



IRISH CANOE & KAYAK
INTERVARSITIES 2017
AT ULSTER UNIVERSITY

Event Program

Friday 03/02/17:

- ▶ Slalom - 8:00am - Shaw's Bridge
- ▶ Freestyle - 12:00pm - Shaw's Bridge

Saturday 04/02/17:

- ▶ White Water - 8:00am - Roe Valley Country Park
- ▶ Polo - 1:00pm - Knockbracken Reservoir

Sunday 05/02/17:

- ▶ Long Distance - Race Briefing/Check-In at 9:00am - Ozone Carpark
- ▶ Captain's Meeting - 01.30pm - UUJ (Old Bar)
- ▶ Prize Giving - 3pm - UU (Room TBC)

Slalom

Location: Shaw's Bridge, Belfast

Date: Friday 3rd February 2017

Time: 09:00-12:00

Teams of 6 - Must have 2 of each sex

No restrictions on boats



09:00	SHACK
09:10	UCD
09:20	Trinity
09:30	GMIT - Mayo
09:40	LYIT
09:50	UCC
10:00	WIT
10:10	QUB
10:20	UU
10:30	DCU
10:40	UL
10:50	DIT
11:00	GMIT - Galway
11:10	MUCK
11:20	NUIG
11:30	CIT

Class	Handicap (based on fastest K1 Men time)
K1 Men	±0%
C1 Men	-7%
K1 Women	-14%
C1 Women	-28%

