



## ATHLETES' GUIDE – CANOE MARATHON

Dear Athlete,

Thank you for accepting our invitation to the first ever multi-discipline ICF Super Cup where 4 disciplines will contest over 3 action-packed days not just for medals and glory but prize money as well.

It is very important to begin by saying that the circumstances are very different at this Super Cup to what you are used to at any other ICF event. There are no team leaders or coaches accompanying and assisting you, it is YOUR RESPONSIBILITY to wake up in time, warm-up in time, know the hours of training and the meal service, catch the shuttle bus, fix your boat, know the competition schedule, reach the start of your race, dress properly etc.

This is the first time for us as well to run such a multi-discipline event and we try to gather all the necessary information on the following pages for you. **This guide is accompanied by a general information bulletin which is supposed to assist your arrival/departure/stay in Hangzhou during the Super Cup, while this one is Canoe Marathon-specific.** Please respect us by reading both of them, so you don't have to ask questions that are already answered in writing. The trip to Hangzhou is long, so you should easily find the time to read them. Once you know where to look for information, we count on your self-reliance.

Thank you, we wish you a memorable stay in Hangzhou and much success at the Super Cup!

ICF

## Events

	October 11 <sup>th</sup> , Friday	October 12 <sup>th</sup> , Saturday	October 13 <sup>th</sup> , Sunday
Canoe	C1W short distance C1M short distance	C1M C1W	–
Kayak	K1W short distance K1M short distance	K1W	K1M

Start is by the means of boat-holders.

## Rules, distances

The Super Cup is an ICF competition, our canoe marathon rules prevail. The competition format is identical to the World Games.

The short distance (3,4km) is 3 laps with 2 portages for all categories.

The long-distance course is according to the following:

6 long laps +1 short lap with 4 portages for C1W (13km)

8 long laps + 1 short lap with 6 portages for C1M (17km)

10 long laps + 1 short lap with 8 portages for K1W and K1M (21km)

More explanations about the course, at the Athletes Meeting.

## Draw, start list, progression

There will be two heats in each category on the short distance. Start list is going to be created by a draw.

For the long distance, seeding is going to be based on the results of the 2024 World Championships. The best paddler is going to start from the middle and second and third best on his/her two sides, and the next two lower-ranked on their sides and so on.

The progression from the short-distance heats is as follows:

*1st-5th + 5 BT to Final, rest out*

Start number allocation will be: 1st/Heat1 – 8; 1/H2 – 7; 2/H1 – 9; 2/H2 – 6; 3/H1 – 10; 3/H2 – 5; 4/H1 – 11; 4/H2 – 4; 5/H1 – 12; 5/H2 – 3; BT1 – 13; BT2 – 2; BT3 – 14; BT4 – 1; BT5 – 15

There will be an Athletes' Meeting for all participating athletes (see list at the end of this guide). It is very important for all to be present as we are going to discuss all the details of the competition.

Athletes' Meeting

Time: **17:30, 10 October** (Thursday), 2024

Location: Fuyang International Trade Center Hotel (where you'll be staying)

### Communication

A WhatsApp group is created for sharing information with you before your travel to China. You can use this QR code to sign up:



Once arriving in China, you'll find that WhatsApp is not supported, so it's important to install WeChat on your phone, which is the local equivalent of WhatsApp.



### Boats

Contrary to the original idea, we were able to secure enough marathon boats to run the competition on those exclusively. Athletes will generally use the boats of local boat manufacturer, Peishang. There are a few of you who have been approached by Nelo directly, who provides boats directly but the majority will use these boats. Based on the indicated sizes we aim to distribute the boats upon your arrival so you can already make the necessary adjustments and train in your boat. Pumps and handles are not provided, bring your own if you need one! These are photos of the provided K1/C2 models:



### Weather

The forecasted weather in Hangzhou is very pleasant. Daytime temperatures in October normally reach 23-25 degrees and rarely go under 15 for the evenings. Light wind and some scattered showers are always a possibility but most days are dry.

### Clothing

You are expected to race in your team uniforms. The same goes for the medal presentations where own nationality uniforms are expected to be worn.

### Medal Ceremonies

We are running an extremely tight schedule with four disciplines competing almost simultaneously. The medal ceremonies are similarly tight-packed so please never be late! We have 4 minutes to run each ceremony, not more. Anthems are not played and flags are not hoisted.

### Prize money

	1st	2nd	3rd	4th	5th	6th	7th	8th
K1M	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
K1W	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
C1M	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
C1W	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
K1M short	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
K1W short	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
C1M short	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500
C1W short	\$2 000	\$1 500	\$1 000	\$900	\$800	\$700	\$600	\$500

Sum: 64 00 USD

The transfer of money prizes will be transferred to your bank account on the week following the Super Cup. Please make sure that you have submitted your filled in form to us, otherwise we will not be able to complete your payment.

