



READY STEADY TOKYO

Canoe Sprint & Paracanoe

Bulletin #2
July 30, 2019



1. GENERAL INFORMATION, RULES AND REGULATIONS

The Test Event of Tokyo 2020, READY STEADY TOKYO – Canoe Sprint & Paracanoe is scheduled from 12 to 15 September 2019. This event is a great opportunity for nations and athletes to familiarize themselves with the Field of Play of The Sea Forest Waterway, venue of The Tokyo 2020.

1.1 INVITED NATIONAL FEDERATIONS

47 NFs for Canoe Sprint & Paracanoe will take part in this event. The Test Event of Tokyo 2020, READY STEADY TOKYO Canoe Sprint & Paracanoe is the Invitational Competition. The ICF has sent the invitation in accordance with the ICF ranking based on the results of the World Championships in 2018.

2. COMPETITION INFORMATION

2.1 EVENT INFORMATION

Sports Events	Women & Men – Sprint & Para
Venue	Sea Forest Waterway
Location	Bay Zone Tokyo, Japan
Competition Dates	12 – 15 September 2019
Official Training Dates	9 – 11 September 2019
Competition Entry Free	No
Ticketed Event	No

2.2 SCHEDULE

8 September 2019
Teams' Arrival
9 September 2019
Official Training
10 September 2019
Official Training
11 September 2019
Official Training
Team Leaders' Meeting
12 – 15 September 2019
Competition

2.3 EVENTS

CANOE SPRINT	
MEN	WOMEN
MK1 200m	WK1 200m
MK1 1000m	WK1 500m
MK2 1000m	WK2 500m
MC1 1000m	WC1 200m
MC2 1000m	WC2 500m

PARACANOE	
MEN	WOMEN
MKL1 200m	WKL1 200m
MKL2 200m	WKL2 200m
MKL3 200m	WKL3 200m
MVL2 200m	WVL2 200m
MVL3 200m	

2.4 PARTICIPATION CONFIRMATION AND

ACCREDITATION

The READY STEADY TOKYO - Canoe Sprint & Paracanoe are invitational events organised for the participation of 212 Canoe Sprint and 90 Paracanoe athletes.

PARTICIPATION CONFIRMATION

DATE	ACTIVITY
15 April 2019	NFs need to send an expression of interest and confirmation the number of athletes' places they will accept by email to Madison Zurbrugg at Madison.zurbrugg@canoeicf.com
29 July 2019	Numerical Entry by the ICF SDP
2 September 2019	Nominal Entry by the ICF SDP Deadline

ACCREDITATION PROCESS

Team personnel should be entered with names through **SDP** for accreditation purposes.

BOATS

Tokyo 2020, TMG (Tokyo Metropolitan Government), Nelo and Plastex will provide rental boats for the teams during the competition and the official training, both for Canoe Sprint and Paracanoe.

Nelo and Plastex as the important official suppliers will support this event.

ProWave can arrange an air freight service for boat transportation between Europe and the Test Event Venue.

Canoe Sprint boats

All teams are requested to contact your boat supplier such as Nelo & Plastex etc.

Paracanoe boats

Tokyo 2020 and TMG will arrange the boats for the teams.

Please inform Tokyo 2020 on Canoesprint_testevent@tokyo2020.jp of your request of the rental boats until 25th of August.

3 VENUE

Sea Forest Waterway (SFW) is the venue of competition and training prior to the test event. This is a new facility in the Tokyo Bay Zone, which is expected to attract vast public interest and involvement, both during the Tokyo 2020 Olympic Games and as a sporting recreational facility legacy for the city in the years to come.

The field of play at the Sea Forest Waterway is a regatta course measuring 2500m in length, with a race lane depth of 5m at the shallowest point. It includes eight (8) lanes and have start lines at 200m, 500m and 1000m, meeting ICF Canoe Sprint Competition Rules.

3.1 MEDICAL & LIFEGUARD SERVICES

Medical and Lifeguard services will be provided at the venue from the start of the official training to the end of the competition.

There will be designated hospital for the Test Event with which Tokyo 2020 has made an agreement, prepared to receive any individual requiring care.

4 LOGISTICS

Japan is situated in North-eastern Asia between the North Pacific and the Sea of Japan. The area of Japan is 377,944m². It consists of up to 6,852 islands, including four of the large main islands. The population is over 126 million and most Japanese reside in densely populated urban areas such as Tokyo.

One of Japan's attractions is the beautiful nature found across the country. The variety of scenery gives Japan a completely different impression with each season. For centuries, the seasons have been deeply related to daily Japanese life in many ways, leading to a great sensitivity to seasonal occurrences across the population.

