



ICF Canoe Freestyle World Championships 2019

SORT THE CANOE FREESTYLE CAPITAL



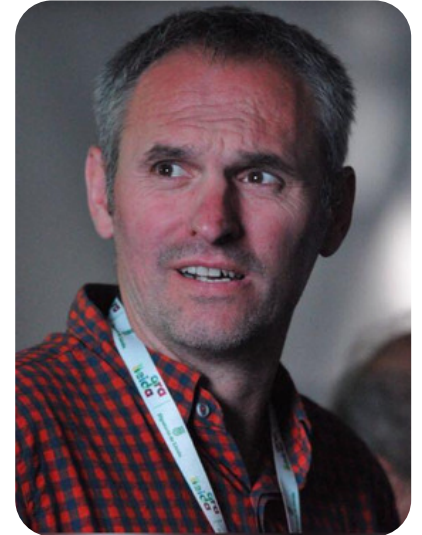
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WELCOMING WORDS FROM...

RAIMON MONTERDE

Mayor of Sort



Sort is a village located in the middle of the Pyrenees, at the Pallars Sobirà Region, an alive territory surrounded by an incomparable natural area, and throw the middle of this area, bursts hard dividing the territory from top to bottom our beloved river, the Noguera Pallaresa. A river full of history and short personal stories that one had conserved in the collective imaginary of our rural society and we don't hesitate that had become a backbone of the current society that we are right now. From the "Raiera" that they carried wood through the river, the hydroelectrical stations to the kayak and rafting beginnings, sports that nowadays are key to our economy.

Sort makes one more step to the evolution and promotion of a sport that has become more than a sport, it has been one of the transforming and structural elements of our society, a society where kayak, nowadays, is a huge part of each one of our inhabitant's DNA.

We understand the kayak world like this, and like this we want to transmit it. We live the events linked to this sport with a huge satisfaction and joy. We are host land, hospitality people, kind and worker people that we share our river and our territory with the visitors, and I have no doubt that you will feel like home during your stay.

I say goodbye to all of you with the desire to be able to see all of you in Sort during the 2019 World Championships where I'll be able to welcome all of you personally.

Train hard and may the best win.

NEW INFO

OFFICIAL NATIONS TRAINING PERIOD

From the Organization and the ICF we are pleased to inform you that the official dates for training period are:

25th June to 28th June and 30th June

Just as a reminder and for you to check it out, the last version of the provisional competition schedule is always updated at:

<https://www.canoeicf.com/canoe-freestyle-world-championships/la-seu-2019/schedule>

TEAMS REGISTERED AT THE MOMENT:

AT THE MOMENT: 15 Teams already registered!

Welcome to the competition Argentina, Australia, Belgium, Canada, Finland, France, Germany, the Netherlands, Russia, Slovakia, Spain, Sweden, Turkey, Ukraine and United States of America!!!!

Teams, Remember, the sooner the better!

Numerical entries until 15th May

Just as a reminder, for numerical and nominal entries, follow this link:

<https://icf.msl.es/icf/main.jsp>

TAXI SERVICE FROM BARCELONA AIRPORT

The Organization Office in Sort doesn't have the obligation to cover the shuttle service for the paddlers and team members in order to get to Sort, but we know it's not easy to come up here and even less if you come with all the paddling material.

That's why we can offer the possibility to book you the shuttle service with the local taxis. The service to come up to Sort by taxi for a minimum of 4 people it costs 337€, the more people the cheaper but never less than this.

The Organization office will take bookings for this service until the 31st of May. Please provide us with your flight information, number of people coming and material carrying and we will make a list of services to pass it to the taxi drivers.

Send your requests at: worlds2019@sort.cat



NEW INFO

THE COMPETITION IS GOING GREENER

From the organization, and as shown by the campaigns that different Canoe Federations and other Organizations want to promote, we are taking a step forward to greener sports competitions having a lower impact on the environment.

As paddlers, we want the river to be clean of waste.

One of the first actions that we want to carry out is the minimization of plastic waste during the competition, which is why a good way to boost this line is not using plastic bags and not disposable plastic bottles. In order to make this possible, we have created two products that will make it easier for us, a 100% cotton bag and a reusable and BPA free water bottle, all of them specially created and designed for the competition.

These and other products will be delivered as a welcome gift when you come to collect your accreditations.