## CANOE MARATHON TIMETABLE

<b>2024.10.11</b>					
<b>Short-distance</b>					
#	start	finish	activity	race	progression
1	8:03:00	8:23:00	C1W	Heat 1	1st-5th + 5 BT to Final
2	8:25:00	8:45:00	C1W	Heat 2	1st-5th + 5 BT to Final
3	8:47:00	9:03:00	K1W	Heat 1	1st-5th + 5 BT to Final
4	9:05:00	9:21:00	K1W	Heat 2	1st-5th + 5 BT to Final
5	9:23:00	9:39:00	C1M	Heat 1	1st-5th + 5 BT to Final
6	9:41:00	9:57:00	C1M	Heat 2	1st-5th + 5 BT to Final
7	9:59:00	10:14:00	K1M	Heat 1	1st-5th + 5 BT to Final
8	10:16:00	10:31:00	K1M	Heat 2	1st-5th + 5 BT to Final
9	12:33:00	12:53:00	C1W	Final	
10	12:56:00	13:12:00	K1W	Final	
	13:15:00	13:19:00	C1W awards		
11	13:20:00	13:36:00	C1M	Final	
	13:39:00	13:43:00	K1W awards		
12	13:44:00	13:59:00	K1M	Final	
	14:00:00	14:04:00	C1M awards		
	14:05:00	14:09:00	K1M awards		
<b>2024.10.12</b>					
<b>Long-distance</b>					
#	start	finish	activity	race	
13	10:33:00	12:00:00	C1M	Final	
14	10:36:00	12:00:00	C1W	Final	
15	12:33:00	14:00:00	K1W	Final	
	17:05:00	17:09:00	C1W awards		
	17:10:00	17:14:00	C1M awards		
	17:15:00	17:19:00	K1W awards		
<b>2024.10.13</b>					
<b>Long-distance</b>					
#	start	finish	activity	race	
16	11:33:00	13:00:00	K1M	Final	
	15:15:00	15:19:00	K1M awards		

## CANOE MARATHON START LISTS

### Women's Kayak

#### HEAT 1

35	58228	Nicole	BIRKETT	RSA	Women's Kayak
32	76971	Katerina	MILOVA	CZE	Women's Kayak
83	146534	Chunlin	REN	CHN	Women's Kayak
86	151071	Suge	WU	CHN	Women's Kayak
34	45122	Zsofia	CZELLAI-VOROS	HUN	Women's Kayak
80	151067	Zhenzhu	JIN	CHN	Women's Kayak
30	71770	Melina	ANDERSSON	SWE	Women's Kayak
45	47779	Krisztina	BEDOCS	SRB	Women's Kayak
88	151073	Caihong	WANG	CHN	Women's Kayak
81	151068	Baojing	WANG	CHN	Women's Kayak

#### HEAT 2

79	130350	Wanting	SUN	CHN	Women's Kayak
37	57986	Irati	OSA IRURETA	ESP	Women's Kayak
84	146509	Yuexin	ZHOU	CHN	Women's Kayak
38	109359	Saskia Johanna	HOCKLY	RSA	Women's Kayak
29	49657	Vanda	KISZLI	HUN	Women's Kayak
36	98352	Panna	CSEPE	HUN	Women's Kayak
85	151070	Jingyi	LIU	CHN	Women's Kayak
82	151069	Huijun	LI	CHN	Women's Kayak
33	46828	Eva	BARRIOS	ESP	Women's Kayak
87	151072	Mingming	SHI	CHN	Women's Kayak

best 5 in both heats and additional 5 best times to final

## LONG DISTANCE

35	58228	Nicole	BIRKETT	RSA	Women's Kayak
83	146534	Chunlin	REN	CHN	Women's Kayak
79	130350	Wanting	SUN	CHN	Women's Kayak
84	146509	Yuexin	ZHOU	CHN	Women's Kayak
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80	151067	Zhenzhu	JIN	CHN	Women's Kayak
87	151072	Mingming	SHI	CHN	Women's Kayak

## Men's Kayak

### SHORT DISTANCE HEAT 1

65	151054	Chenhao	LI	CHN	Men's Kayak
58	151049	Fuqiang	HUO	CHN	Men's Kayak
66	151055	Mingyue	HUANG	CHN	Men's Kayak
13	81201	Hamish	LOVEMORE	RSA	Men's Kayak
10	49618	Mads Brandt	PEDERSEN	DEN	Men's Kayak
59	151050	Haihang	HUANG	CHN	Men's Kayak
62	151051	Song	CUI	CHN	Men's Kayak
41	49663	Adrian	BOROS	HUN	Men's Kayak
57	151048	Xiaoyou	LI	CHN	Men's Kayak
15	42536	Jeremy	CANDY	FRA	Men's Kayak
63	151052	Haoxiang	LI	CHN	Men's Kayak

