

# ICF World Canoe Sprint Masters 2015

18-19 July



Welcome to a new reality

Bulletin nr1  
APRIL 2015





**Official DATES:**

18th to 19th July 2015

**EVENT TITLE**

ICF World Canoe Sprint Masters 2015

**THE COUNTRY**

Portugal

**THE CITY**

Montemor-o-Velho

## ▶ Portugal 2015

## ▶ Portuguese Canoe federation

President of the Portuguese Canoe Federation

Welcome to Portugal!

After the success of the past ECA Events, and in a year that we are hosting some of the main ICF canoe Sprint events it is our great pleasure to host for the first time the 2015 edition of ICF World Canoe Sprint Masters at Montemor-o-Velho Venue.

We are doing all efforts to host a great race for you all in Montemor-o-Velho High performance centre, with top level conditions.

We wish you the best luck for the upcoming event, and hope you all can know a little more of our country during your stay.

Vitor Félix



Federação  
Portuguesa  
CANOAGEM



## ▶ Portugal 2015

Mayor of Montemor-o-Velho

2015 will be a great year for Montemor-o-Velho High Performance Centre, where will take place the 2015 ICF upcoming events.

The city of Montemor-o-Velho welcomes all participants of the 2015 edition of ICF World Canoe Sprint Masters, and it's our great honor to receive them in July 2015 ( between 17th and 19th ).

It's very rewarding for all of us receiving one more International renowned event that will honor our High Performance Centre.

Faithfully,

Emílio Augusto Ferreira Torrão  
Mayor of Montemor-o-Velho



# ► About Portugal

## Portugal i.d.

**Official name** \_ Portuguese Republic

**GPS** \_ 39 30 n, 8 00 w

**Founding of the Portuguese** \_ 1143

**Founding of the Republic** \_ 1910

**Political system** \_ Democracy

**National symbols** \_ National flag and National hymn

**Language** \_ Portuguese

**Territorial organization** \_ Two autonomous regions (Azores and Madeira). 18 districts

**Capital** \_ Lisbon

**Area** \_ 92,142km<sup>2</sup>

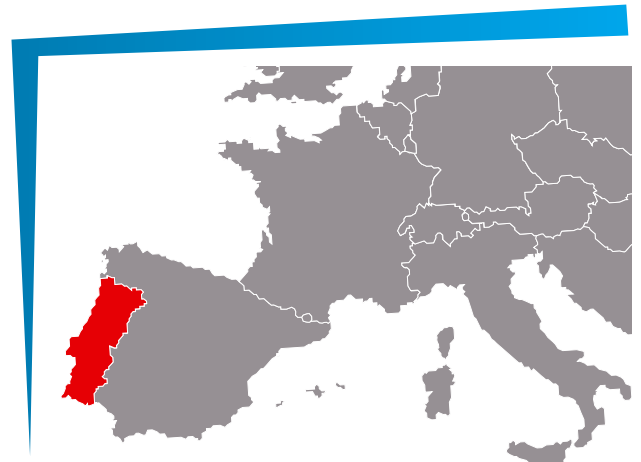
**Population** \_ 10,642,836 (july 2007 est.)

**Active population** \_ 5,523,000 (2004 est.)

**Currency** \_ Euro, divides into 100 centimes

**Gdp per capita** \_ 14.654 eur (2006)

**DP - composition by sector** \_ Agriculture: 7.9% \_ Industry: 25.9% \_ Services: 66.2% (2007 est.)



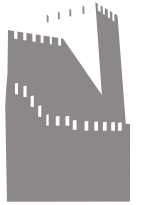
**LOCATION** \_ Portugal is located on the west side of the Iberian Peninsula, ideally positioned between Spain and the Atlantic Ocean. Portugal's excellent geographical position makes it a stopover point for many foreign airlines at airports all over the country. Portugal has 5 international airports: Lisbon, Oporto, Faro, Funchal (Madeira) and Ponta Delgada (Az native tongue of about 200 million people. The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Europe (Portugal), in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and in Asia, (East Timor, the youngest nation in the world). In Portugal, a considerable number of citizens can communicate in English, French and Spanish.

**CLIMATE** \_ Portugal has a sunny climate. There are only slight fluctuations in temperature between summer and winter; the overall mean ranges from 25°C in summer to about 14°C in winter. The rainy season begins in November and usually lasts through January. Portugal has 220 days of sun and 3000 hours of sunshine every year!



