



2017 Official Race Rules

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1. Introduction

The Kingston to Ottawa 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 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 race class 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 each team registration to cover the costs of a mandatory tracking device issued to each team.

<i>K2O Full Distance – 200KM</i>			
Number of racers in team	Before March 31st	Before May 31st	Before July 9th
1 paddler	\$175	\$200	\$225
2 paddlers	\$150/paddler	\$175/paddler	\$200/paddler
3 to 6 paddlers	\$140/paddler	\$165/paddler	\$180/paddler
More than 6 paddlers	\$125/paddler	\$150/paddler	\$175/paddler

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

K2O Half Distance – 100KM			
Number of racers in team	Before March 31st	Before May 31st	Before July 9th
1 paddler	\$125	\$150	\$175
2 paddlers	\$100/paddler	\$125/paddler	\$150/paddler
3 to 6 paddlers	\$90/paddler	\$115/paddler	\$140/paddler
More than 6 paddlers	\$75/paddler	\$100/paddler	\$125/paddler

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

2.4 Entry Deadline

The deadline for entry is July 9th 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).

Until July 9th - a fee of \$65 +HST (tracking device) 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 9th – 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
C1, C2 – Stock	C1, C2 – Stock & Racing
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	SUP
Voyageur	Voyageur
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 women.

All teams can register as a relay.

All crafts must be powered solely by human power using non-fixed paddles. These include, but are not limited to, canoes, kayaks, voyageurs, SUPs, surf skis, voyageurs (North canoes) 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 their design. In general, Racing C1 and C2 canoes follow USCA specifications. Canoes cannot have rudders or skegs and must be raced using canoe single bladed paddles. Racing canoes may only register in the competitive division while recreational canoes can register in either adventure or competitive divisions. Canoes that do not meet either adventure or racing specifications must register as unlimited.

Stock C2

The stock canoe class includes most stock canoes 18'6" and under which do not meet the racing C2 specifications.

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

Stock C1

The stock canoe class includes most stock solo canoes 17'6" and under which do not meet the racing C1 specifications.

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

Racing C2

Maximum overall length 18 feet 6 inches; minimum width 27 inches, 3 inches above the bottom, measured within 12 inches 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 inches, within 12 inches of the longitudinal centre. Minimum 15-inch high bow measured from the bottom baseline.

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

Racing C1

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 bow high is 15.5" and minimum depth is 11.5".

Examples: Wenonah Jensen J-193, Savage River Diller

3.3 Kayak Class Specifications

The K20 follows the Sound Rowers classification of kayaks which are based on length to width ratios. The Sound Rowers web site has a list of over 200 boats with their given class. Please let race organizers know if the kayak you plan to race cannot be found in the list. 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, 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 Voyageur (North Canoe)

The voyageur class allows all makes and models of voyageur boat and is not further subdivided.

3.5 SUP

The SUP class allows all makes and models of stand up paddleboards and is not further subdivided.

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 the 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
- Canoe number (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 (supplied by race officials)

5. Race Course

The full distance race runs the length of the Rideau Canal starting at the Cataraqui Canoe Club in Kingston (at the end of Cataraqui street) and makes its way to the Rideau Canoe Club by the Hogs Back lock station in Ottawa. The half distance race runs from the Smiths Falls Detached lock station to 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.

Full K2O Race (200km) - the pre-race meeting will take place at 6:00PM EST on Friday July 21st, 2017 at the start line location Cataraqui Canoe Club

Half K½O Race (100km) - the pre-race meeting will take place at 12:00PM EST on Saturday July 22nd, 2017 at the Smiths Falls Detached Lock Station.

6.2 Race Start

Full K2O Race (200km) - A single mass start will be held at 6:00AM EST on Saturday July 22nd, 2017 in Kingston (Cataraqui Canoe Club) for all paddlers registered in the full distance race.

Half K½O Race (100km) - A single mass start will be held at 6:00PM EST on Saturday July 22nd, 2017 in Smiths Falls (Smiths Falls Detached Lock Station) for all paddlers registered in the half distance race.

Late starts are accepted up to 30 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.

K20 Full Distance – 200KM

- Chaffey's Lock #37 (60.4km): 4:00pm
- Narrows Lock #35 (76.7km): 7:00pm
- 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

K20 Half Distance – 100KM

- FINISH – Rideau Canoe Club (97.4km): 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 Relays

Participants may choose to attempt the challenge as a relay. To participate in the relay category, a team must be registered as a relay team – straight through teams may not convert to relay after the race start.

Relay exchanges may only be performed at the 3 specified relay exchange lock stations. Incoming paddlers will paddle their craft to the start of the relay lock station, take their craft out of the water and portage their craft across the lock station to the relay exchange marker. The relay exchange will only take place once the incoming craft has completed the portage.

Relay teams may exchange paddlers in any order. That is, the section of the race each of the paddlers will race are left to the relay team's discretion and are not required to be declared. Relay paddlers may race more than one leg. Not all registered paddlers are required to race a leg.

Crafts can be exchanged at designated relay lock stations at the relay exchange marker.

The relay exchange lock stations are:

- Chaffey's Lock #37 (60.4km)
- Smiths Falls Detached Lock #31 (111.7km)
- Burritts Rapids Lock #17 (145.1km)

6.6 Support

The Kingston to Ottawa 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 to provide 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.

6.7 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

Team members of the top teams in their respective class, category and division will be given medals.

7.2 Cash Awards

Cash Awards are available to teams registered for the full distance as non-relay Competitive and finish under 28 hours. In determining the cash awards, distinctions will not be made between class or category.

PLACE	AWARD
1 st Place	\$500
2 nd Place	\$450
3 rd Place	\$400
4 th Place	\$350
5 th Place	\$300
6 th Place	\$250
7 th Place	\$200
8 th Place	\$150

7.3 Other Awards

Other non-financial awards (e.g. gear) will be drawn at random among all racers. 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