



2018 Official Race Rules

2018-07-07

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1. Introduction

The Kingston to Ottawa 200 (K2O) Race Rules and Regulations are put in place for the fairness and safety of all participants, including racers, support crews and staff.

2. Registration

2.1 How to Register

Registration must be completed using the online registration form available at www.kingston2ottawa.ca

2.2 Eligibility

All paddlers must be at least 15 years of age (or 13 years of age for 25km and 50km distances) at the start of the race to be eligible to participate provided their waiver forms are completed. Paddlers under the age of 18 must have their waiver forms signed by their legal guardian.

2.3 Entry Fees

Entry fees are determined by number of paddlers (per team) and registration date. Participants are encouraged to register early to avoid paying higher fees. The fee schedule is provided below. A \$65 fee (non-refundable) will be applied to 200km and 100km registrations to cover the costs of a mandatory tracking device issued to each team.

| <i>K2O (Full) 200KM Distance</i> | | | |
|---|----------------------------------|------------------------------------|----------------------------------|
| Number of racers in team | Until Dec 31st | Until March 31st | Until July 8th |
| 1 paddler | \$175 | \$200 | \$225 |
| 2 paddlers | \$150/paddler | \$175/paddler | \$200/paddler |
| More than 3 paddlers | \$140/paddler | \$165/paddler | \$180/paddler |

*Note: An additional \$65 will be added per team for a mandatory tracking device (non-refundable)

| K20 (1/2) 100KM Distance | | | |
|---------------------------------|----------------------------------|------------------------------------|----------------------------------|
| Number of racers in team | Until Dec 31st | Until March 31st | Until July 8th |
| 1 paddler | \$125 | \$150 | \$175 |
| 2 paddlers | \$100/paddler | \$125/paddler | \$150/paddler |
| More than 3 paddlers | \$90/paddler | \$115/paddler | \$140/paddler |

*Note: An additional \$65 will be added per team for a mandatory tracking device (non-refundable)

| K20 (1/4) 50KM Distance | | | |
|---------------------------------|----------------------------------|------------------------------------|----------------------------------|
| Number of racers in team | Until Dec 31st | Until March 31st | Until July 8th |
| 1 paddler | \$75 | \$90 | \$105 |
| 2 paddlers | \$70/paddler | \$85/paddler | \$100/paddler |
| More than 3 paddlers | \$65/paddler | \$80/paddler | \$95/paddler |

| K20 (1/8) 25KM Distance | | | |
|---------------------------------|----------------------------------|------------------------------------|----------------------------------|
| Number of racers in team | Until Dec 31st | Until March 31st | Until July 8th |
| 1 paddler | \$60 | \$75 | \$90 |
| 2 paddlers | \$55/paddler | \$70/paddler | \$85/paddler |
| More than 3 paddlers | \$50/paddler | \$65/paddler | \$80/paddler |

2.4 Entry Deadline

The deadline for entry is July 8th, 2018 at 11:59PM EST.

2.5 Change of Class

Paddlers who wish to change class can do so by contacting race organizers. An administration fee of \$20 will apply to each paddler involved.

2.6 Cancellation

Paddlers who wish to change class can do so by contacting race organizers by e-mail (info@kingston2ottawa.ca).

K2O Full and Half Registration Cancellation Policy:

Until July 8th - a fee of \$65 +HST will be applied towards each team cancellation. The difference in price between the original entry fee paid and the new applicable fee will be reimbursed.

After July 8th – 50% of original team registration fee paid will be applied as a fee towards each team cancellation. The difference in price between the original entry fee paid and the new applicable fee will be reimbursed.

K2O 50km and 25km Registration Cancellation Policy:

Until July 8th - a fee of \$25 +HST will be applied towards each team cancellation. The difference in price between the original entry fee paid and the new applicable fee will be reimbursed.

After July 8th – 50% of original team registration fee paid will be applied as a fee towards each team cancellation. The difference in price between the original entry fee paid and the new applicable fee will be reimbursed.

3. Classes and Categories

3.1 Class Breakdown

The race will be run in the following classes:

| Adventure | Competitive (No portaging assistance) |
|-----------------------------|--|
| C1 - Stock | C1 – USCA & Stock |
| C2 – Stock & Recreational | C2 – Pro & Stock |
| K1 – Sea Kayak (SK) | K1 – Fast Sea Kayak (FSK) & High Performance Kayak (HPK) |
| K2 – Tandem Sea Kayak (SK2) | K2 – Tandem Sea Kayak (SK2) & Tandem Fast Sea Kayak (FSK2) |
| SUP (Stand up paddleboard) | SUP (Stand up paddleboard) |
| North/Voyageur Canoe | North/Voyageur Canoe |
| Unlimited | Unlimited |

Craft specifications for each class are available below. Racers who are uncertain of their class should contact race organizers for clarification.

