

KATIE VINCENT, OLY

Olympic Gold Medalist – Canoe Sprint
Team Canada Athlete | World Champion | Public Speaker
🌐 Instagram: @katievincentcanoes



ICF ATHLETES COMMITTEE

As part of the ICF Athletes Committee, I would help advance our sport by providing the voice of an athlete that has been competing on the world stage since 2012 and stood on 3 Olympic podiums. As a trailblazer in women's canoe, I understand the importance of aligning with IOC, ICF, and global sport community initiatives to keep sport moving forward and become more inclusive for everyone. As sport continues to grow and change it is our voice that is important for prioritizing athletes in sustainability efforts, financial compensation & reward, and fairness & anti-doping on the global stage. I hope to work on this ICF Athletes Committee to make our sport better for everyone from the Olympic Games to the local canoe clubs where we picked up our first paddles and tried our first boats.

PROFILE

Determined, focused, and high-performing Team Canada athlete with a proven international record in Canoe Sprint. Olympic bronze medalist in the inaugural Women's C-2 500m at Tokyo 2020, and multiple-time World Champion and World Cup medalist. Olympic Champion from Paris 2024 in C-1 200m. Passionate advocate for gender equity in sport, youth empowerment, and mental wellness. Adept in media engagement, team leadership, and high-performance sport culture.

HIGHLIGHTS

- 🏆 Olympic Gold Medalist, Women's C-1 200m – Paris 2024
- 🥉 2x Olympic Bronze Medalist C-2 500m – Tokyo 2020 (with Laurence Vincent-Lapointe), Paris 2024 (with Sloan Mackenzie)
- 🏆 8x Senior World Championship Gold Medalist (including in C-1 200m and C-2 500m)
- 🌐 30+ World Cup Medals across individual and team events
- 🇨🇦 Represented Canada on the world stage since 2012
- ⌚ World's Best Time in C-1 200m: 44.12 and C-2 500m: 1:51.42
- 🗣️ Motivational speaker and ambassador for Canadian women in sport

ATHLETIC CAREER

Canadian National Canoe Sprint Team
Senior Team Member — 2012–Present

Major Achievements:

- 🇫🇷 Paris 2024 Olympic Games: Gold C1 200m, Bronze C2 500m
- 🇯🇵 Tokyo 2020 Olympic Games: Bronze C2 500m
- 🥇 Gold – Women's C-2 500m (with Laurence Vincent Lapointe, 2017 & 2018)
- 🥇 Gold – Women's C-1 200m (2021)
- 🥇 Gold – Mixed C-2 500m (with Connor Fitzpatrick, 2022 & 2023)
- 🥇 Gold – Women's C-1 5000m (2022 & 2023)
- 🥈🥉 Multiple Silver & Bronze medals (C-1 500m, C-2 500m)
- 🏆 Consistent podium finishes since 2015 in C-1 and C-2 events
- 🥇 2023 Pan American Games Gold Medalist in C-2 500m with Sloan Mackenzie
- 🇨🇦 Team Canada Flag Bearer at 2023 Pan American Games Closing Ceremonies

EDUCATION

York University — Toronto, Ontario, Canada
Bachelor of Arts with Specialized Honors in Kinesiology and Health Science
2014 – 2025

LEADERSHIP & ADVOCACY

- Canadian Olympic Committee (COC) Athlete's Commission, 2024 – Present
- Own the Podium (OTP) Athlete Advisory Committee, 2024 - Present
- Mentor for young female athletes navigating elite sport
- Panelist and keynote speaker on equity in sport and mental performance

MEDIA & APPEARANCES

- Featured in CBC Sports, TSN, Sportsnet, and Tokyo 2020 & Paris 2024 Olympic coverage
- Guest speaker at International Women's Day events and sport leadership forums
- Profiled by ICF (International Canoe Federation) as a pioneer in women's canoe

SKILLS

- High-performance training & competition
- Leadership and team communication
- Public speaking and athlete representation
- Mental performance and resilience

- Language: English

REFERENCES

Available upon request or through Team Canada and Canoe Kayak Canada media teams.