



13 edición 2023

Copa Internacional Pirineus

Canoe Slalom

18 > 19 Marzo
Parc Aquasports Pau Pyrénées

25 > 26 Marzo
Parc Olímpic del Segre



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www.copapirineus.org



1ST NEWSLETTER

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Dear President,

Dear Secretary General,

The Organizing Committee of the 13th International Pyrenees Cup Slalom cordially invites you to attend the canoe slalom competitions that will be held in March of 2023.

The Pyrenees range of mountains is a tourist area, overlapping the border of France with Spain that will host the participants in a friendly atmosphere. The host cities of La Seu d'Urgell and Pau have a common tradition of cooperation starting on the Twelve Century. The bishop of Urgell, the Count of Bearn has had in the middle age a closer relationship during more than two hundred years. Now the canoe slalom, in two performance venues and an efficient organization crew, bring a new opportunity to strength the ties on both sides of the mountains. The travelling distances between the competition sites are approximately four hours. There is flexibility to combine athlete's schedules and accommodation preferences.

The competition races are sport orientated, to be useful for slalom training and improvement of technical performance. The individual inscription gives wider opportunities to participate and combine sport schedule. This year, the La Seu competition is included in the ICF Ranking calendar and the Pau competition is a level 4 international event.

The International Pyrenees Cup Organizing Committee welcomes you to join our 2023 events.



Parc Olímpic del Segre



Thursday, March 16 th	16:00 – 19:00 19:00 – 20:00	Free Training CSL Parc Aquasports Stade d'Eaux-Vives – PAU Free Training CSLX
Friday, March 17 th	14:00 – 17:00 17:00 – 18:00 18:15 19:00	Free Training CSL Parc Aquasports Stade d'Eaux-Vives – PAU Free Training CSLX Team Leaders meeting Demonstration Heats course and approval
Saturday, March 18 th	08:30 13:45 16:00 18:00	Heats : Group 1 : WK1, MK1 - Manche 1 et 2 (<i>if you need it</i>) Heats :Group 2 : MC1, WC1 - Manche 1 et 2 (<i>if you need it</i>) Time trials CSLX Final course demo and approval
Sunday, March 19 th	09:00 12:50 14:15 15:35	Semi-final : WK1, MK1, WC1, MC1 Final : WK1, MK1, WC1, MC1 Heats and Finals CSLX Close event

Thursday, March 23 th	14:00 – 17:00 17:15 – 18:15	Free Training CSL Parc Olímpic del Segre – LA SEU Free Training CSLX
Friday, March 24 th	12:00 - 15:00 15:15 – 16:15 17:15 18:15	Free Training CSL Parc Olímpic del Segre – LA SEU Free Training CSLX Demonstration Heats course and approval Team Leaders meeting
Saturday, March 25 th	08:15 12:15 14:20 14:55 18:25	ICF World Ranking competition: Heats : Group 1 : WK1, MK1 - Manche 1 et 2 (<i>if you need it</i>) Heats :Group 2 : WC1, MC1 - Manche 1 et 2 (<i>if you need it</i>) Time trials CSLX Heats and Finals CSLX Final course demo and approval
Sunday, March 26 th	08:00 11:00 13:00	Semi-final : WK1, MK1, WC1, MC1 Final : WK1, MK1, WC1, MC1 Medal giving ceremony CSL & CSLX

