



***Olympic Center „Limbazi”
International Competition
Sprint Day in Kayak and Canoe
„Silver Paddles 2023”
REGULATION***

1. Aim and Tasks

- find out the best kayak and canoe rowers in sprint,
- promotion of kayak and canoe events.

2. Place and Time

The competition takes place in June 09-10, 2023, in the National sports base, the Olympic Center "Limbazi" rowing center. The rowing center is certified by ICF. The Limbazi city is located 87km eastwards of Riga. The address of the Olympic Center "Limbazi" rowing center is **Lielezera street 33, Limbazi, Latvia, LV-4001.**

June 09 The team meeting for the representatives will be at 13.00
Heat in all classes at 14.00

June 10 Opening ceremony starts at 10.00 a.m.
Starts semifinal and final at **11.00 a.m.**

Live stream of the finals www.sportacentrs.com

3. Competition Management

The competition is organized and managed by the Olympic Centre "Limbazi", in cooperation with the Limbazi Regional Sports School, Limbazi Rowing Club "Lemisele" and Sports Club "Limbazi".

The main judge of the competition is Diāna Zaļupe.

4. Competitors

Athletes of Latvia, Lithuania, Estonia, as well as athletes invited from other countries' sports schools and clubs.

5. Competition Program

Distance 200 m

2004. births and older men, women	C-1, C-2, K-1, K-2	K-4; C-4:
2005.-2006. births youth (boys, girls)	C-1, C-2, K-1, K-2	<u>2005. births and older men, women</u>
2007.-2008. births boys, girls	C-1, C-2, K-1, K-2	<u>2006.-2010.births and younger boys, girls</u>
2009.-2010. births boys, girls	C-1, C-2, K-1, K-2	

6. Entries

Send entry cards to oclimbazi@limbazunovads.lv until 05.06.2023. at 12:00

Changes in the number of participants (with the agreement of the head judge) and changes to name entries until 07.06.2023. at 15.00

7. Accommodation

All expenses related to participation in the competition shall be borne by the commanding organization. Contact person: Baiba Martinsone olimpiskais@limbazunovads.lv

8. Admission of Members

All expenses related to the participation in the competition shall be stood by the commanding organization.

The regulation is an official invitation to the competition. The membership fee for 1 participant is 7,00EUR.

9. Awards Ceremony and Prizes

The winners of the men's K-1, C-1 200m are awarded with the cups "Silver Paddles" and cash prizes.

Medals will be awarded to the winners all off age groups and distances.

There will be a raffle with prizes for all competitors.

For up-to-date information visit www.oclimbazi.lv

Is MANDATORY to wear sports clothing to the opening parade and awards ceremony.

Cups "*Silver Paddles 2023*" for the winners are awarded to the winners in awards ceremony symbolically:

- The cup remains the property of the organizers
- The names of the winners, team, the year of the race are engraved on the base of the Cups every year.

Many thanks for your kind cooperation and hope to see you at "*Silver Paddles 2023*".

Confirmed:

Olympic Center "*Limbazi*"

Chief of the Board

Baiba Martinsone

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27.03.2023.