UGANDA'S WHITE NILE RIVER COMMUNITY PRESENTATION

The Nile has been a nexus point for paddlers from all over the world for the last 20 years. With the completion of Isimba Dam in November of 2018, much of the protected Kalagala Offset Area was flooded including Nile Special, Club Wave, Malalu and the Hairy Lemon island.

With the loss of this unique corridor of river life, what remains and what are the impacts of this kind of development?

Come see what the Nile and its environment looks like today in a slide show and talk by Dr. Jessie Stone, founder of Soft Power Health and 5 time member of the US Women's Freestyle Kayak Team.



NEW INFO



ICF JUNIOR FREESTYLE DEVELOPMENT CAMP

All junior athletes competing at the world championship are invited to attend the ICF Junior Freestyle Development Camp from June 24 to July 6 at no cost. During the camp the participants will have the opportunity to paddle and train with some of the best freestyle coaches and paddlers in the world. However, the goal of the camp is to provide the athletes with the necessary tools such that they will have the ability to keep progressing long after the camp is over.



While detailed information on the camp will be sent to the team manager in the coming weeks, we are very excited to announce that Jason Craig (USA) will be the camp's full-time head coach and Poncho Castello (MEX) the full-time assistant coach.

About the Head Coach:

Jason Craig (USA) is one of the greatest K1M-junior freestyle paddlers of all time. At the age of 15, he became the 2009 K1M-junior freestyle world champion in Thun (SUI) with a score that rivaled the senior K1M medalists. A severe spinal injury in the early spring of 2011 did not only prevent Jason from defending his title at the world championship in Plattling (GER), but there was uncertainty if he would ever paddle again. Jason beat all expectations with his return to the sport in time for the 2012 World Cup. At the World Cup Final in Nantahala (USA), Jason placed 3rd in K1M freestyle a mere 18 months after sustaining his injury. Over the past few years Jason's focus has shifted to academics, recently graduating with a Master's in Geology.

About the Assistant Coach:

Alfonso "Poncho" Castello Bello (MEX) is a recognized athlete in the Mexican kayaking community, distinguished by his enthusiasm, perseverance and ability to quickly progress. While working towards becoming a great whitewater paddler and filmmaker, Poncho is growing the sport by sharing his passion for whitewater and inspiring the next generation of Mexican whitewater paddlers through local initiatives.



NEW INFO

PAUL SHEPHERD

Chief Judge at the 2019 ICF Canoe Freestyle World Championships



It is an honour to be chosen to be the Chief Judge at the 2019 World Championships. I will do the best job that I can to ensure the highest standards of judging for the competitors and ICF in what looks to be a great event.

I started kayaking in 1989 and my first freestyle competition was at Hurley in 1998.

After competing for 10 years I wanted to give something back to the style of paddling and competing I loved so much.

I started judging in 2008. At this time I was managing the white water course in Nottingham which meant I was designing and building new features and paddling most days. I was also able to see some of the best paddlers in the world training almost every day. This put me in a good place to be able to judge the moves paddlers were doing with confidence.

I judged at the 2011, 2013 and 2017 World Championships and worked with some incredible people along the way that I must thank for the support they have given to me. I was Chief Judge at the 2018 European Championships and believe that I have grown into a position where I can do the job in Sort 2019.

I strongly believe that judges and paddlers need to work together to make sure the paddlers know what is needed to score a move and that the judging meets the expectations and needs of the paddlers. The current rules and judging system give us a great platform to do this. I am confident with the team we have in place that we can be accurate, consistent and fair to all paddlers from the first heat to the final rides that crown the 2019 world champions.

Good luck to all competitors.

See you at the feature!



REMINDERS :

KEY DATES & PROVISIONAL COMPETITION SCHEDULE

OFFICIAL NATIONS TRAINING PERIOD.....25th June to 28th June and 30th June
Competition.....29th June to 6th July 2019
Deadline for numerical entries.....15th May
Deadline for nominal entries.....19th June

Last version of the provisional competition schedule:

<https://www.canoeicf.com/canoe-freestyle-world-championships/la-seu-2019/schedule>

ACCREDITATION & REGISTRATION

Entries and accreditations requests must be made by each National Federation using the ICF's online entries system.