ENTRIES, PARTICIPATION FEES

Categories	WK1, MK1, WC1 and MC1												
Nominal Entries Deadlines : Pau March 8 th at 24h La Seu March 15 th at 24h	<p>For 2023 ICF RANKING COMPETITION (level 3), entries are open without limitation of the number of boats per event and per federation. <u>All team leader and athletes must be accredited through SDP</u> All paddlers must have an updated national federation license when they confirm their entry, and must designate a Team Manager Maximum provisional number of participants for Pau or for La Seu : 280 paddlers</p> <p>Spanish athletes must do their entry (CSL – CSLX) through : For La Seu : https://airtable.com/shrr37lf6yA7kOTNa For Pau : https://forms.gle/Ae12A1wGRGGYRyz9A</p> <p>Athlètes français, inscription La Seu et Pau sur l’Extranet fédéral : http://compet.ffck.org/inscriptions/competition.php</p> <p>Other national Federations must do all of the entries through : For La Seu : ICF online entries system (SDP) : http://www.canoeicf.com For Pau : https://forms.gle/Ae12A1wGRGGYRyz9A</p> <p><u>Lien WhatsApp</u> for official communication: https://chat.whatsapp.com/DGIgQLYN2IqCb2BCI2zA0A</p> <p><u>CSLX</u> : Organization only from a minimal number of registrations. Decision after registration</p>												
Participation Fee	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 25%;">Pau + La Seu</th> <th style="width: 25%;">Pau or La Seu</th> </tr> </thead> <tbody> <tr> <td>Only CSL (1 category)</td> <td style="text-align: center;">60 €</td> <td style="text-align: center;">35 €</td> </tr> <tr> <td>CSL (1 category) + CSLX</td> <td style="text-align: center;">70 €</td> <td style="text-align: center;">40 €</td> </tr> <tr> <td>Only CSLX</td> <td style="text-align: center;">60 €</td> <td style="text-align: center;">35 €</td> </tr> </tbody> </table> <p>EX : C1 or K1 CSL without CSLX in Pau + C1 or K1 CSL and CSLX in La Seu : 60+5 = 65 C1 and K1 CSL without CSLX in Pau + C1 or K1 CSL and CSLX in La Seu : 60+35+5=100 C1 and K1 CSL and CSLX in Pau and in La Seu : 60+70=130</p>		Pau + La Seu	Pau or La Seu	Only CSL (1 category)	60 €	35 €	CSL (1 category) + CSLX	70 €	40 €	Only CSLX	60 €	35 €
	Pau + La Seu	Pau or La Seu											
Only CSL (1 category)	60 €	35 €											
CSL (1 category) + CSLX	70 €	40 €											
Only CSLX	60 €	35 €											
Payment	<p>The payment must be done, by cash, in the venue office : Pau : the 17th of March from 9:30 to 12:30 La Seu : the 24th of March from 9:30 to 12:30</p>												
Caution for the bibs	<p>50€ by nation (or by club for Spain and France) Cash only, in the venue office Espèces ou chèque pour les français</p>												

RULES RACE

General Classification	All paddlers who participated in all competitions
Competition format	ICF rules: Heats, one Semifinal run and one Final run. All paddlers of ICF World Ranking will pass according to ICF progression. Pyrenees Cup paddlers who are outside the limits in each category will be excluded.
Judges	In Pau: French Judges In La Seu d'Urgell: Spanish Judges
Jury	Christophe Prigent, Jose Manuel Cousillas and Chief Judge of the competition
Course design	1 French + 1 Spanish in every competition
Classification	You must participate in the two competitions for final standings 0 point to the winner of each competition 2 points to second in each competition 3 points to the third of each competition, and so on... Final standings: Sum of points earned in all competitions In case of tie, this will be resolved by the sum of the final results of the two competitions.
Prizes	<ul style="list-style-type: none"> - Trophy for the best competitor in each category - Gift for the podium - Gift for the athletes - 8 hours of free training for all competitors on each site
Other information	Boat storage will be placed in venues Free wireless internet access will be available Free access pass and car parking near venues will be guarantee



ORGANIZING COMMITTEE:

Christophe PRIGENT

Chief Official of International Pyrenees Cup

Francis COHORT

President of Pau Canoë-Kayak Club Universitaire

Marc VICENTE CASES

President of the Club Cadí Canoe Kayak

Meritxell RODRIGUEZ CADENA

Manager of Parc Olímpic del Segre

Sylvain PUY

General coordinator Pau Canoë Evénements

Susana BALASTEGUI

Chief Judge in La Seu d'Urgell

Chief Judge in Pau

The organizing committee will apply the national and international health rules in place at that time

Sanitary measures will be updated by local authorities, and by the ICF.



DEEP DRIVERS & PROFILES

Ralph Hippolyte & Jean-Yves Cheutin

12-15 March 2022 – Pau Wild Water stadium

Athlete, coach, manager... being human makes us want to achieve ourselves.