On the surface, Japan appears exceedingly modern, but travelling around it offers numerous opportunities to encounter the country's traditional culture. Japanese culture such as Zen rock gardens, Matcha, and Sushi keeps attracting millions of visitors each year and is fast spreading its popularity around the world.

Tokyo is one of Japan's 47 prefectures, and its capital. It consists of 23 central city wards, multiple cities, towns and villages west of the city centre. The Izu and Ogasawara Islands are also part of Tokyo.

Today, Tokyo offers a seemingly unlimited choice of shopping, entertainment, culture and dining to its visitors. The city's history can be appreciated in many excellent museums, historic temples and gardens. Contrary to common perception, Tokyo also offers numerous attractive green spaces in the city centre and within relatively short train rides to the outskirts.

Accommodation • Visa

DATE	ACTIVITY
5 of March 2019	Delivery of Information accommodation, visa, and transport (Bulletin #1)
5 August 2019	Deadline to submit 1st accommodation form * Entry by number of rooms
5 August 2019	Deadline to submit visa applications
2 September 2019	Deadline to submit 2 nd accommodation and transport form *Final Entry by name
2 September 2019	Deadline to transfer accommodation fee payments.

4.1 Accommodation

4.1.1 Official Hotels



Hotel Sunroute Ariake, Tokyo Bay Tokyu Hotel and Tokyo Bay Maihama Hotel are official hotels for all athletes and team officials.

These hotels offer accommodation in single and twin rooms including breakfast. Lunch and Dinner are available at an additional charge.

■Hotel Sunroute Ariake



Address : 3-6-6 Ariake Koutou-Ku,135-0063 Tokyo – Japan

Distance from the competition venue : 11km / 25min by car

Check in/out time : 15:00/11:00

Twin Room : 77€ per night per person, including breakfast;

Single Room : 89€-125€ per night per person, including breakfast

Cancellation policy will apply:

- 50% payment will be refunded before 4 July 2019
- No payments will be refunded after 5 July 2019

■Tokyo Bay Tokyu Hotel



Address: 7-2-3 Hinode Urayasu-City, 279-0013 Chiba-Japan

Distance from the competition venue: 11km / 25min by car

Check in/out time: 15:00/12:00

Twin Room: 105€ per night per person, including breakfast

Triple Room: 82€ per night per person, including breakfast

● All rooms are accessible without stairs with large rooms available, but the bathrooms are not completely barrier free. For specific accessibility concerns, please contact hotel directly.

Cancellation policy:

- 50% payment will be refunded before 29 July 2019
- 20% payment will be refunded before 02 September 2019
- No payments will be refunded after 03 September 2019

■Tokyo Bay Maihana Hotel



Address: 1-34 Maihama, Urayasu city, Chiba, Japan 279-0031

Distance from the competition venue: 22km / 45min by car

Check in/out time: 15:00/12:00

Twin Room: 97-195€ per night per person, including breakfast

* **Accessible rooms are available.**

Cancellation policy:

- 50% payment will be refunded before 29 July 2019
- 20% payment will be refunded before 02 September 2019
- No payments will be refunded after 03 September 2019

4.1.2 Accommodation Fee Payment

- To assist the participating NFs in the accommodation arrangements, Tokyo 2020 has appointed KINKI NIPPON TOURIST as the official Tokyo 2020 Test Events Travel Agency.
- The accommodation and transports costs are under the National Federations' financial responsibility.
- Invoice for the travel arrangements will be issued in the beginning of September.

NFs must submit a questionnaire form: deadline 5 August 2019

KINKI NIPPON TOURIST CORPORATE BUSINESS CO, LTD

Email : ecc_iod09@or.knt.co.jp Tel: +81-3-6891-9354

4.1.3 Transport

- We provide airport transfers and boat transportation with the following rates. The fee of the venue shuttle from the official hotels is under consideration. These transport services are available only for those who submit a questionnaire form by the deadline (5 August 2019).

Rate for Airport transfers

Transportation	Fee
Airport transfer (Narita to/from Official Hotel)	€45/round trip (per person) *a large sized-coach with 45 seats
Airport transfer (Haneda to/from Official Hotel)	€45/round trip (per person) *a large sized-coach with 45 seats

Note the rate for airport transfer will be finalized around the end of August after receiving flight information as it depends on the number of passengers on the same coach.

Rate for transportation between Official Hotels and Venue

Transportation	Fee
Hotel Sunroute Ariake to/from Venue	€26/round trip (per person)
Tokyo Bay Tokyu Hotel to/from Venue	€26/round trip (per person)
Tokyo Bay Maihama Hotel to/from Venue	€26/round trip (per person)

Note



- Only available from 9 – 15 September (the period of READY STEADY TOKYO – Canoe Sprint & Paracanoe)
- The rate will be finalized around the end of August after summarizing of all requests from each team.