### SHORT DISTANCE HEAT 2

16	47476	Sebastian	VERGAUVEN	ARG	Men's Kayak
17	75345	Ronan	FOLEY	IRL	Men's Kayak
40	112381	Oliver	VARGA	HUN	Men's Kayak
61	146524	Haoxuan	LI	CHN	Men's Kayak
12	49431	Ivan	ALONSO	ESP	Men's Kayak
11	48405	Andrew James	BIRKETT	RSA	Men's Kayak
42	63310	Jon Amund	VOLD	NOR	Men's Kayak
64	151053	Zhenlin	SUN	CHN	Men's Kayak
14	95939	Philip	KNUDSEN	DEN	Men's Kayak
60	133027	Mingzhe	WANG	CHN	Men's Kayak
18	112065	Francisco	DOS SANTOS	POR	Men's Kayak
56	95238	Haofeng	LUAN	CHN	Men's Kayak

best 5 in both heats and additional 5 best times to final



## LONG DISTANCE

17	75345	Ronan	FOLEY	IRL	Men's Kayak
60	133027	Mingzhe	WANG	CHN	Men's Kayak
16	47476	Sebastian	VERGAUVEN	ARG	Men's Kayak
41	49663	Adrian	BOROS	HUN	Men's Kayak
62	151051	Song	CUI	CHN	Men's Kayak
14	95939	Philip	KNUDSEN	DEN	Men's Kayak
58	151049	Fuqiang	HUO	CHN	Men's Kayak
59	151050	Haihang	HUANG	CHN	Men's Kayak
63	151052	Haoxiang	LI	CHN	Men's Kayak
11	48405	Andrew James	BIRKETT	RSA	Men's Kayak
10	49618	Mads Brandt	PEDERSEN	DEN	Men's Kayak
42	63310	Jon Amund	VOLD	NOR	Men's Kayak
56	95238	Haofeng	LUAN	CHN	Men's Kayak
12	49431	Ivan	ALONSO	ESP	Men's Kayak
18	112065	Francisco	DOS SANTOS	POR	Men's Kayak
57	151048	Xiaoyou	LI	CHN	Men's Kayak
40	112381	Oliver	VARGA	HUN	Men's Kayak
64	151053	Zhenlin	SUN	CHN	Men's Kayak
61	151052	Haoxuan	LI	CHN	Men's Kayak
13	81201	Hamish	LOVEMORE	RSA	Men's Kayak
15	42536	Jeremy	CANDY	FRA	Men's Kayak
66	151055	Mingyue	HUANG	CHN	Men's Kayak
65	151054	Chenhao	LI	CHN	Men's Kayak

## Women's Canoe

### SHORT DISTANCE

### HEAT 1

27	71701	Maria	MARTIN	ESP	Women's Canoe
28	112339	Anna	GORINSKY	ESP	Women's Canoe
73	151061	Lihui	YANG	CHN	Women's Canoe
20	79100	Olena	TSYHANKOVA	UKR	Women's Canoe
78	151066	Yu	XIN	CHN	Women's Canoe
68	97191	Ying	WANG	CHN	Women's Canoe
75	151063	Jiajia	HOU	CHN	Women's Canoe
23	89206	Annette	WEHRMANN	GER	Women's Canoe
74	151062	Yuanshuo	XU	CHN	Women's Canoe
24	99613	Alzbeta	VEVERKOVA	CZE	Women's Canoe
76	151064	Chengliang	ZHONG	CHN	Women's Canoe
69	151065	Jiaxin	DONG	CHN	Women's Canoe

### SHORT DISTANCE

### HEAT 2

70	151058	Xiaoying	FU	CHN	Women's Canoe
44	105061	Lili Sara	MATKOVICS	HUN	Women's Canoe
19	53283	Liudmyla	BABAK	UKR	Women's Canoe
67	151056	Yahui	CAO	CHN	Women's Canoe
26	97950	Carmen	CHAVES GARCIA-DONAS	ESP	Women's Canoe
21	71274	Paulina	GRZELKIEWICZ	POL	Women's Canoe
71	151059	Yuxuan	MA	CHN	Women's Canoe
72	151060	Lizhi	YANG	CHN	Women's Canoe
25	128718	Karolina Dora	HEGEDUS	HUN	Women's Canoe
77	151065	Jiayi	DONG	CHN	Women's Canoe
22	70227	Yseline	HUET	FRA	Women's Canoe

