

#MASTERS
BULLETIN
JUNE 2022



26 & 27 SEPTEMBER 2022
MASTERS





Welcome Message

Ponte de Lima, February 2, 2022

The Portuguese Canoe Federation along with the municipality of Ponte de Lima and the local Nautical Club would like to invite all national Federations(NF's) back to Portugal for one more canoe Marathon event, this time for the 2022 ICF Canoe Marathon World Championships taking place in Lima River, in the century village of Ponte de Lima.

After the success of 2017 hosted in this venue, the goal is to host the biggest and most memorable world championships to date in this magnificent place, that has growth along with this sport and discipline of Marathon for many years now.

With the level set by our own organizations in the recent past, we are making all efforts to receive all teams and their members with the best conditions at the venue and implement new standards into the discipline.

Our organizing committee is working hard with the International Canoe Federation to deliver a great show late September of 2022.

The task is big but our will is even bigger.

In Portugal we say we breed canoeing and canoe marathon runs in our veins, and that will be shown to all national Federations attending to this World Championships next year.

If you were in Ponte de Lima in 2017, be ready as we are setting up a new layout and location for this year.

This venue will also hold the Masters World Championships and there will be a separate bulletin for this matter to be published soon.

In the following document you will find information to help you plan your participation and provide a safe and fair event.

We hope we can count on you to attend this event, and we promise ... It will be memorable!



