

Dear Canoe Sprint Family,

The 2024 season has been off to a busy start with the two World Cups, Plovdiv (BUL) will host the masters and the Junior & U23 paddlers very soon and the Senior World Championships will be held shortly after the Paris 2024 Olympic Games. To assist your preparation for the upcoming events we would like to give you some updates about the discipline:

1. ICF successfully conducted a site visit in **Samarkand** ahead of the **World Championships** to finetune the remaining details of the competition. Please note the followings:
 - a. Please make sure to book your travels ahead of time, especially if you fly to Tashkent. Direct bullet trains are available only in the morning and in the evening, and they are expected to be sold out soon due to tourist season. Please contact the HOC by 20 July to secure your tickets in case you are travelling by train from Tashkent to Samarkand. They will be able to provide you with alternate solutions in case needed, depending on your flight details not matching the schedule of the trains. We recommend flying to Samarkand International Airport directly if possible.
 - b. Rental bikes will be available on site to be booked through the HOC for 25 USD / day
 - c. Boat stickers can be ordered through the HOC for 10 USD / piece

2. At the **Paris 2024 Olympic Games**, seeding and division into heats will be done as follows:

"Seeding is held for all heats of all events, and will be held by the IF Delegate, the OC Competition Management and OC Technology as a separate procedure no later than four (4) days before the start of the first event. Athletes/teams will be ordered according to their World Ranking. In case of non-ranked athletes/teams, they will be randomly allocated into the heats. In this case, the software should ensure that two boats from the same NOC are not allocated into the same heat."

For the sake of clarity: second boats will not be seeded based on their actual World Ranking position but randomly, observing only the avoidance of the other boat of the same NOC.

3. The [entry deadline for the 2024 ICF Junior & U23 Canoe Sprint World Championships](#) is 7 July 2024 23:59 CET – please make sure to submit your entries ahead of the deadline.

Information on the 5K mixed relay events:

- 4 laps
- 3 portages
- A team consists of 1 man + 1 woman
- The compulsory sequence of athletes:
1. man; 2. woman; 3. man; 4. Woman
- Each athlete completes 2 laps
- Woman athletes will only have one portage as there are no portages in the final lap
- Handles on boats are permitted
- Pumps are NOT permitted!
- Sprint boats (12-14kg) to be used only

About the exchange process:

1. Outgoing athletes place their boats and paddles in the Staging Zone by the start time of the given race the latest
 2. Outgoing athletes walk to the Exchange Zone and wait for incoming athlete
 3. After disembarkation the incoming athletes leave their boats and paddles in the Drop Zone
 4. Incoming athletes run to the Exchange Zone and tap outgoing athletes, then stand aside to leave space for other athletes coming through
 5. Outgoing athletes run to their boat and paddle in the Staging Zone, pick them up and embark
 6. Upon clearance of the Staging Zone this cycle repeats by the former incoming athletes becoming the next outgoing athletes and placing their boats and paddles in the Staging Zone
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4. The [FISU World University Championships](#) will take place in Portugal, with the Canoe Sport events to be held in Montemor-o-Velho between 21-24 August 2024. You can find the [Bulletin](#) on our website for further information.

Please contact the CSP committee members and the ICF HQ for any inquiry regarding information published in this newsletter.

Best regards,
ICF Team

Always moving forward