



2022 ICF CANOE SPRINT & PARACANOE WORLD CUP

26-29 MAY 2022
POZNAN/POLAND

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2022 ICF CANOE SPRINT & PARACANOE WORLD CUP

26-29 MAY 2022, POZNAN, POLAND

GENERAL INFORMATION



Venue: Malta Regatta Course, Poznan Poland

Date: 26-29 of May 2022

PROVISIONAL TIME TABLE:

22 nd of May - Sunday	access period begins, training
23 rd of May - Monday	access period begins, training
24 th of May - Tuesday	training, self boat control
25 th of May - Wednesday	training, self boat control team leaders meeting, ITO meeting
26 th -29 th of May – Thursday-Sunday	all day competition
30 th of May - Monday	venue closed

TEAM LEADERS MEETING



Team leaders meeting will be held **ON-LINE** on Wednesday 25 May, 2022 at 2pm

Forms should be submitted to:

- ✓ **Toshi Furuya** toshi.furuya@canoeicf.com
- ✓ **Alison Harris** blackpaddles@gmail.com

Copy to: **Martin Marinov** martin.marinov@canoeicf.com

FORMS are available here:

<https://worldcup2022.wzkaj.poznan.pl/download/>



ACCREDITATION OPEN HOURS



The accreditation office is located at the venue

Malta Regatta Course, Krancowa 98 street.

All participants of the competition must be accredited. The access to the to the course is not possible without accreditation card. Opening hours:

Monday, May 23, 2022	9.00 – 21.00
Tuesday, May 24, 2022	8.00 – 21.00
Wednesday, May 25, 2022	8.00 – 21.00
Thursday, May 26, 2022	7.30 – 19.00
Friday, May 27, 2022	7.30 – 19.00
Saturday, May 28, 2022	7.30 – 19.00
Sunday, May 29, 2022	8.00 – 18.00

Team Leaders are required to go to accreditation office alone.

IF LATE ARRIVALS (later than 21.00) PLEASE GO DIRECTLY TO HOTEL.

If Team arrive later that 21.00 should go directly to dedicated hotel, team should come to accreditation next day morning.

A Federation will recieve it's accreditations only when all documents will be delivered and invoices will be paid.

INFORMATION DESK



Information desk will be located in the Athlete's area next to the hangars. During the competition the staff at the Info Desk will provide all necessary information.

NAME STICKERS



The athlete's name sticker must be applied on all boats for ICF Canoe Sprint and Paracanoe competitions. In order for the canoes and kayaks to be presented in a standard manner, the name stickers must be positioned at the same point on every boat.

The country code sticker will be applied on all boats and at the same place for each ICF Canoe Sprint competition. The stickers will be checked at the Boat Control. It is the participating National Federations' responsibility to provide the stickers to their athletes. Please use the template provided by the ICF with the correct sizes and font.

Organizing Committee provide NAME STICKERS for **10 EURO per person, pay cash.**

Orders can be made on accreditation office, deadline Wednesday 25 May.



BOAT NUMBERS and BODY NUMBERS



The boat numbers are **free of charge** and can be collected before race at the designated place next to ID control. All rented numbers need to be returned after the race.

BOAT STORAGE



Boat racks will be provided in the Athletes' Area. Trailers are to be parked **ONLY** in a designated parking area.

Trailers with equipment can enter athlete area (hangars) only before or after races as follow:

22-23 May – all day

24- 25 May – untill 10:00h and after 18.00h

29 May – after 17:00h

SELF BOAT CONTROL



The scales will be available for athletes in a dedicated tent located next to the hangars and information desk for teams from Tuesday , May 24.

- Tuesday , May 24 from 10:00
- Wednesday , May 25 from 09:00

PARKING



Parking passes will be available at the accreditation office. All cars are to be parked only in a designated parking area.