Freestyle

Location: Shaw's Bridge Belfast

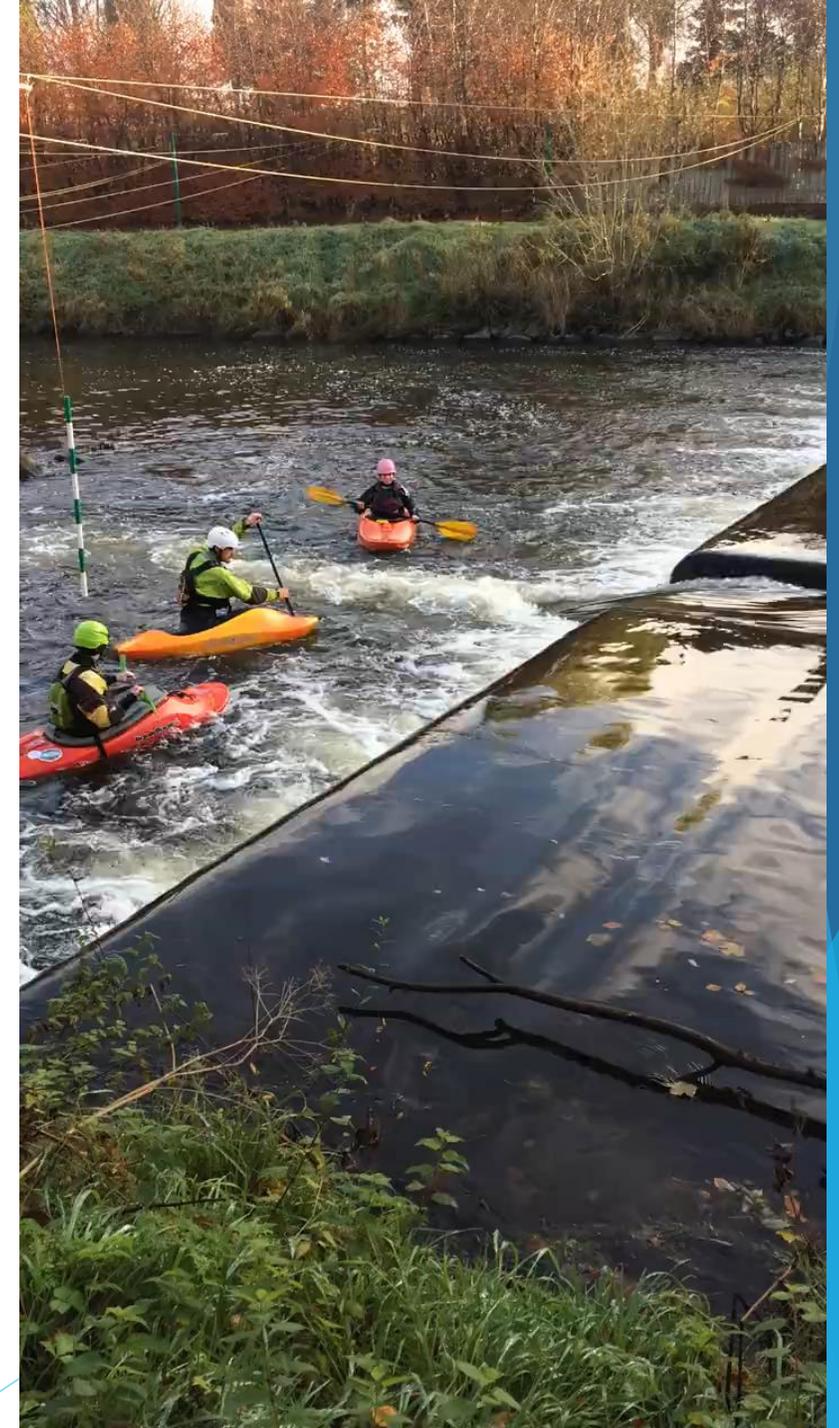
Date: Friday 3rd February

Time: 12:00 - 15:00

8 Minute team Jam

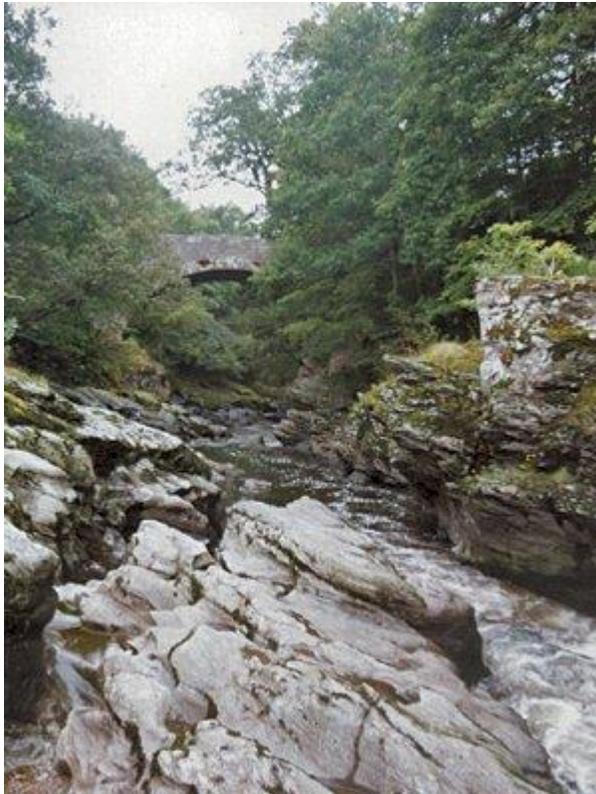
Fun moves count, combos will score if initiated in hole

12:00	DCU
12:10	SHACK
12:20	QUB
12:30	UL
12:40	GMIT - Galway
12:50	CIT
13:00	UU
13:10	UCC
13:20	WIT
13:30	Trinity
13:40	UCD
13:50	NUIG
14:00	MUCK
14:10	GMIT - Mayo
14:20	LYIT
14:30	DIT



White Water

- ▶ **Location:** River Roe / Benburb
- ▶ **Date:** Saturday 4th February
- ▶ **Time:** 08:00 - 11:00
- ▶ **Need lots of safety boaters**



No.	University Team
1	MUCK
2	GMIT MAYO
3	LYIT
4	DIT
5	UU
6	DCU
7	QUB
8	UCD
9	UL
10	CIT
11	UCC
12	WIT
13	GMIT GALWAY
14	TRINITY
15	SHACK
16	NUIG

Polo

- ▶ **Location:** Knockbracken reservoir
- ▶ **Date:** Saturday 4th February
- ▶ **Time:** 13:00 - 17:30

