liability form at check-in. One form per participant.

**Boat Jigging Available** near Race Headquarters. (See bulletin board at **Race HQ** for times for the week.)

**Host event:** Paddle for the Pantry Community Cruise – Registration: 4:00 pm – 5:50 pm at Race HQ.

Fee: Donation of non-perishable food items. (All racers, family members and community members invited.)  
Cruise starts after Youth Awards and Opening Ceremony – approximately at 6:00 pm. All cruise participants must sign a waiver form when registering for the cruise. The cruise is on the Nationals course which is a six mile loop with optional shorter distances for participants by only doing part of the course.

### **Thursday, August 9, 2018**

#### **Youth Sprint and Adult/Youth Sprint Championships, Youth Marathon Championships, and Paddlers with Physical Disabilities Championships**

**Event Location:** To be held along the straight away by the boat houses. Exact location to be posted.

**Race HQ** – Onondaga Lake Park, adjacent to the Syracuse University Boathouse.

**10:00 am – 1:00 pm** – Check-in, registration, membership verified, and waivers signed at **Race HQ.** Waivers must be signed by each participant and parent or guardian for each youth under the age of 18.

**1:00 pm** – National Anthem – **MANDATORY pre-race meeting at Race HQ**

**2:00 pm** – **Racing Begins**

**5:00 pm** - Awards will be at Race Headquarters.

## Thursday, August 9, 2018 (continued)

A youth paddler may enter one of each of C1, C2, C2 Mixed, K1 and SUP for a total of five (5) events.

### USCA Youth Sprint Championship Sequence of Events

#### 250 Meters

1	C1 Youth (5-7)	4	K1 Youth (11-12)	7	C1 Youth (11-12)
2	C2 Youth (11-12)	5	C2 Youth (5-7)	8	C2 Youth (8-10)
3	C1 Youth (8-10)	6	K1 Youth (8-10)	9	K1 Youth (5-7)

#### 500 Meters

1	C1 Girl Youth (13-14)	6	K1 Woman Jr (15-17)	11	C1 Man Junior (15-17)
2	K1 Man Junior (15-17)	7	C2 Men Junior (15-17)	12	C2 Girls Youth (13-14)
3	C2 Women Junior (15-17)	8	C1 Woman Junior (15-17)	13	C2 Mixed Open (5-17)
4	K1 Girl Youth (13-14)	9	C2 Boys Youth (13-14)	14	SUP Unlimited Man (5-17)
5	C1 Boy Youth (13-14)	10	K1 Boy Youth (13-14)	15	SUP Unlimited Woman (5-17)

Effective in 2010: In Youth (5-7), Youth (8-10) and Youth (11-12) events, any boat may be used. The sole requirement is that the boat is propelled by a USCA-legal canoe paddle in canoe events and a USCA-legal kayak paddle in kayak events. Rudders, outriggers and multi-hull designs are allowed.

### Adult/Youth Sprint Championships and Paddlers with Physical Disabilities Championships

Adult paddlers in the Adult/Youth Sprints must be 18+ years of age as of race day. Adults may paddle in more than one age group of Adult/Youth events. ***New for 2018:*** Athletes entering the National Sprint Championships for Paddlers with Physical Disabilities must meet certain International Canoe Federation Para canoe (Para kayak and Para va'a) eligibility requirements or have a loss of 10% vision or a visual field constricted to a diameter of less than 40 degrees to qualify as an athlete who is blind or visually impaired. See information on Event application form.

#### 500 Meters – Sequence of Events

1	C2 Man/Youth (5-7);	8	C2 Woman/Youth (5-7)
2	K1 Paddler w/a Physical Disability Woman;	9	V1 Paddler w/a Physical Disability Man
3	C2 Man/Youth (8-10);	10	C2 Woman/Youth (8-10)
4	C2 Man/Youth (11-12);	11	C2 Woman/Youth (11-12)
5	K1 Paddler w/a Physical Disability Man;	12	V1 Paddler w/a Physical Disability Woman
6	C2 Man/Youth (13-14);	13	C2 Woman/Youth (13-14)
7	C2 Man/Junior (15-17);	14	C2 Woman/Junior (15-17)

### **Rules and Regulations Governing Canoe and Kayak Sprint Championships**

If heats are required, the winner from each heat is guaranteed to advance to the final round. Balance of remaining positions in the final round will be based upon fastest heat times of remaining boats, with a maximum of 12 boats in the final round. If there are 2 heats, two winners advance, plus next 10 fastest times. Any blatant obstruction of other competitors may result in disqualification of the offending boat. In the event of severe, inclement weather or circumstances beyond the control of the event organizer, the decision to cancel, postpone or delay will be decided by the following committees. Event Organizer (host), Sprint Chair, Competition Chair, Safety Chair and USCA President. If the decision is made to cancel the event, awards will be given on fastest heat times to all completed classes.

### Youth C1 and K1 Marathon Championships for 5-12 Year Olds

The course - several loops of the 500 meter sprint course - will be determined and posted at Race Headquarters. Start time will be after the Sprints.