4.1.4 Lunch / Dinner

Venue:

There are no restaurants and shops around the venue.

- Lunch is served only during the Training and Competition days (9 - 15 September 2019). for teams making reservation in advance **via accommodation form**.
- Prior reservation through accommodation form can be made by 2 September 2019 to KINKI NIPPON TOURIST CORPORATE BUSINESS CO, LTD.
- At the last moment, the tour desks are also available for you to assist lunch reservations at the three official hotels (Hotel Sunroute Ariake, Tokyo Bay Tokyu Hotel, and Tokyo Bay Maihama Hotel). For this, please make a request at least by 12:00 pm two days prior to the date of requested lunch service.
- The estimated cost is €10 /person / lunch including VAT under self-serving.
- Lunch catering is served at Athlete Dining from 10:00 to 14:00.
- Example of lunch menu is as following:

Main (choose one)	
	
Katsudon (Pork cutlet on rice)	Spaghetti with meat sauce

Side (free choice)				
				
Castella cake	Sausage bread	Tuna salad	Banana	Yogurt

Hotel:

There are variety of restaurants near the official hotels for meal arrangements outside the hotel.

4.1.5 Unofficial Extension of Stay

In case of early arrivals or late departures outside of the official competition dates, any additional accommodation, transport, meals and other service needs must be organised and paid for by the respective NFs.

4.1.6 Visas

For those delegation members who require visa to enter Japan, are required to contact the nearest Japanese Embassy/Consulate in their country. All NFs that require a visa must complete the Visa Form and provide a passport copies for each individual delegation member and submit it to *the official Travel Agency of the test event KINKI NIPPON TOURIST CORPORATE BUSINESS CO. LTD*, (Please see the following contact).

The agency will provide a formal invitation letter together with a name list with all delegates for visa appointment. Please be reminded that it is important that you arrange all necessary visas well in advance of the respective deadlines.

Information about visa requirements to Japan can be found via the link below:

https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

5 CONTACTS

For Event and Competition

READY STEADY TOKYO -Canoe Sprint & Paracanoe

Tokyo 2020 Office - Canoesprint_testevent@tokyo2020.jp

For Accommodation

READY STEADY TOKYO - Canoe Sprint & Paracanoe

Official Travel Agency

KINKI NIPPON TOURIST CORPORATE BUSINESS CO. LTD

Email: ecc_iod01@or.knt.co.jp

Tel: +81-3-6891-9354

RACE SCHEDULE (Provisional)

Day 1

12 SEP,2019 Thursday

Sprint

No.	Time	Event
1	9:00	WK1 200m H 1
2	9:05	WK1 200m H 2
3	9:10	WK1 200m H 3
4	9:15	WC1 200m H 1
5	9:20	WC1 200m H 2
6	9:25	WC1 200m H 3
7	9:30	MK1 1000m H 1
8	9:37	MK1 1000m H 2
9	9:44	MK1 1000m H 3
10	10:05	WK2 500m H 1
11	10:11	WK2 500m H 2
12	10:17	MC2 1000m H 1
13	10:24	MC2 1000m H 2
14	11:00	WK1 200m QF 1
15	11:05	WK1 200m QF 2
16	11:10	WC1 200m QF 1
17	11:15	WC1 200m QF 2
18	11:20	MK1 1000m QF 1
19	11:27	MK1 1000m QF 2
20	11:50	WK2 500m QF 1
21	11:56	WK2 500m QF 2
22	12:02	MC2 1000m QF 1
23	12:09	MC2 1000m QF 2

Para

No.	Time	Event
P1	12:45	MKL1 200m H 1
P2	12:50	MKL1 200m H 2
P3	12:55	WVL2 200m H 1
P4	13:00	WVL2 200m H 2
P5	13:05	MKL2 200m H 1

P6	13:10	MKL2 200m H 2
P7	13:15	MKL3 200m H 1
P8	13:20	MKL3 200m H 2
P9	13:50	MKL1 200m SF 1
P10	13:55	MKL1 200m SF 2
P11	14:00	WVL2 200m SF 1
P12	14:05	MKL2 200m SF 1
P13	14:10	MKL2 200m SF 2
P14	14:15	MKL3 200m SF 1
P15	14:20	MKL3 200m SF 2

Day 2

13 SEP,2019 Friday

Sprint

No.	Time	Event
24	9:00	WK1 200m SF 1
25	9:05	WK1 200m SF 2
26	9:10	WC1 200m SF 1
27	9:15	WC1 200m SF 2
28	9:20	MK1 1000m SF 1
29	9:27	MK1 1000m SF 2
30	9:50	WK2 500m SF 1
31	9:56	WK2 500m SF 2
32	10:02	MC2 1000m SF 1
33	10:09	MC2 1000m SF 2
34	10:30	WK1 200m FB
35	10:35	WK1 200m FA
36	10:43	WC1 200m FB
37	10:48	WC1 200m FA
	10:54	WK1 200m Medals
38	11:02	MK1 1000m FB