# ▶ Montemor-o-Velho

The event will take place in Montemor-o-Velho, Portugal



Montemor-o-Velho (Portuguese pronunciation) is a town and municipality of the Coimbra district, in Portugal. It has roughly 30,000 inhabitants.

Montemor-o-Velho, which was once a land of farmers, is now facing the tertiary sector activities, partly due to the installation of governments offices, financial institutions and services; such as small traders. The industry is represented by several manufacturing plants of small and medium size.

Agriculture continues to have great importance. People grow maize and rice using increasingly modern processes. The existence of a Vocational Agricultural School, together with the Cooperative and the services of the Agricultural Zone DRABL, contribute to technical expertise that improves the productivity of the fields.

The city of Montemor-o-Velho is the co-organizer of the 2015 ICF Canoe Sprint World Cup I, in partnership with the Portuguese Canoe Federation.



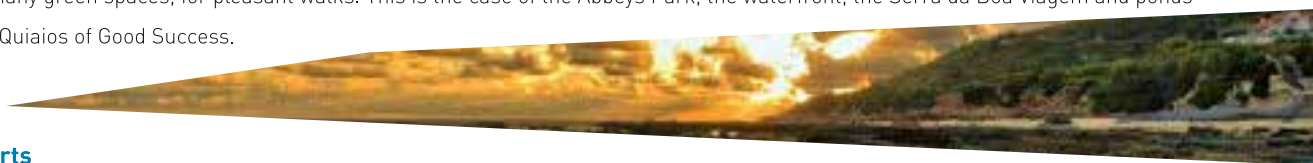
## ► Figueira da Foz

The city of Figueira da Foz is located on the Atlantic coast of Portugal, in the Central Region, only 18 kilometers from Montemor-o-Velho.

The sun and the beach are its main tourist resources. Linked by about 4 km of fine golden sand and a sea multifaceted, offering all the attractions for a relaxing holiday, fun and enjoyable. The animation is a constant throughout the afternoon and evening of Figueira da Foz, turning the streets into magical moments of joy and color.

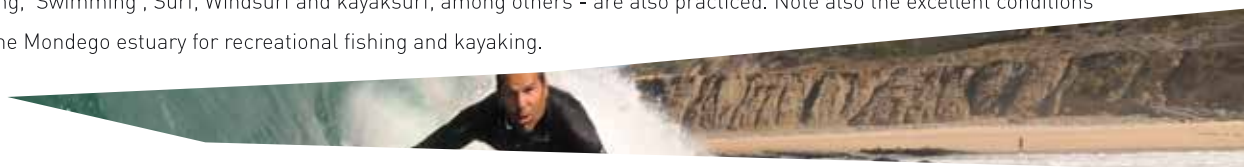
### The Nature

One of the charms of Figueira da Foz is the beach with its striped wooden bars and extent of soft white sand. Known as "Beach Clarity", this vast beach it was preferred in the late nineteenth century by the aristocratic class. Figueira da Foz can also be proud of its many green spaces, for pleasant walks. This is the case of the Abbeys Park, the waterfront, the Serra da Boa Viagem and ponds and Quiaios of Good Success.



### Sports

Natural conditions invite the practice of many sports. Beyond Mundialito Beach Soccer, held in July and August, water sports, like Powerboating, Swimming, Surf, Windsurf and kayaksurf, among others - are also practiced. Note also the excellent conditions offered by the Mondego estuary for recreational fishing and kayaking.



### Culture

Figueira da Foz has a rich historical heritage: The Municipal Museum with Dr. Santos Rocha vast collection (collections of archeology, ethnography African and Oriental numismatics, painting, sculpture, ceramics and furniture), a collection of Delft tiles (House of Palace), the numerous churches with their golden carvings, the Sotto Mayor Palace, the Palace of Mallorca, the Fort of Santa Catarina and the Fortress of Buarcos, archaeological remains. Figueira da Foz is the life of a people, the history of a region and the pleasure of discovery of her past. The recent construction of the Performing Arts Center and came to give it national notoriety since passed here to perform many of the programs that only happened in Lisbon and Porto. With a room with capacity for 800 people and one of the largest stages in the country, CAE, has numerous exhibition halls and a small auditorium equipped with the latest technologies and sound.