Each class will be further divided into category by gender – Men’s, Women’s and Mixed. Mixed teams must be composed of at least one third female racers.

All crafts must be powered solely by human power using non-fixed paddles. These include, but are not limited to, canoes, kayaks, north/voyageur canoes, SUPs, surf skis, and outriggers. Examples of excluded crafts are row boats, sail boats and pedal boats. Crafts may not be substituted during the race except for crafts with more than 8 individuals or by relay teams at designated relay lock stations. All classes may be run as relays.

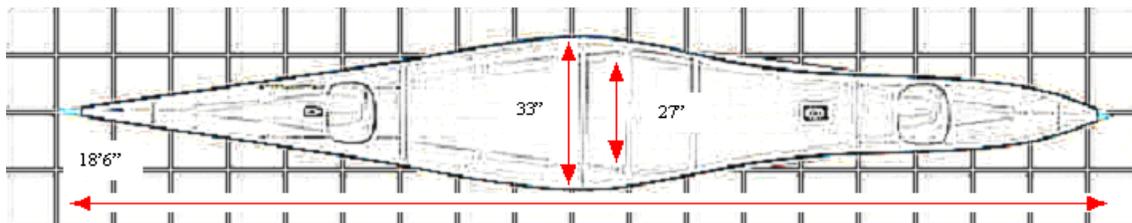
Race organizers may, at their discretion, measure crafts to ensure they fit within specifications.

3.2 Canoe Class Specifications

While all canoes are allowed in the K2O, they are subdivided into classes by design which follow OMCKRA canoe specification rules for C1 and C2 classes; consistent with those set by both Canoe Kayak Canada and the US Canoe Association (USCA). Canoes cannot have skegs or rudders and must be raced using canoe single bladed paddles. Pro C2s and USCA C1s may only register in the Competitive division while Stock C2s and C1s can register in either Adventure or Competitive divisions. Canoes that do not meet the following specifications must register under the “Unlimited” class.

Pro C2 (Marathon two-person canoe)

Maximum overall length of 18’ 6”; minimum width 27”, 3” above the bottom, measured within 12” of the longitudinal centre, not counting keels, at the widest part of the canoe. Minimum width at the gunwales, skin to skin, shall be 33”, within 12” of the longitudinal centre. Minimum 15” high bow measured from the bottom baseline.



Examples: Wenonah Jensen V1-Pro, Clipper Canoes Tandem Racing V1

Stock C2 (Two-person canoe)

Maximum overall length of 18'6"; minimum width of 14.4 per cent of length at the 4" waterline, (i.e. 32" for 18'6" length or 29.4" for 17' length); minimum depth at bow 16", centre 12", and stern 16".

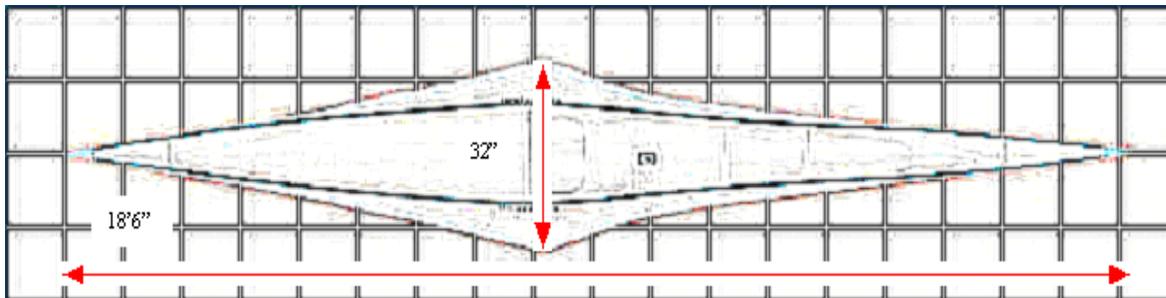
Examples: Wenonah Jensen 17', Wenonah Jensen 18', Wenonah Escape, Savage River Susquehanna, Clipper Jensen 17', Clipper Jensen 18', Old Town Tripper

Recreational C2 (Two-person canoe)

Any non-racing canoe that is 17' long or less with a minimum of a minimum 32" width at the 4-inch waterline.