Numerical and nominal entries can be made only by the online entry system (SDP):

<https://icf.msl.es/icf/main.jsp>

Please ensure you include the number of people expected to attend in each category (people tab) in the numerical entries. For help with SDP please contact the administrator directly at: sdp@canoeicf.com

For detailed instructions on how to submit entries, please read the SDP user guide.

http://www.canoeicf.com/sites/default/files/nf_userguide_v2.2.pdf

Reminder: Entries or accreditation requests sent directly to the committee or the event organiser **WILL NOT** be accepted.

As a way to keep teams informed of important or time sensitive information regarding the 2019 Worlds in Sort, Spain, we at ICF Freestyle would like to start a team representative Facebook page where your team representatives have direct access to ICF. As you sign your teams up, please notify via private message on Facebook to committee member, Stephanie Viselli, who your representative is so they may be added to the page. Only 1 representative per country please.

TYPES OF ACCREDITATIONS	REMARKS	COSTS
Athletes	Limited to registered athletes on ICF online entries	160€ per person for the whole access period
Team Leaders	2 maximum per National Federation	
Team Staffs	Unlimited	
ITO	According to the list edited by ICF	Free
National Federation President	To be validated by ICF	
National Federation Secretary General	2 maximum per National Federation	

REMINDERS :

JUDGES FEE

As the ICF regulations require and like the latest ICF events, there will be a fee towards the judges of the competition in order to cover some expenses.

The ICF Committee has established that the price will not be more than **60€ per paddler**. In case that the amount must be more than this, the ICF Committee will assume the difference from their own budget.

VISA REQUIREMENTS

REMEMBER, THE SOONER THE BETTER!!

Teams, The sooner you solve your VISA paperwork, less problems you are going to have close to the date!

The Spanish Embassy in your country will provide you with detail, your requirement for a Visa.

<http://www.exteriores.gob.es/Portal/en/ServiciosAlCiudadano/InformacionParaExtranjeros/Paginas/RequisitosDeEntrada.aspx>

In case you need a VISA to enter the country, please send an email with the details below to **worlds2019@sort.cat**.

If it's possible one email with all the details for each Team, so the Team Manager will have the responsibility to collect all the paddlers information.

COMPETITION REGULATIONS

The Competition will be carried out under the specific regulations of the Canoe Freestyle rules approved by the ICF

https://www.canoeicf.com/sites/default/files/rules_canoe_freestyle_2019.pdf

INSURANCE & GOOD STATE OF HEALTH/FITNESS

As per ICF 2019 Competition Rules 1.3.3 and 1.3.4, each National Federation must ensure that their athletes are in a good state of health and fitness and they carry an appropriate health, accident and personal belongings insurance.

ANTI-DOPING EDUCATION

For the World Cups and World Championships, every athlete must pass the anti-doping online course before the competition. The course can be accessed here:

<https://www.canoeicf.com/anti-doping-education>

For any question or doubt about anti-doping test, substances,... please, refer to michel.alarcon@canoeicf.com

TV diffusion

From the Organization we are pleased to inform you how the TV production and diffusion of the competition is going to work.

For this year the Image production is being held for **TV3** (Catalan TV) and **HighVideo**. They guarantee that the image and transmission of the competition is through **ASTRA1** satellite. Locally the direct TV coverage of the competition it's going to be:

29th June

Women's Kayak Squirt. Semi-finals and Final
Men's Kayak Squirt. Semi-finals and Final

4th July

Canoe Decked Surface. Final

5th July

Men Kayak Surface. Quarter Finals
Junior Men Kayak Surface. Final
Junior Women Kayak Surface. Final

6th July

Men Kayak Surface. Semi-finals and Final
Women Kayak Surface. Semi-finals and Final.

We are under negotiations as well with **TVE** (Spanish TV) to broadcast the 6th of July night final in their sports channel **TELEDEPORTE**. The negotiations for international broadcasts are with television networks from UK, Germany, Japan, US and Canada.

Apart from this the TV producers are going to share a 25min report of the whole competition in 140 different countries through ICF.

Moreover, we are going to have 100% coverage in Streaming. In internet, the whole competition it's going to be LIVE in ICF channel and the finals are going to be available LIVE in Olympic Channel too!

WORKS ON THE NEW FREESTYLE STADIUM

We are on the final stretch of the river works. We are about to finalise the freestyle stadium for the next 2019 World Championships! We are excited!