MEALS



LUNCH

All participants will have lunch at the regatta course. Catering tent will be located next to the accreditation office. Opening hours:

Sunday, May 22, 2022	12.00 – 15.30
Monday, May 23, 2022	12.00 – 15.30
Tuesday, May 24, 2022	12.00 – 15.30
Wednesday, May 25, 2022	12.00 – 15.30
Thursday, May 26, 2022	12.00 – 15.30
Friday, May 27, 2022	12.00 – 15.30
Saturday, May 28, 2022	12.00 – 15.30
Sunday, May 29, 2022	12.00 – 15.30

BREAKFAST AND DINNER

Breakfast and dinner will be served at the official hotels.

Breakfast: 6.00 – 8.00

Dinner: 18.30 -20.30

Meals in Accommodation Packages starts from dinner and finish at lunch

OFFICIAL TRAININGS



The course will be open every day as follow:

- Monday , May 23 08:00 - 19.30
- Tuesday , May 24 07:00 - 19:30
- Wednesday , May 25 07:00 - 19:30
- Thursday, May 26 07:00 - 19:30
- Friday, May 27 07:00 - 19:30
- Saturday, May 28 07:00 - 19:30
- Sunday, May 29 07:00 - 19:30

Official training sessions on automatic start system 200m and 1000m will be as follow:

- Tuesday , May 24 **10.00 – 13.00 test start 1000m**
- Wednesday , May 25 **10.00 – 13.00 test start 200m**

ACCOMMODATION



All teams arriving before 23st May are asked to go directly to the hotel.

All teams arriving form **23st May** must to go the accreditation office first.

Official hotels:

SHERATON HOTEL 5****, Bukowska 3/9, 60-809 Poznań
check in 14:00 h, check out 12:00 h

IBB ANDERSIA HOTEL 4****, plac W.Andersa 3, 61-898 Poznan
Check in 15:00 h, check out 11:00 h

MERCURE CENTRUM 4****, Roosevelta 20, 60-829 Poznan
check in 15:00 h, check out 12:00 h

NOVOTEL CENTRUM 4****, plac W.Andersa 1, 61-898 Poznan
check in 14:00 h, check out 12:00 h

DeSILVA Hotel 4****, Piekary 5, 61-823 Poznan
check in 14:00 h, check out 12:00 h

NOVOTEL MALTA 3***, Termalna 5, 61-028 Poznan
check in 15:00 h, check out 12:00 h

HP PARK HOTEL 3***, abpa A. Baraniaka 77, 61-131 Poznan
check in 14:00 h, check out 12:00 h

CAMPING MALTA 3***, Krancowa 98, 61-036 Poznan
check in 14:00 h, check out 11:00 h

FOCUS HOTEL 3***, Serafitek 4, 61-144 Poznan
check in 14:00 h, check out 12:00 h

IBIS CENTRUM 3***, plac W.Andersa 1, 61-898 Poznan
check in 14:00 h, check out 12:00 h

IBIS STARE MIASTO 2**, plac W.Andersa 1, 61-898 Poznan
check in 14:00 h, check out 12:00 h



COVID-19



COVID-19 RESTRICTIONS DURING THE WORLD CUP IN POZNAŃ 2022

There are no restrictions related to Covid 19 in the Poland.

The essential principles:

1. It is not necessary to show any negative test, proof of vaccination, prior to access.
2. All accredited persons must wear a face mask only indoors except when eating, drinking or exercising (dry land warm-up, warm-down and recovery from racing). The face masks must be worn over the mouth and nose to be most effective.
3. Social distancing should be respected. The recommended minimum distance between people is 1.5m for indoor area and 1m for outdoor area.
4. Regular disinfectant cleaning and sanitising the premises are the fundamental actions that, together with interpersonal distancing, can avoid the spread of the virus.
5. Organizing Committee provide PCR test/ rapid antigen test for departure. For more information please contact to Covid Manager alexapilarska@gmail.com
6. During the competition in case of: persistent fever, cough or difficulty in breathing or positive Covid Test please contact to Covid Manager alexapilarska@gmail.com

All rules were based on Covid National Legislation and ICF Covid Protocol.

ICF Covid Protocol -

https://www.canoeicf.com/sites/default/files/covid_protocol_icf_april_2022_v1.5.pdf

MEDICAL



The ambulance first aid will be available for all official participants of the 2022 ICF CSP & Paracanoe World Cup.