Discover your deep drivers to connect motivations and actions

Discover your profiles to empower your motricity

For its workshop, ASMO proposes you to meet with **Ralph HIPPOLYTE**, who developed an approach based on **physical tests** to enlighten **psychology and movements**.

Volleyball coach, teacher at INSEP (French institute of sports), consultants for Olympians from many sports and countries... many medalists consulted Ralph.

In our slalom community, Tony ESTANGUET, Emilie FER, Fabien LEFEVRE, Denis GARGAUD, Boris NEVEU...

Ralph HIPPOLYTE & Jean-Yves CHEUTIN will share with you their experience through 3 hours **classroom and water session** for profiling you.

Choose your day and enter for your next level!

200€ per half day
By groups of 5 persons maximum.
First entered first served bases.

Information, personalization and entries at:

Jean-Yves CHEUTIN
+33 609 665 833
asmojy@gmail.com



**ENTRÉE GRATUITE
RESTAURATION SUR PLACE**

CHAMPION RACE

NEW SLALOM CHALLENGE

15 **MARS** **2023**

40 SECONDS TO BE THE
BEST PADDLER OF 2023

Parc Aquasports | **PAU** BÉARN PYRÉNÉES
— STADE D'EAUX VIVES — Communauté d'Agglomération
WWW.PARCAQUASPORTS.FR

ÉVÈNEMENT ORGANISÉ PAR PPSUP 84 AVEC LE SOUTIEN DU PARC AQUASPORTS

CREA - SUD COMMUNICATION - CREA SUD.FR

Link for registration : [CHAMPION RACE 2023 \(weezevent.com\)](https://www.weezevent.com/CHAMPION-RACE-2023)



Parc Olímpic del Segre

The Parc Olímpic del Segre is constructed in a branch of the river Segre, which was re-channelled after the damage caused by the exceptional flood of 1982. The slalom course's specific features are as follows:

- Length : 220 m
- Drop : 6,4 m
- Flow : 10 m³/s
- Course features : concrete bottom, banks and obstacles of natural boulders
- Spectators capacity : 5.000 people

The Competition Course is accompanied by a beginners course which is 130 m long with a drop of 1,5 m. The designed flow ranges from 3 to 10 m³/s.

The design of the artificial canals includes a system of complementary canals and mechanical conveyor belts which enable canoeists to return to their starting point without having to leave their boats. The dynamic conception of the whole facilities leads to intensive use all year round and separation of canoeists according to their levels of skill and ability.

The drop in the Slalom course is created naturally via channels that branch from the river Segre, with a very gentle slope. The feeder canal, 165 m in length, and mainly the flat water canal, 650 m in length and 20 m in width, are set aside for training in flat water canoeing and the necessary practice that sport lovers require in waters with a steady current.



HOW TO GET LA SEUD'URGELL (SPAIN)



GPS:

Latitude 42,22N / Longitude 1,28E

La Seu d'Urgell is placed at 10 km of Andorra and 200 km of Barcelona

BARCELONA AIRPORT Novatel (Barcelona Airport - Andorra)

It's necessary to book the ticket.

Tel. (+376) 803789

e.mail : novatel@andorrabybus.com

Timetables: Airport – Andorra: 10.30h – 13h – 15h – 17h – 20h

Andorra – Airport: 5h – 8h – 10h – 12h30 – 17h

TOULOUSE AIRPORT Novatel (Toulouse Airport - Gare Matabiau – Andorra)

It's necessary to book the ticket.

Tel. (+376) 803789

e.mail : novatel@andorrabybus.com

Timetables : Gare Matabiau – Andorra : 10h

Airport – Andorra : 10h30 – 19 30h

Andorra – Airport : 5h – 10h 15h

GIRONA AIRPORT Novatel (Girona Airport – Andorra- Girona Airport)

It's necessary to book the ticket.