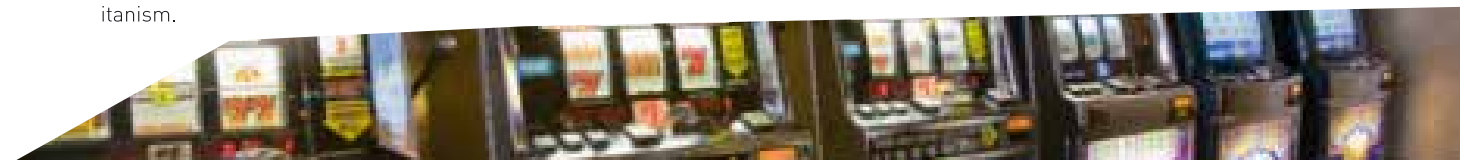
### Traditions

Despite the social changes brought about by the progress, Figueira da Foz keeps alive the oldest traditions such as the famous handicrafts or their popular festivities. More recently, the City of Festivals, held on June 24, are also an important milestone in the life of the county.



### Night

The night of Figueira da Foz has two personalities a more peaceful and romantic one and a more lively and social. One day you can feel like a pleasant stroll by the river or streets of the old town, another one you may opt for a trip to the Casino, which also offers shows and varieties, or even for a night of socializing in many of its bars, clubs and terraces, that dot this city already known for its cosmopolitanism.



## ▶ Airports

Getting here by air. Portugal has two major International Airports

**Oporto airport:** The Francisco Sá Carneiro Airport is located in the heart of the industrial north of the country, 11km from the city of Oporto, making it a privileged access point to this valuable commercial area.

It is less than 150km away from the Venue in Montemor-o-Velho. The travel time by bus is around 1 hour and 30 minutes.

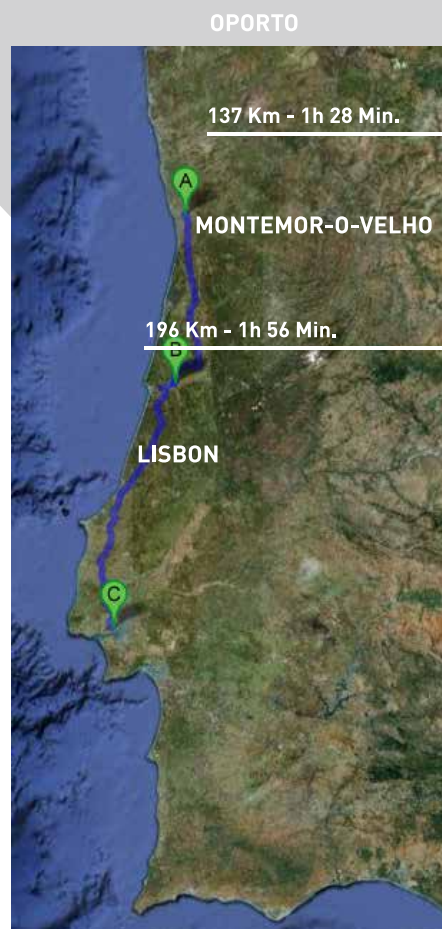


**The Lisbon Airport**, providing service to the capital of Portugal, is the busiest and most important airport in the country and the principal point of entry for travellers arriving in Portugal. There is a connection to the city centre and interface with Railway Stations by aero shuttle and bus. The train also connects Lisbon to Coimbra and then to Montemor-o-Velho. Both airports receive daily flights from low cost companies like ryanair and easyjet, among others, from all over Europe cities.

Lisbon - Portugal 12:00

Berlin  
13:00

Moscow  
16:00





## ► Competition Venue

The competition will be held at High Performance Centre of Montemor-o-Velho



**Geographic Location:**  
Lat 40°10'21.13"N / Lon 8°41'4.73"W  
Depth from 1.60 mts to 3.00 mts  
Electrical power: 220 W (16, 32, et 63 amp)  
Travel lift up to 39 ton  
Boat yard services  
Located at 139 Kms from the Porto airport

## ► Sports Facilities

### Athletes area characteristics:

The athletes will have their own area. This area includes:

#### **BOATHOUSE | RESTROOMS & WC FACILITIES | LOUNGE AREA | ATHLETES SERVICES**

All entrances to the competition will be free of charge. We will provide temporary structures for leisure. This will include entertainment, food and beverage kiosks, merchandise kiosks and other activities for the public to enjoy. We will try to attract as many people as possible and therefore we will use local and national media coverage such as radios, TV channels, press and media. A video signal of the races will be displayed in more than 30 plasma screens, around the Venue. For all those already been in Montemor before, in 2015 no boats will be kept inside the main building. We will have a big tent outside for this matter, in front of the water for all boats. This will increase the hangars capacity and conditions for all nations.