best 5 in both heats and additional 5 best times to final

## LONG DISTANCE

68	97191	Ying	WANG	CHN	Women's Canoe
70	151058	Xiaoying	FU	CHN	Women's Canoe
74	151062	Yuanshuo	XU	CHN	Women's Canoe
67	151056	Yahui	CAO	CHN	Women's Canoe
76	151064	Chengliang	ZHONG	CHN	Women's Canoe
75	151063	Jiajia	HOU	CHN	Women's Canoe
24	99613	Alzbeta	VEVERKOVA	CZE	Women's Canoe
22	70227	Yseline	HUET	FRA	Women's Canoe
23	89206	Annette	WEHRMANN	GER	Women's Canoe
19	53283	Liudmyla	BABAK	UKR	Women's Canoe
20	79100	Olena	TSYHANKOVA	UKR	Women's Canoe
44	105061	Lili Sara	MATKOVICS	HUN	Women's Canoe
27	71701	Maria	MARTIN	ESP	Women's Canoe
21	71274	Paulina	GRZELKIEWICZ	POL	Women's Canoe
78	151066	Yu	XIN	CHN	Women's Canoe
28	112339	Anna	GORINSKY	ESP	Women's Canoe
77	151057	Jiayi	DONG	CHN	Women's Canoe
72	151060	Lizhi	YANG	CHN	Women's Canoe
71	151059	Yuxuan	MA	CHN	Women's Canoe
69	151057	Jiaxin	DONG	CHN	Women's Canoe
26	97950	Carmen	CHAVES GARCIA-DONAS	ESP	Women's Canoe
25	128718	Karolina Dora	HEGEDUS	HUN	Women's Canoe
73	151061	Lihui	YANG	CHN	Women's Canoe

## Men's Canoe

### SHORT DISTANCE

### HEAT 1

112394	Mate	ZSIDAI	HUN	Men's Canoe
151035	Haozhe	ZHANG	CHN	Men's Canoe
71569	Sergio	MACIEL	POR	Men's Canoe
122915	Dmytro	YANCHUK	UKR	Men's Canoe
74365	Balazs	ADOLF	HUN	Men's Canoe
151047	Qian	YU	CHN	Men's Canoe
151040	Zexue	WANG	CHN	Men's Canoe
151042	Yuxi	GUO	CHN	Men's Canoe
76947	Jaime	DURO	ESP	Men's Canoe
151039	Mingyu	LIN	CHN	Men's Canoe

### SHORT DISTANCE

### HEAT 2

63242	Manuel	GARRIDO	ESP	Men's Canoe
113244	Eryk	WILGA	POL	Men's Canoe
151045	Nan	CHEN	CHN	Men's Canoe
46822	Manuel Antonio	CAMPOS	ESP	Men's Canoe
146503	Haoyu	WANG	CHN	Men's Canoe
76774	Sebestyen	SIMON	HUN	Men's Canoe
53282	Denys	DAVYDOV	UKR	Men's Canoe
151041	Aolong	PENG	CHN	Men's Canoe
151043	Fengjia	LU	CHN	Men's Canoe
151044	Ziyang	ZHANG	CHN	Men's Canoe

best 5 in both heats and additional 5 best times to final

## LONG DISTANCE

151043	Fengjia	LU	CHN	Men's Canoe
151047	Qian	YU	CHN	Men's Canoe
112394	Mate	ZSIDAI	HUN	Men's Canoe
53282	Denys	DAVYDOV	UKR	Men's Canoe
151045	Nan	CHEN	CHN	Men's Canoe
71569	Sergio	MACIEL	POR	Men's Canoe
151040	Zexue	WANG	CHN	Men's Canoe
46822	Manuel Antonio	CAMPOS	ESP	Men's Canoe
122915	Dmytro	YANCHUK	UKR	Men's Canoe
151041	Aolong	PENG	CHN	Men's Canoe
76774	Sebestyen	SIMON	HUN	Men's Canoe
113244	Eryk	WILGA	POL	Men's Canoe
151044	Ziyang	ZHANG	CHN	Men's Canoe
151042	Yuxi	GUO	CHN	Men's Canoe
76947	Jaime	DURO	ESP	Men's Canoe
146503	Haozhe	ZHANG	CHN	Men's Canoe
151039	Mingyu	LIN	CHN	Men's Canoe
146503	Haoyu	WANG	CHN	Men's Canoe
74365	Balazs	ADOLF	HUN	Men's Canoe
63242	Manuel	GARRIDO	ESP	Men's Canoe