USCA C1 (Marathon one-person canoe)

Hull specifications shall conform to current USCA specification in effect. In addition, OMCKRA recommends that tarps and bailers be permissible. Currently USCA rules are 18' 6" maximum length and beam ratio of 0.14375 of the length (i.e. maximum beam of 32") measured 4" above the bottom and within 12" fore and after of the center of the canoe. Minimum 15.5" high bow and minimum depth is 11.5".



Examples: Wenonah Jensen J-193, Savage River Diller

Stock C1 (One-person canoe)

Maximum overall length of 17'2" and minimum of 15'; no minimum/maximum width. Canoes with concave hulls are not permitted. Pro-class or modified boats that are specifically designed for flat-water racing are not permitted.

Examples: Grasse River Boat Works Classic XL, Wenonah Advantage, Wenonah Prism, Sawyer Summer Song, Bell Canoe Magic

3.3 Kayak Class Specifications

The K20 follows the Sound Rowers Kayak Classification (Tom Cartmill's System) based on length to width ratios. A list of over 200 kayak models by manufacturers with L:W ratios and respective classes can be found here at the [Sound Rowers website](#). Please contact race organizers if unsure of the class specification for your kayak. Sprint/Olympic kayaks will be registered in the Unlimited class.

Sea Kayak (SK)

Boats with a Length:Width ratio less than 9.25:1

Examples: Current Designs Solstice SS, Current Designs Boreal Designs Inukshuk, Clearwater Design Gaspe, Epic V6, Valley Canoe Nordkapp LV, Wilderness Systems Tempest 165 Pro

Fast Sea Kayak (FSK)

Boats with a Length:Width ratio between than 9.25:1 and 10.99:1

Examples: Valley Canoe Nordkapp, Seaward Quest, Nimbus Sprint, Necky Looksha II, Epic 18x Sport, Current Designs Freedom, Dagger Sitka

High Performance Kayak (FSK)

Boats with a Length:Width ratio greater than 10.99:1

Examples: Current Designs Speedster, Epic 18x, Epic V10, Epic V12, Huki S1-X, Necky Arluk I, Nelo FW 2000, Think Evo, Think Legend

Tandem Sea Kayak (SK2)

The tandem sea kayak class allows all makes and models of tandem kayaks and is not further subdivided.

3.4 North/Voyageur Canoe

The north/voyageur canoe class allows all makes and models of boats and is not further subdivided.

3.5 SUP

The SUP class allows all makes and models of stand up paddleboards with a maximum length of 14 feet. Any material may be used in construction, including inflatables.

3.6 Unlimited

Any craft which does not fit into other classes is classed as Unlimited. This includes ruddered canoes, multi-person canoes, outriggers, crafts which have been modified outside the limits of a class or canoes that are paddled with kayak paddles.

Race organizers may create additional classes where the number of entries for a type of craft warrant it.

4. Mandatory Equipment

The following mandatory equipment must be carried by all teams for the entire race. Some crafts, such as SUPs may have different minimum Transport Canada requirements, in all cases Transport Canada requirements will be enforced.

All teams will be subject to a mandatory gear check before the race.

4.1 Required by Transport Canada

All Transport Canada requirements for mandatory safety equipment must be followed. The list below is given as guidance, the official list is available at the government website (<http://www.tc.gc.ca/media/documents/marinesafety/TP-511e.pdf>). Due to the nature of this event, rules concerning alternate equipment for boats involved in competitions do not apply.

- One lifejacket or PFD for each racer which *****MUST BE WORN AT ALL TIMES WHEN ON WATER***** (inflatable PFDs are NOT permitted)
- One buoyant heaving line at least 15m long
- One bailer or manual bilge pump or bilge-pumping arrangements
- One watertight flashlight (even if boat is less than 6 m long)
- One sound-signaling device or appliance
- Navigation lights

4.2 Additional Mandatory Equipment

The following additional race specific mandatory equipment is required

- Maps covering the race course
- One headlamp for each racer
- Working cell phone in waterproof container with emergency race number
- Boat number decal (**supplied by race officials**)
- Race bibs which must be attached to life jackets (**supplied by race officials**)
- Fluorescent light attached to life jacket (**supplied by race officials**)
- Tracking device for 200km and 100km distance teams (**supplied by race officials**)

5. Race Course

The K2O race course spans the entire length of the Rideau Canal waterway system with the full 200km distance starting from the Cataraqui Canoe Club in Kingston. The 100km, 50km, and 25km will have start lines positioned at Rideau Ferry, Burritts Rapids, and TBD respectively. Racers will make their way to the collective finish line location set at the Rideau Canoe Club by the Hogs Back lock station in Ottawa. Race maps are available on-line from the K2O website.