### Spectators Services:

#### **INFORMATION**

The information will be set in 2 steps: outside the limits of the event, at different public locations and also at the main entrance of the venue in appropriated structures for the purpose.

#### **MERCHANDISING**

The merchandising will be set at the main entrance of the venue in appropriated structures for the purpose.

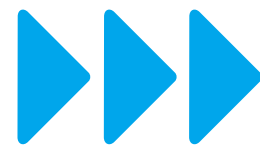
#### **SANITARY FACILITIES**

Will be temporary structures, placed in strategic locations and also public bathrooms at the main entrance. This includes handicap Toilets.

#### **FOOD**

This service will be assured by local cafe & restaurant and food structures rented to catering and drinks establishments. This will be located in the areas surrounding the public stands.





## ► Centre of High Performance

The Centre for High Performance Montemor-o-Velho [CAR], stands out for its importance nationwide. It is an anchor project with the capacity to generate synergies and commitment from both the public and the private sector, applying the strategic value of sport in the local development agenda.



### The Building

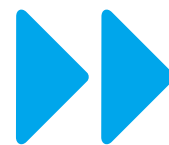
The main building is close to the pier and the outside access.

The transfer of the boats, from the trailers park to the storage inside the venue and outside the hangars is made in a direct path, coordinated by the local staff.



This structure includes 16 hangars for teams (24x6m each), restaurant area, showers, bathrooms, gymnasium, and polyvalent rooms, which occupy the entire front of the Centre. a complete and brand new gymnasium will also be available to be used by all nations. This will have a controlled access policy.





## Centre of High Performance

### Teams Area

There will be 15 hangars available for the teams that will be distributed according to the number of its elements. Your Federation hangar will be published a week before the race. Upon arrival, you will be able to find your country identified at each entrance.



### ID Control and Polyox Control

The competitors can embark to the race from the 1st pier, where their boats, body numbers, boat numbers and accreditation cards are checked by Officials.

### Medical Centre

There will be several security entities working during the week of the Race at the venue.

Take note that the minimal services will be available for the training days.

The medical Centre will only be opened during the competition hours. The security Operations Control Centre will be the coordinator centre for all the medical and security teams.

Anti Doping will be held at the back of the Medical Centre.

### Info Point

The information Point for the team leaders is located in the competitor's area.

During the competition, volunteers in this point, will provide information not only about start lists and results but also about the event in general. This is also the place where you can deliver crew changes forms, etc...

A Plasma screen will be also available in this location with real time results and start lists.



# Centre of High Performance

## Message Room

If your team`s hangar is not enough, the organization will provide you an extra open space for your team massages and relax time. All equipments have to be brought by you.

## Prize Giving Ceremony

This area is meant to reunite the competitors that will participate in the medal ceremony. This is the place where your athletes can change clothes and can prepare themselves for the ceremony. The access to this area is made directly from the 2nd boat control. There will be podium ceremonies with anthems for all nations.

## Free Weight

There will be a free scale, where you can weigh up your boats during the competition days.

## Accreditation

The Accreditation centre, is located at the Venue Entrance. There will be two rooms for the accreditation. The first is dedicated to the finance department and the second is dedicated to the production of the accreditation cards.

All athletes must went to the accreditation office before access to the Centre facilities. All payments of fees etc must be done in order to receive the accreditation card.





## ► Participation Fee

**Participation fee of EUR 100/person which includes the following services:**

- Accreditation Card;
- Shuttle bus service connecting the venue and Figueira da Foz, twice a day
- Lunch on Saturday and Sunday at the venue and Saturday Dinner ( barbecue) also at the venue
- Security service at the venue;
- Medical Care at the venue;
- Fees for the use of the regatta venue and its facilities;
- Bottled water and coffee;
- Parking or one trailer and one accredited vehicle.
- Free place for Camping 1km away from the venue.
- Tshirt of the event

## ► Accommodation:

The organizing committee will also give you opportunity to book accommodation in Figueira da Foz, in two different hotels:



### **Hotel Mercure** | Avenida 25 de Abril, 22 | 3080-086 Figueira da Foz

The Mercure Figueira da Foz is a 4 star hotel located in the city centre of Figueira da Foz. With magnificent views over its famous beach, this hotel is ideal for sightseeing and enjoying the beaches or the "Serra da Boa Viagem". You can also relax in one of our 102 comfortable rooms, have fun and watch a beautiful sunset at the hotel sun terrace facing the Atlantic. The hotel offers 2 meeting rooms which can hold their most important events. This will be the official hotel for Paracanoeing Athletes and teams. The organization would like to inform all nations that this is the hotel which has the best conditions to receive Paracanoeing athletes, especially those in a wheelchair. The other hotels also have the minimum conditions for handicap, but Mercure will give you the best conditions.