Tel. (+376) 803789

e.mail : novatel@andorrabybus.com

Timetables : Girona Bus Station – Andorra : 09h30 – 19h45

Andorra – Girona Airport : 5h00 – 14h00

BARCELONA (CITY) Barcelona Bus Station (Estació del Nord) – La Seu d'Urgell

Alsina Graells

Tel. (+34) 902 422242

www.alsa.es

Timetables : Barcelona – La Seu d'Urgell (daily) : 6h30 – 7h30- 10h30 - 15h -19h

La Seu d'Urgell – Barcelona : 05h30 - 06h30 – 11h30 – 15h30 – 19h

LLEIDA Lleida (Bus Station) – La Seu d'Urgell

Alsina Graells

Tel. (+34) 902 422242

www.alsa.es

Timetables : Lleida – La Seu d'Urgell : 9h15 – 11h30 - 16h (daily) / 19h (from Monday to Friday)

La Seu d'Urgell – Lleida : 08h40 (from Monday to Friday) / 6h– 16h20 (daily)



The Pau Pyrenees White Water Stadium is constructed in a branch of the river « gave de Pau » and lets its users choose between 3 different ways of functioning : gravitational, mixed (part of the water is recirculated) or only with pumps.

The slalom course specific features are as follows:

- Length : 280m
- Breadth : 15m
- Height drop : 2%, 4,8m from start to finish
- Flow : 7 to 14 m³
- Conveyors belt transports participants from finish to start point without leaving boats
- Courses features: concrete bottom, banks and obstacles of natural boulders
- Spectators capacity : 8 000 people
- Startpool : 5 000 m²
- Finishing Lake: 1800 m²

Athlete also have the possibility to gather the « gave de Pau » from our finishing lake via a 200m long course equipped with gates. This part of the stadium is also used as a warmer / beginners course.



HOW TO GET PAU (FRANCE)



Parc Aquasports Pau Pyrénées is situated at 770 km from Paris, 200 km from Bordeaux and Toulouse and 100 km from French bask coast.

160 km from San Sebastian, 236 km from Saragosse and Bilbao

GPS: lat 43.300853 / long : -0.373235

HOW TO GET HERE:

By plane:

In a perimetre of 200 km you have the choice between many airports :

N°	Name	Distance from competition site	Time needed
Airport n°1	Pau-Pyrénées	10 km	25 min
Airport n°2	Tarbes-Ossun	35 km	40 min
Airport n°3	Biarritz	110 km	1h10 min
Airport n°4	Bordeaux	200 km	2h
Airport n°5	Toulouse	200 km	2h

Pau Pyrenees airport proposes daily flights to Paris, Lyon, Marseille, Bastia.

By train:

Four trains leave Pau daily to link Paris in only 5 hours. Direct trains go to Bordeaux, Toulouse, Biarritz, Nice, Vintimille, Genève and Spain.

	Name	Distance from competition site	Time needed
Station 1	Pau	Less than 1 km	5 min
Station 2	Toulouse	200 km	2h
Station 3	Bordeaux	200 km	2h

By car:

The A65 highway links Bordeaux in 2h.

The A64 highway links Biarritz in 1h10 and Toulouse in 2h.



Pau Canoë Evénements

Parc Aquasports Stade d'Eaux Vives – Sylvain Puy

Tel. +33 7 85 64 02 80

Web: <http://www.copapirineus.org>

Email: sylvain.puy@paucanoe.com

Parc OlímpicdelSegre

25700 La Seu d'Urgell (Lleida)

Tel. 34 973 36 00 92

Fax. 34 973 36 01 92

Instagram: @canoelaseu

Web: <http://www.copapirineus.org>

Email: canoeslalomseu@parcolimpic.cat

USEFUL LINKS:

International Canoe Federation

www.canoeicf.com

French Canoe federation

www.ffck.org

Spanish Canoe Federation

www.rfep.es

Catalan Canoe Federation

www.fcpiraguisme.com

Seud'Urgell Tourist information

www.turismeseu.com

Seud'Urgell Town hall

www.laseu.cat

Parc OlímpicdelSegre

www.parcolimpic.cat

Pau Tourist Information centre:

www.pau-pyrenees.com

Pau Town Hall:

www.pau.fr

Parc Aquasports Stade d'Eaux Vives

<https://paupyrenees-stadeeauxvives.fr/>

THANKS TO INSTITUTIONS AND SPONSORS



Ajuntament de La Seu d'Urgell



assureur militant