All cost above the regular care are to be covered by your medical insurance policy. The OC does not take responsibility of such expenses.



PCR



Organizing Committee provides PCR test and in English and Rapid Test. Time for testing:

- Sunday, May 29 10:30-13:00

PCR need to be pre-order, pay on first NF accreditation and the cost is **70 EURO** per test, paid by cash or transfer*, payment in EURO.

Rapid Test need to be pre-order, pay on first NF accreditation and the cost is **30 EURO** per test, paid by cash or transfer*, payment in EURO.

*proof of payment must be presented on the day of testing at the latest

If you are interested in PCR test please use PCR FORM- link below. Complete all the fields in the form before sending.

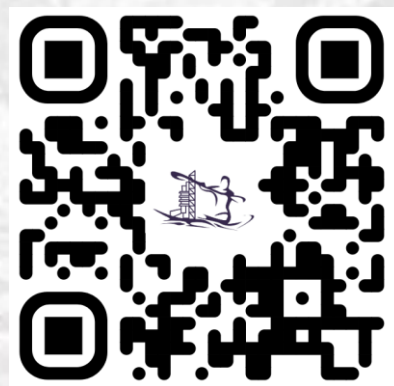
Every **Team Leader** interested in PCR, please fill out the following form.

No	NATIONALITY	NAME	SURNAME	DATE OF BIRTH	PASSPORT NUMBER
1					
2					
3					

Please attach a list of athletes with necessary details. List must be created in excel. After PCR I will send the results to the Team Leader e-mail.

If you have any question, Please write to alexapilarska@gmail.com

Link to the form: <https://forms.gle/Xdhrz1rpnYMUUyRR7>



CONTACT, WEBSITE



CONTACT

Organizer: Wielkopolski Związek Kajakowy,
 Starołęcka 36, 61-361 Poznań
 Contact person: Jolanta Rzepka, mobile+48503005759,
office@icfpoznan.pl

EVENT WEBSITE

<https://www.canoeicf.com/canoe-sprint-world-cup/poznan-2022>

www.icfpoznan.pl

TRANSPORTATION HOTEL-VENUE



Shuttle buses will run on regular basis between the regatta course and the officials hotels. Timetable and bus stops will be available soon on the website www.icfpoznan.pl in hotels lobby and at the accreditation office.

TRANSPORTATION HOTEL-VENUE



Abfahrten der Busse an den einzelnen Tagen auf der Strecke:

Buses departure in each days on route:

Odjazdy autobusów w poszczególnych dniach na trasie:



2022 ICF CANOE SPRINT & PARACANOE WORLD CUP
26-29 MAY 2022, POZNAN, POLAND

Novotel Centrum/Ibis Centrum → Malta Lake						
23 May	24 May	25 May	26 May	27 May	28 May	29 May
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00	7:00	7:00	7:00	7:00
	7:00	7:30	7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00	8:00	8:00	8:00
9:00	9:00	8:30	8:30	8:30	8:30	8:30
		9:00	9:00	9:00	9:00	9:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:30	14:30	14:30	14:30	14:30	14:30	14:30
		16:30	16:30	16:30	16:30	16:30
17:30	17:30	17:00	17:00	17:00	17:00	17:30
18:30	18:30	17:30	17:30	17:30	17:30	
	19:30	18:00	18:00	18:00	18:00	
		18:30	18:30	18:30	18:30	
		19:00	19:00	19:00	19:00	
		19:30	19:30	19:30	19:30	

Malta Lake → Novotel Centrum/Ibis Centrum						
23 May	24 May	25 May	26 May	27 May	28 May	29 May
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30	7:30	7:30	7:30	7:30	7:30
8:30	8:30	8:00	8:00	8:00	8:00	8:00
		8:30	8:30	8:30	8:30	8:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00	14:00	14:00
		16:00	16:00	16:00	16:00	16:00
17:00	17:00	16:30	16:30	16:30	16:30	17:00
18:00	18:00	17:00	17:00	17:00	17:00	18:00
19:00	19:00	17:30	17:30	17:30	17:30	
	20:00	18:00	18:00	18:00	18:00	
		18:30	18:30	18:30	18:30	
		19:00	19:00	19:00	19:00	
		19:30	19:30	19:30	19:30	
		20:00	20:00	20:00	20:00	