If your team prefer to be all together in another hotel, it is possible too.



### **Hotel Costa de Prata** | Largo Coronel Galhardo, 1 | 3080-150 Figueira da Foz

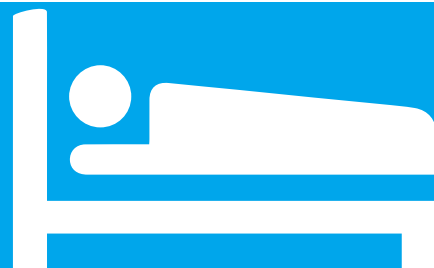
Located in the city centre and divided in two buildings, it's only 100 metres from the Casino of Figueira and from the 50 meters from the beach. With a total of 152 beds, the hotel has 94 rooms and 1 room adapted for the disabled, all equipped with private bathroom with hairdryer, satellite TV, telephone with direct outside line and Air - Conditioning. In the reception area and Living Room, you are able to browse the Internet with Wireless Net Free or Point. It also has a bar, TV room and a Restaurant for Groups.

### **Category 1 - Hotel Mercure:**

Prices: Double room 86€/person Single room 120€/person

### **Category 2 - Costa de Prata:**

Prices: Double room 78€/person Single room 100€/person



**This prices include dinner at the hotel for the chosen dates.**

## ► Transportation

There will be a transportation system from Oporto and Lisbon airports to the venue from 15 to 17 July 2015.

According to the requests received we will create two daily transfers, one in the end of the morning and other in the end of the day.

The same will apply for the departures. There will be a service shuttle to both airports in the end of Sunday July 19th and Monday morning.

The price for this service will be 50 euros per trip, per person.

We will also provide free shuttle service that is included in the Participation fee . This will be made with 50 seat buses from Friday to Sunday, between Figueira da Foz and the Venue and back.

There will be at least one in the morning and one in the afternoon on Friday and two for the completion days.

Schedules to be presented later, according to the requests from paddlers.



## ► Payment

The amount of the fee should be paid before arrival as well as all amounts about hotel bookings with organization.

### Account Details

All payments has to be done to the following Account

Beneficiary : Federação Portuguesa de Canoagem

IBAN : PT50 0010 0000 2597 5600 0076 9

SWIFT/BIC- BBPIPTPL



You should put in the description payment your first and last name and ICFMASTERS reference.



**Payment has to be done in Euros and all bank costs must be paid by the remitter  
No credit cards payments will be accepted**

€ MONEY TRANSFER €

**Hotel booking deadlines: June 19th. After this date we cannot guarantee capacity for more requests.**

## ► The 2015 ICF World Canoe Sprint Masters will include two different type of events:

- 200 meters sprint races
- 2000 meters race ( 1000 meters with turn )

	200m	2000m
<b>Men</b>	K1 / K2 / K4 / C1 / C2 / C4	K1 / K2 / C1 / C2
<b>Women</b>	K1 / K2 / K4	K1 / K2
<b>Mixed</b> ( two men + two women)	K2 / K4	K2 / K4 *

\*there must be at least 3 boats registered to have this events

There will be different age group for each of the above events.

A master competitor can compete in a Masters event in a year when he/she reaches the lower limit of the age category, i.e. in the 35-39 age group in the year of his or her 35th birthday. In K2/C2 or K4/C4 events the average age of the competitors will determine the category in which a crew can compete. Age group categories will commence from age 35-39 an increase upward in 5-year age intervals.

Age group categories will commence from age 35-39 an increase upward in 5-year age intervals.

### Groups

35-39 40-44 45-49 50-54 55-59 60-64 65+

Only competitors who did not take part in any national or international senior competitions in the year 2014 or 2015 may participate in this event.

There is no limit of entries per country in each race.

## ► Provisional Program:

### 17 July 2015 (Friday)

Accreditation of athletes  
Official training  
Start system tests at 200 meters  
Technical meeting at 16:00

### 18 July 2015 ( Saturday)

200 meters races  
( heats, Semi-finals and Finals)  
Barbecue at 19:00

### 19 July 2015 ( Sunday)

2000 meters races



## ▶ Registration and entries

All athletes must register at [canoesprintportugal.com](http://canoesprintportugal.com) individually.

There will be one online form to make your registration.  
This process will produce one Individual ID.