39	11:09	MK1	1000m	FA
	11:18	WC1	200m	Medals
40	11:26	WK2	500m	FB
41	11:32	WK2	500m	FA
	11:39	MK1	1000m	Medals
42	11:47	MC2	1000m	FB
43	11:54	MC2	1000m	FA
	12:03	WK2	500m	Medals
	12:09	MC2	1000m	Medals

Para

No.	Time	Event
P16	12:30	MKL1 200m FB
P17	12:35	MKL1 200m FA
P18	12:43	MKL2 200m FB
P19	12:48	MKL2 200m FA
	12:54	MKL1 200m Medals
P20	13:02	MKL3 200m FA
P21	13:10	MVL2 200m FA
	13:16	MKL2 200m Medals
	13:22	MKL3 200m Medals
	13:28	WVL2 200m Medals

Day 3

14 SEP,2019 Saturday

Sprint

No.	Time	Event
44	9:00	MK1 200m H 1
45	9:05	MK1 200m H 2
46	9:10	MK1 200m H 3
47	9:15	WK1 500m H 1
48	9:21	WK1 500m H 2
49	9:27	WK1 500m H 3
50	9:33	WC2 500m H 1
51	9:39	WC2 500m H 2

52	9:45	MK2 1000m H 1
53	9:52	MK2 1000m H 2
54	9:59	MC1 1000m H 1
55	10:06	MC1 1000m H 2
56	10:13	MC1 1000m H 3
57	10:30	MK1 200m QF 1
58	10:35	MK1 200m QF 2
59	10:40	WK1 500m QF 1
60	10:46	WK1 500m QF 2
61	10:52	WC2 500m QF 1
62	10:58	WC2 500m QF 2
63	11:04	MK2 1000m QF 1
64	11:11	MK2 1000m QF 2
65	11:18	MC1 1000m QF 1
66	11:25	MC1 1000m QF 2

Para

No.	Time	Event
P22	12:00	WKL1 200m H 1
P23	12:05	WKL1 200m H 2
P24	12:10	MVL2 200m H 1
P25	12:15	MVL2 200m H 2
P26	12:20	WKL2 200m H 1
P27	12:25	WKL2 200m H 2
P28	12:30	MVL3 200m H 1
P29	12:35	MVL3 200m H 2
P30	12:40	WKL3 200m H 1
P31	12:45	WKL3 200m H 2
P32	13:15	WKL1 200m SF 1
P33	13:20	MVL2 200m SF 1
P34	13:25	MVL2 200m SF 2
P35	13:30	WKL2 200m SF 1
P36	13:35	WKL2 200m SF 2
P37	13:40	MVL3 200m SF 1
P38	13:45	MVL3 200m SF 2
P39	13:50	WKL3 200m SF 1

Day 4

15 SEP,2019 Sunday

Sprint

No.	Time	Event
67	9:00	MK1 200m SF 1
68	9:05	MK1 200m SF 2
69	9:10	WK1 500m SF 1
70	9:16	WK1 500m SF 2
71	9:22	WC2 500m SF 1
72	9:28	WC2 500m SF 2
73	9:34	MK2 1000m SF 1
74	9:41	MK2 1000m SF 2
75	9:48	MC1 1000m SF 1
76	9:55	MC1 1000m SF 2
77	10:30	MK1 200m FB
78	10:35	MK1 200m FA
79	10:43	WK1 500m FB
80	10:49	WK1 500m FA
	10:56	MK1 200m Medals
81	11:04	WC2 500m FB
82	11:10	WC2 500m FA
	11:17	WK1 500m Medals
83	11:25	MK2 1000m FB
84	11:32	MK2 1000m FA
	11:41	WC2 500m Medals
85	11:49	MC1 1000m FB
86	11:56	MC1 1000m FA
	12:05	MK2 1000m Medals
	12:11	MC1 1000m Medals

Para

No.	Time	Event
P40	12:30	WKL1 200m FA
P41	12:38	MVL2 200m FA
P42	12:46	WKL2 200m FB
P43	12:51	WKL2 200m FA
	12:57	WKL1 200m Medals
P44	13:05	MVL3 200m FA
P45	13:13	WKL3 200m FA
	13:19	MVL2 200m Medals
	13:25	WKL2 200m Medals
	13:31	MVL3 200m Medals
	13:37	WKL3 200m Medals