Abfahrten der Busse an den einzelnen Tagen auf der Strecke:

Buses departure in each days on route:

Odjazdy autobusów w poszczególnych dniach na trasie:



2022 ICF CANOE SPRINT & PARACANOE WORLD CUP
26-29 MAY 2022, POZNAN, POLAND

Novotel Malta → Malta Lake						
23 May	24 May	25 May	26 May	27 May	28 May	29 May
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15	7:15	7:15	7:15	7:15	7:15
8:15	8:15	8:15	8:15	8:15	8:15	8:15
9:15	9:15	9:15	9:15	9:15	9:15	9:15
12:45	12:45	12:45	12:45	12:45	12:45	12:45
13:45	13:45	13:45	13:45	13:45	13:45	13:45
14:45	14:45	14:45	14:45	14:45	14:45	14:45
17:45	17:45	17:45	17:45	17:45	17:45	17:45
18:45	18:45	18:45	18:45	18:45	18:45	18:45
	19:45	19:45	19:45	19:45	19:45	

Malta Lake → Novotel Malta						
23 May	24 May	25 May	26 May	27 May	28 May	29 May
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30	7:30	7:30	7:30	7:30	7:30
8:30	8:30	8:30	8:30	8:30	8:30	8:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00	14:00	14:00
17:00	17:00	17:00	17:00	17:00	17:00	17:00
18:00	18:00	18:00	18:00	18:00	18:00	18:00
19:00	19:00	19:00	19:00	19:00	19:00	19:00
	20:00	20:00	20:00	20:00	20:00	

TRANSPORTATION HOTEL-VENUE



Abfahrten der Busse an den einzelnen Tagen auf der Strecke:

Buses departure in each days on route:

Odjazdy autobusów w poszczególnych dniach na trasie:



2022 ICF CANOE SPRINT & PARACANOE WORLD CUP

26-29 MAY 2022, POZNAN, POLAND

Focus → Malta Lake						
23 May Monday	24 May Tuesday	25 May Wednesday	26 May Thursday	27 May Friday	28 May Saturday	29 May Sunday
	7:00	7:00	7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00	9:00	9:00	9:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:30	14:30	14:30	14:30	14:30	14:30	14:30
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:30	18:30	18:30	18:30	18:30	18:30	18:30
	19:30	19:30	19:30	19:30	19:30	

Malta Lake → Focus						
23 May Monday	24 May Tuesday	25 May Wednesday	26 May Thursday	27 May Friday	28 May Saturday	29 May Sunday
	7:30	7:30	7:30	7:30	7:30	7:30
8:30	8:30	8:30	8:30	8:30	8:30	8:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00	14:00	14:00
17:00	17:00	17:00	17:00	17:00	17:00	17:00
18:00	18:00	18:00	18:00	18:00	18:00	18:00
19:00	19:00	19:00	19:00	19:00	19:00	19:00
	20:00	20:00	20:00	20:00	20:00	

Abfahrten der Busse an den einzelnen Tagen auf der Strecke:

Buses departure in each days on route:

Odjazdy autobusów w poszczególnych dniach na trasie:



2022 ICF CANOE SPRINT & PARACANOE WORLD CUP

26-29 MAY 2022, POZNAN, POLAND

Ibis Stare Miasto → Malta Lake						
23 May Monday	24 May Tuesday	25 May Wednesday	26 May Thursday	27 May Friday	28 May Saturday	29 May Sunday
		7:05	7:05	7:05	7:05	7:05
	7:05	7:35	7:35	7:35	7:35	7:35
8:05	8:05	8:05	8:05	8:05	8:05	8:05
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17:35	17:35	17:05	17:05	17:05	17:05	17:35
18:35	18:35	17:35	17:35	17:35	17:35	
		19:35	18:05	18:05	18:05	
		18:35	18:35	18:35	18:35	
		19:05	19:05	19:05	19:05	
		19:35	19:35	19:35	19:35	