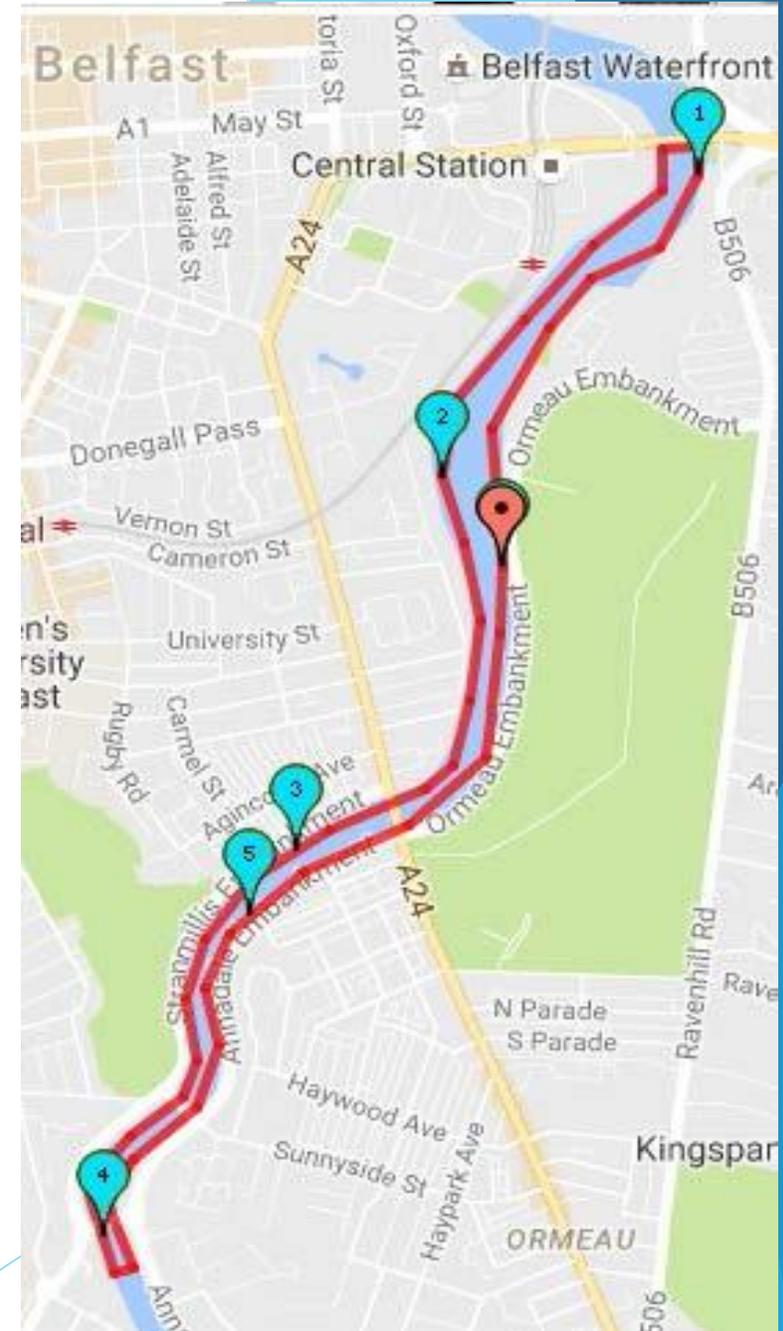
A	B	C	D
UCD	DIT	UL	NUIG
WIT	TRINITY	DCU	MUCK
QUB	CIT	SHACK	UU
GMIT Mayo	GMIT Galway	LYIT	UCC

Pitch 1					Pitch 2				
1	13:00	UCD	Vs	WIT	1	13:00	DIT	Vs	TRINITY
2	13:20	UL	Vs	DCU	2	13:20	NUIG	Vs	MUCK
3	13:40	GMIT MAYO	Vs	QUB	3	13:40	GMIT GALWAY	Vs	CIT
4	14:00	LYIT	Vs	SHACK	4	14:00	UCC	Vs	UU
5	14:20	UCD	Vs	GMIT MAYO	5	14:20	DIT	Vs	CIT
6	14:40	UL	Vs	SHACK	6	14:40	NUIG	Vs	UU
7	15:00	UCD	Vs	QUB	7	15:00	TRINITY	Vs	GMIT GALWAY
8	15:20	DCU	Vs	LYIT	8	15:20	MUCK	Vs	UCC
9	15:40	WIT	Vs	GMIT MAYO	9	15:40	TRINITY	Vs	CIT
10	16:00	DCU	Vs	SHACK	10	16:00	MUCK	Vs	UU
11	16:20	WIT	Vs	QUB	11	16:20	DIT	Vs	GMIT GALWAY
12	16:40	UL	Vs	LYIT	12	16:40	NUIG	Vs	UCC
13	17:00	Group A Winner	Vs	Group C Winner	13	17:00	Group B Winner	Vs	Group D Winner
14	17:20	A or C Winner	Vs	B or D Winner	14	17:20	A or C Loser	Vs	B or D Loser

Long Distance

- ▶ Location: Lagan
- ▶ Date: Sunday 5th February
- ▶ Time: 8:00 - 12:00
- ▶ Need 1 per 10 for safety
- ▶ First 16 in each class score

Class	Distance (Km)	Race Time
K2 & Touring Doubles	8	9:30
K1 Men's	8	9:30
K1 Women's	8	9:30
Men's High Performance	8	9:30
Women's High Performance	8	9:30
Men's Sea kayak	8	9:30
Women's Sea kayak	8	9:30
C2 (Canoe/Open Boat)	4	9:40
Due	4	9:40
GP Men's	4	9:50
GP Women's	4	9:50



Overall Scoring

- ▶ These points are given individually for:
 - ▶ Slalom
 - ▶ Freestyle
 - ▶ Whitewater
 - ▶ Polo
 - ▶ Long Distance

Position	Points
1 st	100
2 nd	85
3 rd	80
4 th	75
5 th	70
6 th	65
7 th	60
8 th	55
9 th	50
10 th	45
11 th	40
12 th	35
13 th	30
14 th	25
15 th	20
16 th	15

Important Things

- ▶ Everyone gets to compete
- ▶ Training has started already!!!
- ▶ Our 1st Years always do well

Slalom Training Day with Oisín Farrell

- ▶ 10 am - Monday 28th November 2016 - Outback

Slalom Trials

- ▶ During Study Week - Day TBC - Outback

▶ **Whitewater Trials**

- ▶ End of Week 1, Next Semester

It's up to all of us