The race course includes large lakes (particularly in the first half), rivers and locks. Racers must take necessary precautions when paddling, especially in navigation channels that are shared with boaters.

All portages at lock stations along the course must be portaged by participants following the marked portage routes. Detailed information of each lock station is available from the K2O website. At lock stations where multiple locks are in-flight, participants may portage the entire distance or re-enter water as they see fit.

6. Race Procedures

6.1 Pre-Race Meeting

A **mandatory** pre-race meeting must be attended by all participating K2O racers.

K2O (Full) 200km – Fri. July 20 6:00PM EST at Cataraqui Canoe Club (1 Cataraqui St, Kingston, ON)

K2O (Half) 100km – Sat. July 21 4:00PM EST at Rideau Ferry/CC's on the Rideau (1030 Rideau Ferry Rd, Perth, ON)

K2O (1/4) 50km – Sun. July 22 5:00AM EST at Burritts Rapids Lock Station (673 River Rd, Kemptville, ON)

K2O (1/8) 25km – Sun. July 22 11:00AM EST at Husrt Marina (2726 River Road, Manotick, ON)

6.2 Race Start

K2O (Full) 200km - A single mass start will be held at 6:00AM EST on Saturday July 21st, 2018 in Kingston (Catarqui Canoe Club) for all paddlers registered in the full distance race.

K2O (Half) 100km - A single mass start will be held at 6:00PM EST on Saturday July 21st, 2018 at Rideau Ferry (CC's on the Rideau) for all paddlers registered in the half distance race.

K2O (1/4) 50km - A single mass start will be held at 6:00AM EST on Sunday July 22nd, 2018 at Burritts Rapids Lock Station for all paddlers registered in the 50km distance race.

K2O (1/8) 25km - A single mass start will be held at 12:00PM EST on Sunday July 22nd, 2018 at Hurst Marina for all paddlers registered in the 25km distance race.

Late starts are accepted up to 10 minutes after the scheduled start, however race times are calculated from the scheduled race start time, not the paddle start time.

6.3 Cut-off Times

The following cut-off times must be met by all racers. Teams which do not meet time cut-offs will be required to resign from the race. Race organizers may, at their discretion, adjust cut-off times depending on day-of race conditions.

K2O (Full) 200KM -

- Chaffey's Lock #37 (60.4km): 4:00pm
- Narrows Lock #35 (76.7km): 7:00pm
- Rideau Ferry: 12:00am
- Smiths Falls Detached Lock #31 (111.7km): 1:00am
- Burritts Rapids Lock #17 (145.1km): 8:00am
- Long Island Lock #16 (185.8km): 3:00pm
- FINISH – Rideau Canoe Club (200.7km): 6:00pm

K2O (Half) 100KM -

- Burritts Rapids Lock #17: 8:00am
- Long Island Lock #16: 3:00pm
- FINISH – Rideau Canoe Club: 6:00pm

50KM, and 25KM -

- Long Island Lock #16: 3:00pm
- FINISH – Rideau Canoe Club: 6:00pm

To plan your average paddling speed to meet cut-off times, a race time estimation tool is available for download at www.kingston2ottawa.ca/about-the-race/race-route/

6.4 Portaging

Racers must portage around all lock stations using the prescribed portage routes. Four lock stations have been designated as official checkpoints (Chaffey's Lock #37, Smiths Falls Detached Lock #31, Burritts Rapids Lock #17 and Long Island Lock #16). At these lock stations racers must provide their team number to the attending officials for timekeeping.

Lock station facilities are shared with other user groups such as pleasure boaters. Racers must be aware of possible boat wash and significant activity around lock stations, particularly during the day.

Racers must obey the instructions from safety guides posted at major road crossings. As deemed necessary, safety guides may require you to wait before crossing the road. Penalties will be assigned to teams who do not follow safety guide instructions. Necessary precautions must be taken when crossing other minor roads at various lock stations.

Portaging assistance may be provided for some paddlers as described in section 6.6 of this document.

6.5 Support

The Kingston to Ottawa (K2O) 200 is a supported canoe marathon. Racers can have a support team to provide food, drinks, medicine, clothing, ice, or other items which they require. Support teams can provide support from all lock stations and sites that are accessible to the public.