Malta Lake → Ibis Stare Miasto						
23 May Monday	24 May Tuesday	25 May Wednesday	26 May Thursday	27 May Friday	28 May Saturday	29 May Sunday
	7:30	7:30	7:30	7:30	7:30	7:30
8:30	8:30	8:00	8:00	8:00	8:00	8:00
		8:30	8:30	8:30	8:30	8:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00	14:00	14:00
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17:00	17:00	16:30	16:30	16:30	16:30	17:00
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		19:00	19:00	19:00	19:00	
		19:30	19:30	19:30	19:30	
		20:00	20:00	20:00	20:00	



TRANSPORTATION HOTEL-VENUE



Abfahrten der Busse an den einzelnen Tagen auf der Strecke:

Buses departure in each days on route:

Odjazdy autobusów w poszczególnych dniach na trasie:



2022 ICF CANOE SPRINT & PARACANOE WORLD CUP
26-29 MAY 2022, POZNAŃ, POLAND

De Silva → Malta Lake

23 May Monday	24 May Tuesday	25 May Wednesday	26 May Thursday	27 May Friday	28 May Saturday	29 May Sunday
	7:00	7:00	7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00	9:00	9:00	9:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:30	14:30	14:30	14:30	14:30	14:30	14:30
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:30	18:30	18:30	18:30	18:30	18:30	18:30
	19:30	19:30	19:30	19:30	19:30	

Malta Lake → De Silva

23 May Monday	24 May Tuesday	25 May Wednesday	26 May Thursday	27 May Friday	28 May Saturday	29 May Sunday
	7:30	7:30	7:30	7:30	7:30	7:30
8:30	8:30	8:30	8:30	8:30	8:30	8:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00	14:00	14:00
17:00	17:00	17:00	17:00	17:00	17:00	17:00
18:00	18:00	18:00	18:00	18:00	18:00	18:00
19:00	19:00	19:00	19:00	19:00	19:00	19:00
	20:00	20:00	20:00	20:00	20:00	



LONG DISTANCE

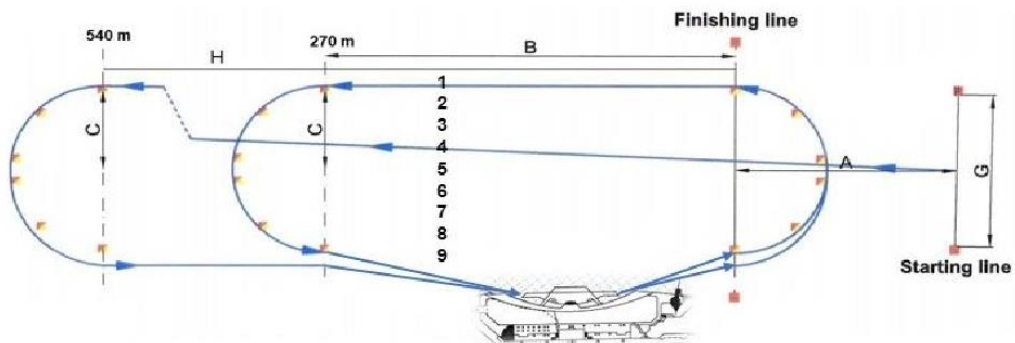


Calculations for the 5000m with PORTAGE

1 long and 5 short laps

Point	System of 5000m	Distance
A	Middle point of starting line after Finishing line	153 m
B	Stright part of short lap	270 m
C	Radius of turn	31,5 m
H	Distance from finishing line first turning point	540 m
	Distance from turn base to top arc	30 m

Distance of long lap	1330 m
Distance of short lap	637 m
Total Distance	5000 m



Long Lap	1st Short Lap	2nd Short Lap	3th Short Lap	4th Short Lap	5th Short Lap
153	97	97	97	97	97
540	270	270	270	270	270
97	97	97	97	97	97
540	270	270	270	270	270
TOTAL	1330	734	734	734	734