For the past weeks the works had been a bit difficult to keep with the timings because of the rains and the water coming from the thaw. Spring is here and we have finished already the main work on the riverbed, but because of some administrative permissions at the beginning of it we were a bit late. But now, the very last days of April we can say that we are on the last design touch ups in order to create the best wave for the competition and that will remain here in Sort for everyone to enjoy it all year long.

We have put together a team of people that are working on the final tuning of the feature. In this team, apart from the engineers, architects and technical people who have worked on it since the design and all the works done, we included from now some canoe freestyle experts that can test if it works or not and relying on their experience paddling all over the world and their known of the water, they are working together to offer you all the best feature.

So, we have trust different categories of professionals like engineers, paddlers, topographers, as well as environmental agents in order to make a project that respects the nature and surroundings too.

Right now, 30th of April we are in a 10 days period to finish with the wave structure. During this process we must manage the water flow, being able to deviate it and minimize it thanks to the already existent contract with the electrical company that manages the water releasing through the dam that's up the river. The rain didn't help either during these past two weeks, but we are confident that the efforts and hours we are working on it will be satisfied once the works are done.

Once the wave structure is finished will be time to fix and design the surroundings and make them ready to host the competition and to introduce to the visitors, the tourists and the people of Sort a new green space to enjoy.



LOCAL PADDLERS INTERVIEW

ADRIÀ OVANDO



- **NAME AND AGE:**
- Adrià Ovando Vila, 19 y.o.
- **FOR HOW LONG HAVE YOU BEEN KAYAKING?**
- I started practicing 10 years ago
- **HOW DID YOU STARTED KAYAKING? WHO INTRODUCED YOU INTO THIS WORLD?**
- With the school, they introduced me into this world
- **WHERE DO YOU PRACTICE NORMALLY?**
- In Sort
- **HAVE YOU BEEN IN OTHER COUNTRIES? WHERE DID YOU ENJOYED THE MOST?**
- Yes, I've been in different places but my favourite one was Canada
- **A GOOD AND A BAD THING ABOUT SORT**
- We have a very good river, but until now we don't have a very good wave.
- **WHAT DO YOU EXPECT OF THE CHAMPIONSHIPS?**
- To have really good days
- **A PLACE IN SORT**
- The river

The picture shows us Adrià practicing



THIS IS THE NOGUERA PALLARESA



NOTE: One of the services that it's gonna be provided to all paddlers and accredited people is a shuttle service every morning from Sort to Llavorsí at 09:30H in order to enjoy a free descent through the river.

Make Space in your competition agenda, the service will only run from the 1st until the 6th of July!

WHAT TO DO AFTER THE COMPETITION?

The 56th International Noguera Pallaresa Rally

It is one of the 3 festivities recently granted with the label of “national tourist interest” in the province of Lleida. It can also be said that it is one of the few sports events labelled as “festivity of tourist interest”, and the only one related to White Waters. Last year we celebrated the 55th edition of this annual event.

This year it's starting the 15th of July and it includes competitions of the different river disciplines that we can practice here in the Noguera Pallaresa River.

The regattas stadium “l'Aiguerola” together with different spots in Sort like the public swimming pool and the kayaking school facilities will host different competitions for the young and senior paddlers, open to everyone.

The 56th International Noguera Pallaresa Rally is a paddling event where during a whole week, the paddling enthusiasts may not escape from.

There are open and federated competitions.

Kayak Cross, the Catalan Young Cup, the Touristic descent from Llavorsí to Sort, the minis descent from Sort to Montardit, the Open Night Rafting, the Esquimo Open and the Slalom Spanish young Cup.

Apart from all the river activities and competitions there is also time to enjoy the kayak atmosphere during the planned popular dinners, and planned meals for the participants and general public.

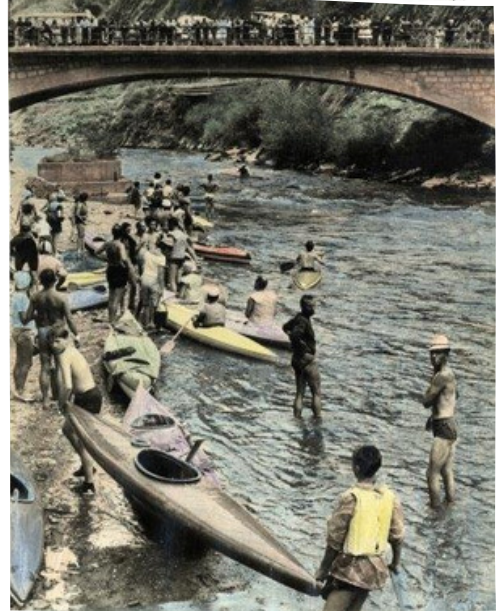
A Week while Sort is a kayak party and capital right after the hard, competitive and important World Championships week.