Non-registered boats, including motorboats, cannot follow, lead or be used for providing assistance to any racer throughout the race.

Portaging Support for Adventure Class - Support crews can provide portaging assistance to all Adventure Class racers. This includes lifting the craft out of the water, portaging it around the lock station, and putting the craft back in the water. Portaging devices (e.g. portaging trailers) are allowed to be used by Adventure class racers and their support crews.

Portaging Support for Competitive Class - Assistance of any form which would help the progress of a craft on the race course, including but not limited to, portaging, lifting a craft out of water, pushing or pulling a craft are not permitted. Assistance in holding the craft for the purpose of stabilizing the boat is permitted. While support crews may bring portaging trailers for competitive racers, they may not assist in lifting or tying down the craft. ***The only exceptions to these rules are at Old Slys and Long Island lock stations where portaging assistance may be provided due to increased difficulty in navigating the terrain.

6.6 Resignation

A team may resign from the race at any time by contacting race officials and completing a resignation form. Race officials must be informed at the earliest possible time.

7. Prizes and Awards

7.1 Medals

Teams within their respective class, category, and division will be awarded 1st, 2nd, 3rd Place and Finisher medals based on their finishing positions.

7.2 Cash Prizes & Awards

K20 (Full) 200km – Cash awards are available to teams who finish under 28 hours registered in the Competitive Full 200km division. In determining the cash awards, distinctions will not be made between class or category.

| PLACE | AWARD |
|-----------------------|-------|
| 1 st Place | \$750 |
| 2 nd Place | \$450 |
| 3 rd Place | \$300 |

K20 (Half) 100km - Cash awards are available to teams who finish under 18 hours registered in the Competitive Half 100km division. In determining the cash awards, distinctions will not be made between class or category.

| PLACE | AWARD |
|-----------------------|-------|
| 1 st Place | \$250 |
| 2 nd Place | \$150 |
| 3 rd Place | \$100 |

Top teams within the 200km, 100km Adventure divisions and 50km, and 25km Competitive/Adventure divisions will also compete for free registrations into the following year's race. In determining the registration awards, distinctions will not be made between class or category.

| PLACE | AWARD |
|-----------------------|---|
| 1 st Place | Free 2019 K2O registration into the next distance division above. |

*i.e. 25km winners will receive free registration into the 50km race of the following year. Discounts will only apply to the original number of paddlers registered (non-transferrable). 200km Adventure race winners will receive free registration into the division of choice.

7.3 Other Awards

Non-cash awards (i.e. sponsor product, gear, equipment, etc.) will be drawn at random among racers at the awards ceremony. Teams with multiple paddlers will have the names of all registered racers entered into the draws.

8. General

8.1 Code of Conduct

All participants are expected to adhere to sportsmanlike conduct. The Rideau Canal waterway is used by many interest groups and as such impact to other groups must be minimized. Land along the canal must be respected. Trespassing on private property is both prohibited and not required. Part of the race will take place during the night, paddlers and their support crews are asked to be respectful and keep noise levels low. The use of drugs and alcohol is strictly prohibited.

8.2 Rule Violation

Inappropriate behavior by supporters and/or competitors will be penalized at the discretion of race officials.

8.3 Protests

Protests must be addressed in writing to the race organizers within two hours after of completing the race. The protest must clearly indicate the rule which was violated and details of the complaint. A fee of \$30 will be levied which will be returned if the protest is upheld.

9. Document Revisions

| Revision Number | Revision Date | Description of Changes |
|-----------------|---------------|--|
| Version 3.1 | Jan 10, 2017 | <ul style="list-style-type: none"> Initial release |
| Version 3.2 | Mar 26, 2017 | <ul style="list-style-type: none"> Amendment to race cut-off times and relay exchange stations |
| Version 3.21 | May 7, 2017 | <ul style="list-style-type: none"> Updated broken hyperlink in section 4.1 Updated pre-race meeting times |
| Version 3.3 | June 18, 2017 | <ul style="list-style-type: none"> Adjustment of race finish line location Adjustment of race cut-off times |
| Version 3.4 | Oct 21, 2017 | <ul style="list-style-type: none"> Addition of 50km and 25km race formats Revision of award prize structure |
| Version 3.41 | Nov 15, 2017 | <ul style="list-style-type: none"> Revision to boat class specifications and category breakdown |
| Version 3.41 | July 7, 2018 | <ul style="list-style-type: none"> Rideau Ferry cut-off time applied to 200km format Cut-off times applied to 50km and 25km race formats |