Example: POR001 ( Portugal athlete 1)

You will later use this ID to submit your entries.

To make the registration you must go to <http://canoesprintportugal.com> and use the menu MASTERS. You will get one email with your submitted form. Please save it and bring it to the competition and send it with your fee proof of payment.  
Please only register once in the system.



### Entries

There is another online form in the same menu MASTERS at <http://canoesprintportugal.com> for the entries. You must fill it including all requested fields.

You can only submit this form after register at the online registration form, to be able to get your ID.

In this form you will be able to select age group, boat type, distance and members of that boat.

Only forms with ID will be considered.

You will get a confirmation of the entries made by the organization by email.

### Deadlines:

June 19th is the deadline to submit registrations and entries. After this date, the participation FEE will be 150 euros/person.



## ▶ Boat Rental

In the entries form there will be a place to make boat rental requests, please fill it according to your needs for the competition. In the form you will be able to select dates, boat type, size and brand.

You will get a confirmation about the boats requested.

Prices

K-1 / C-1 35€/day

K-2 / C-2 75€/day

K-4 / C-4 100€/day



## ▶ Bike Rental

The organization prepared a bike rental service for you. The cycle path is identified in the scheme presented in this document. It is on the opposite side of the finish tower and stands.

It is forbidden to use the path on the stands and officials' towers side. This side will be used for TV coverage and other organization issues.

**Rental prices to be announced**



## ▶ Immigration and Custom Procedure

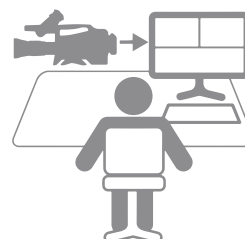
All participants are kindly requested to contact the Portuguese Embassy or consulate regarding to visa Requirements. When required the organizing committee will help the participant in matter of issuing the visas.



## ▶ Press

The organization will provide a press centre for local and international media with all necessary conditions.

All press accreditation requests must be done online at **[www.canoesprintportugal.com](http://www.canoesprintportugal.com)** until April 30th 2015



## ▶ Additional Information

Daily news and other important Information about the competition can be found at the official website **[www.canoesprintportugal.com](http://www.canoesprintportugal.com)** You can also add our official Facebook page at **<http://www.facebook.com/pages/Canoe-Sprint-Portugal/295793590465179>**



## ▶ Training Camps

Montemor-o-Velho training Centre is a full kayak sprint training service, offering everything to make your stay a real pleasure or to make your training as efficient and enjoyable as it can be.

It`s luxury and has new facilities, it`s nice, perfect and also has affordable accommodations. It`s excellent and has a modern fleet of kayaks. Its fun sports and its luxurious spa are excellent to enjoy a unique experience. We aim to create, for each individual guest, a home away from home and an enjoying, friendly and personal service. Therefore, if you feel coming earlier before the competition starts to train in our facilities, please go to the official website and send us a quotation request.



## ▶ Language

The official language of the competition will be English. All the information documents, forms, local identity signs & comments will be in English and in the mother language of the host Committee, Portuguese. In order to assure the equal access to information to all the delegations, we will provide Volunteers with interpreter services for French & English and Russian languages.

ABCD

## ▶ Security System

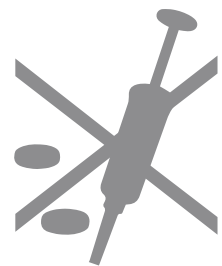
There will be local policy at both venues to assure that everyone is safe and to guarantee that only authorized athletes can enter go into the athletes area, for example. All the athletes must wear their identity cards must show them at the venue entrance to prove that they are in the race.

The security plan will be practiced by the local security authorities: Portuguese National Guard, Police, Civil protection, fire brigade and Portuguese Red Cross.



## ▶ Anti-doping control

The Doping control will be provided according to the ICF standards, in partnership with the Nationals entities ADOP. It will be located in specific room at the venue.



## ▶ Medical support

The medical centre will be divided into two places. One in the athletes` area and other one near the second boat control tent. At the venue there will be two ambulances and paramedics that will follow the race on land and on the water as well.





## Portuguese Canoe Federation

Adress:

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Rua Manuel Pinto de Lima S/N  
Oliveira do Douro  
4430-750 Vila Nova de Gaia  
TEL: +351 225 432 237  
FAX: +351 225 432 238  
Website: [www.fpcanoagem.pt](http://www.fpcanoagem.pt)  
Email: [geral@fpcanoagem.pt](mailto:geral@fpcanoagem.pt)