Age groups for C1 and K1 are the following:

C1 (5-7)	C1 (8-10)	C1 (11-12)
K1 (5-7)	K1 (8-10)	K1 (11-12)

# Friday, August 10, 2018 (Marathon Day 1)

**Note: Marathon Day 1, Day 2 and Day 3 events will be held on the Seneca River.**

**Race HQ will be located at Onondaga Lake Park, adjacent to the Syracuse University Boathouse**

**7:30 am – 8:30 am – Boat Number Pick-up at Race HQ**

**8:30 am – National Anthem – MANDATORY pre-race meeting at Race HQ**

**9:00 am – USCA Championship Races Begin**

## **USCA MARATHON SEQUENCE OF EVENTS**

C2 Standard Men Open, Master (40+)

C1 Woman Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

C1 Stock Woman Open

OC1 Man

K1 Unlimited Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 ICF Woman Open, Master run with K1 Unlimited Woman

K1 Touring Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 Touring Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

C2 Men Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K2 Unlimited Men

## **USCA SHORT COURSE EVENTS**

C1 Woman Junior (<18)

K1 Woman Junior (<18)

C2 Men Junior (<18)

**Post-Race Jigging:** Top 5 boats in each event age group MUST go immediately to jigging, and be measured or face disqualification. Additional jigging for weekend and marathon events will be available prior to awards ceremony.

**Awards:** The awards ceremony will be held at Race HQ as soon as possible after races.

**Registration:** 3:00 pm – 4:30 pm for all Saturday and Sunday events at Race HQ - All pre-registered entrants must be checked in or be registered on-site by 4:30 pm for Saturday's events. USCA membership must be verified. New memberships accepted. Waiver / Release of Liability forms must be signed by each participant. Pre-registered entrants may pick up T-shirts and goodie bags. (Registration may be open earlier, please check the bulletin board for any changes.)

**Catered BBQ Buffet Dinner:** 5:00 pm - to 7:00 pm at Elks Lodge, 3730 Cold Springs Rd, Baldwinsville, NY 13027.

Dinner Fees: \$17.00 for Adults and youth 5-17; free for children under age 5. Payment in advance is encouraged with pre-registration, at check-in, on-site registration or you may pay at the door.

**USCA Semi-Annual Meeting:** 7:00 pm following Pasta Dinner at Elks Lodge. All USCA members are encouraged to attend.

# Saturday, August 11, 2018 (Marathon Day 2)

**7:30 am – 8:30 am – Boat Number Pick-up at Race HQ**

**8:30 am – National Anthem – MANDATORY pre-race meeting at Race HQ**

**9:00 am – USCA Championship Races Begin**

## **USCA MARATHON SEQUENCE OF EVENTS**

C2 Standard Women Open, Master  
C2 Women Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K1 Unlimited Man Open, Master, Senior, Veteran 1, Veteran 1, Grand Veteran 1, Grand Veteran 2  
K1 ICF Man Open, Master run with K1 Unlimited Man  
C1 Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
C1 Stock Man Open  
OC1 Woman  
K2 Unlimited Women

## **USCA SHORT COURSE EVENTS**

C2 Women Junior (<18)  
K1 Man Junior (<18)  
C1 Man Junior (<18)

**Post-Race Jigging:** Top 5 boats in each age group MUST go immediately to jigging, and be measured or face disqualification. Additional jigging for Sunday marathon events will be available prior to awards ceremony.

**Awards:** The awards ceremony will be held at Race HQ as soon as possible after races.

**Registration: 3:00 – 5:00 pm.** On-site registrations and pre-registered participants for all Sunday events at Race HQ. **Must be registered by 5:00 pm to compete.** USCA membership must be verified. New memberships accepted. Waiver / Release of Liability forms must be signed by each participant. Pre-registered entrants may pick up T-shirts and swag bags. (Registration may be open earlier, please check the bulletin board for any changes.)

## **1:00 pm or after awards. Free Style Canoeing – Demonstration and Workshop**

Location to be determined. Check at Race Headquarters.

Presented by Marc Ornstein, a member of the FreeStyle Group, a USCA Affiliated Club. Marc will be assisted by at least five others who will demonstrate this type of canoe paddling. There will be a workshop conducted and suitable boats will be available for folks to use at the workshop.

If you would like more information on FreeStyle Canoe Paddling, please contact Marc at 585-698-5778.

Or you may visit: [www.FreeStyleCanoeing.com](http://www.FreeStyleCanoeing.com)



# Sunday, August 12, 2018 (Marathon Day 3)

**7:30 am – 8:30 am – Boat Number Pick-up Race HQ**

**8:30 am – National Anthem – MANDATORY pre-race meeting at Race HQ**

**9:00 am – USCA Championship Races Begin**

## **USCA MARATHON SEQUENCE OF EVENTS**

K1 Sea Kayak Woman Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

K1 Sea Kayak Man Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

C2 Standard Mixed

C2 Mixed Open, Mixed Master (40+), Mixed Senior (50+), Mixed Veteran (60+)

C2 Man (18+)/Junior (15-17)

C2 Woman (18+)/Junior (15-17)

K2 Unlimited Mixed (*Trial Event*)

## **USCA SHORT COURSE EVENTS**

C2 Mixed Junior (<18)

C2 Man (18+) / Youth (5-14)

C2 Women (18+) / Youth (5-14)

SUP Unlimited Woman

SUP Unlimited Man

**Post-Race Jigging:** Top 5 boats in each age group MUST go immediately to jigging, and be measured or face disqualification. Additional jigging for Sunday marathon events will be available prior to awards ceremony.

**Awards:** The awards ceremony will be held at Race HQ as soon as possible after races.

## **Closing Ceremony**

Have a Safe Trip Home.

Thank you for participating at the

2018 USCA National Canoe and Kayak Marathon Championships.