Are you going to miss it?

Check all the info and program on the website:

<http://www.kayaksort.cat/competicions/56ralli/>

15th July to 21st July 2019



WHAT TO DO ONCE IN SORT?

➔ NATIONAL PARK



Aigüestortes and estany de Sant Maurici National Park.

Entering from Llessú - Vall d'Àssua, The only one National Park in Catalonia. A wild mountain region with peaks rising to 3017m and with nearly 200 lakes, many of them of glacial origin. From the entering point in Espot, you can check the different activities you can do there.

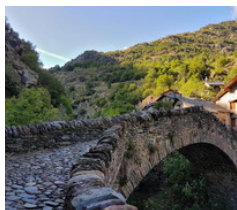
➔ SPORT TOURISTIC DESTINATION



We've got the label of Sport Touristic Destination from the Tourism Agency of the Catalan Government.

Pole of excellence in white Waters Canoeing, since 2006 this speciality label certifies us the quality of the touristic and sports services offer. The new reference brand for all the sports lovers to the searching of spaces to practice their disciplines that distinguishes 16 villages in Catalonia. They accomplish the higher standards in touristic and sports facilities and services

➔ ALT PIRINEU NATURAL PARK



Is the largest Natural Park in Catalonia and the largest one from the Iberian side of the Pyrenees.

From the tourist Office you will be able to know the amount of trekkings, sports and cultural activities available in the municipalities that are in it.



SORT TOURISTIC DESTINATION. ENJOYING THE WORLD CHAMPIONSHIPS SURROUNDED BY NOVEL LANDSCAPES.

Sort as a touristic destination has a history very attached to kayaking as a way of entry to this sport into Spain in 1955 when the firsts canoes of Belgian and French tourists enjoyed a descent discovering the qualities of our Noguera Pallaresa river.

Afterwards was also the introduction of rafting and adventure sports, a boost for the territory, without forgetting the snow in winter season, the fishing and other outdoor activities.

Together with our symbolic river, Sort and the Pallars Sobirà region offer a huge amount of activities and touristic attractions almost unrepeatable that thanks to the visitors like you and the work and effort of the men and women related to canoeing, sport, tourism and nature preservation had made that nowadays Sort, with only 2000 people has all this to offer for you.

→ STARLIGHT DESTINATION



Starlight Touristic
Destination since
2018

The National Park and its municipalities have received the label last year accordingly to the compromise that we have to defend the quality of night skies from the UNESCO's Starlight Foundation.

→ MUSEUM OFFER



The huge variety of Museums and Cultural Spaces as the Jail-Path of Liberty Museum, the Assua's Valley Shepperd's Museum, the contemporary paintings of Seurí's Church...

→ FAMILY TOURISM DESTINATION



Pirineus - Noguera
Pallaresa, Nature
and mountain in
family

From 2018 and Together with the neighbouring municipalities, we offer accommodations and activities of active and cultural tourism adapted to families that also includes the Unesco's Geopark Conca de Tremp-Montsec

→ GASTRONOMIC OFFER



An excellent gastronomic offer based in the quality of the proximity products, with traditional and author's restaurants, slow food and a Michelin Star.

Local products like the Tupí, the Girella, local Wines, are some of the local products that you will be able to enjoy just here. You will be able also to visit some local cheese producers and traditional manufacturers.

→ OTHER LABELS

Other Labels that our accommodations and services have are the mototurisme, dedicated to specialized facilities for moto riders and cicloturisme, specialized in bike riders.



Label that identifies facilities that are part of a designated moto route and are adapted to its needs.

→ ADVENTURE ACTIVITIES

The main activities, appart from kayaking, that we can do in our area are:



RAFTING



CANYONING



TREKKING



HORSE RIDDING

**THE ORGANIZATION OFFICE IS
PREPARING A PROGRAM OF
ACTIVITIES FOR THE PADDLERS
COMPANIONS**

**THE COMPETITION GUIDE WILL
HAVE ALL THE INFO**

CONTACT INFO

WORLDS2019@SORT.CAT