

Senior Selection – Advanced Information

A detailed athlete briefing will be published shortly but here are some key points.

COVID

All athletes and officials are asked to take a lateral flow test prior to the competition. If the test is positive or if you feel unwell with COVID symptoms, then you must not take part in the competition. There is no insistence that spectators need to self-test however the same advice applies; if you feel unwell please consider if it is wise for you to attend and take a test.

Although mandatory rules around social distancing have been relaxed, case numbers are still very high and all attendees are encouraged to act responsibly to minimise potential transmission.

Demos

Demos will be a number of full runs of the course. At present we are short of volunteers for demos, especially K1 Women. If you are Prem or top of Div1, and a confident paddler on Lee Valley, please contact Dave Spencer (slalom.chair@vol.britishcanoeing.org.uk) if you wish to take part.

Volunteers

If you are able to help with the running of the race additional volunteers are most welcome:

- Safety – Please contact Dave Royle (dave.royle@outlook.com)
- Other (Boat Weighing etc) – Please contact Dave Spencer (slalom.chair@vol.britishcanoeing.org.uk)

Race Schedule

Saturday 7 August		
	Start	End
Centre Opens	06:30	
Café Opens for hot drinks (TBC)	08:00	
Water On	07:00	
Full run Demos	07:45	08:15
Race 1 K1W K1M	09:00	09:47
Race 2 K1W K1M	10:30	11:20
Full run Demos (C1)	11:30	11:45
Break		
Rafting	12:30	13:30
Pull out course & Water up	13:30	14:00
Chief judge and Mark R to check poles	14:00	
Race 1 C1M C1W	14:15	14:49
Race 2 C1M C1W	15:40	16:15
Rafting	16:30	17:30
Course setting Sunday	17:30	18:30
Extreme slalom Wildcard TT	19:00	20:00

Sunday 8 August		
	Start	End
Centre Opens	06:30	
Café Opens for hot drinks (TBC)	08:00	
Water On	07:00	
Full run Demos	07:45	08:15
Race 1 K1W K1M	09:00	09:47
Race 2 K1W K1M	10:30	11:20
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Race 2 C1M C1W	15:40	16:15
Rafting	16:30	17:30
Course setting Extreme slalom TT	17:30	18:00
Extreme slalom TT	18:00	19:00