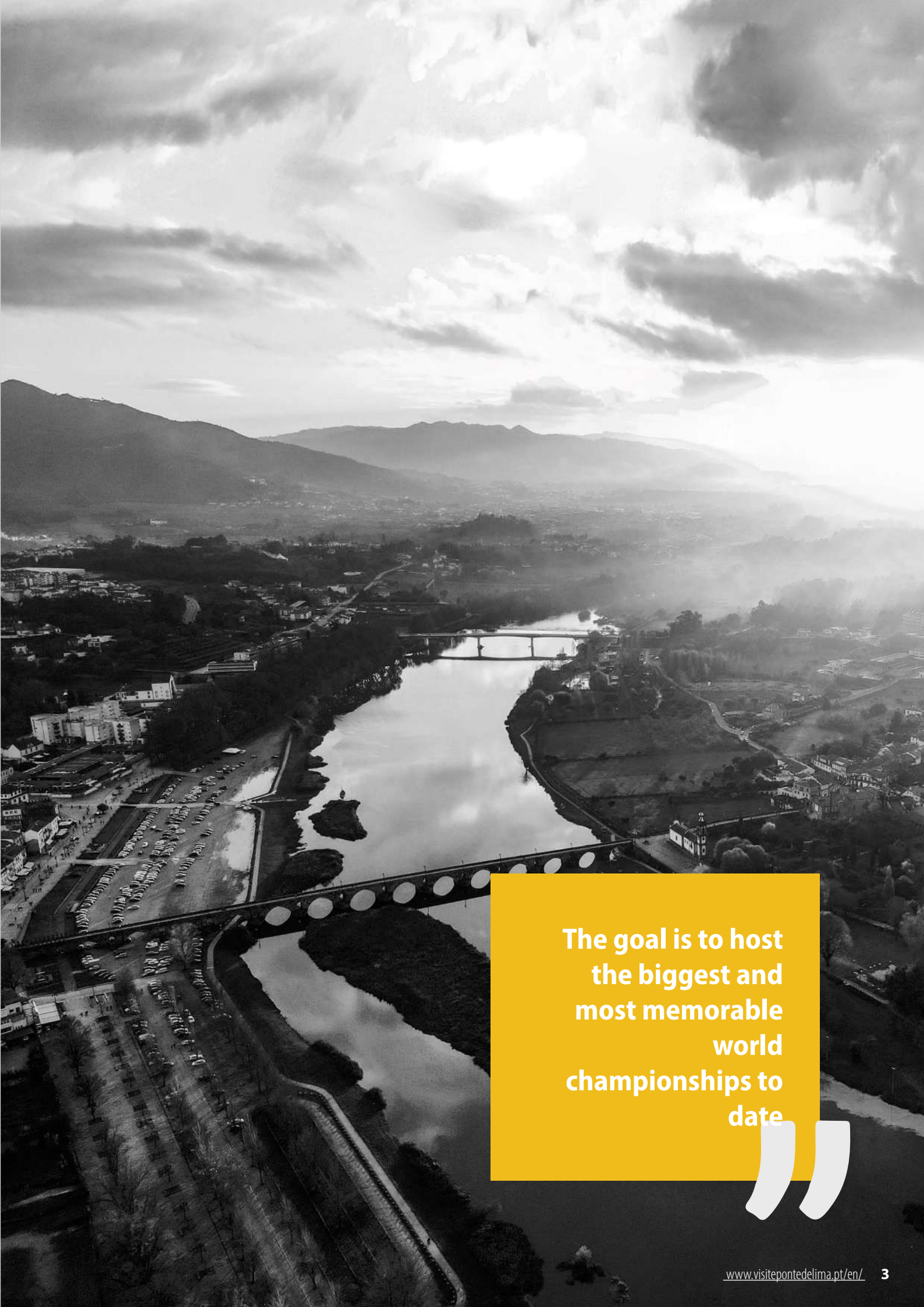
Vitor Félix
FPC President



Vasco Ferraz
Mayor of Ponte de Lima



Jorge Castro
Nautical Club President



**The goal is to host
the biggest and
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General Information

Known for being the oldest town in Portugal, Ponte de Lima has had the wisdom and ability to keep a healthy distance from the values that so often govern today's culture, instead directing science and rationality towards the areas of heritage, environment and the rural way of life.

The town has an integrated vision of spatial planning, coordinated policies and investments, that are common to various sectors, with a timely and committed belief in heritage and endogenous resources, that have contributed to a perfectly coordinated identity and authenticity, combining modernity, attractiveness and competitiveness, which are all very important factors for tourism, quality of life and the well-being of the population.

In the heart of the Lima Valley, the unique and genuine beauty of the oldest town in Portugal hides deep roots and ancestral legends. It was Teresa, Countess of Portugal, who, in the distant date of March 4th of 1125, signed the town's charter, calling it "Terra de Ponte" (Bridge Land).

Years later, already in the fourteenth century, Pedro I, taking into account the strategic position of Ponte de Lima, ordered it to be walled, which resulted in a medieval walled burg with nine

towers. Two of these are still standing and there are traces of several others and of the whole defensive structure built at the time.

The town began to grow in the eighteenth century and as a consequence its walls began to be pulled down. Throughout the county of Ponte de Lima, opulent manorial houses were built by the nobility of the time. Over the years, Ponte de Lima has thus added to its natural beauty magnificent Gothic, Mannerist, Baroque, Neoclassical and nineteenth century facades, significantly increasing the historical, cultural and architectural value of this unique corner of Portugal.

Ponte de Lima is a focal point among a large group of places that are characterized by their important ecologic value and diversity of ecosystems represented. Travelling from the mountain tops downwards with alluvial soil.

With diversified and dynamic landscapes of unique beauty, these areas support the great majority of a group of species which, constitutes one of the most representative biological collections of the region, with only the endemic elements of the higher mountainous areas and the species typical of coastal ecosystems missing.

**“In the heart of the
Lima Valley, the
unique and genuine
beauty of the oldest
town in Portugal
hides deep roots and
ancestral legends.”**



Worth mentioning, not only because of its existence, but also because it is the location where most of the outdoor tourist activities take place, is *Área Protegida e Zona Húmida de Importância Internacional das Lagoas de Bertandos e S. Pedro de Arcos*.



Successful tourism, with increasing importance in the social-economic context of the county, cannot be dissociated from the diversity and high quality cultural and natural heritage, and its conservation, which have boosted eco and cultural tourism in Ponte de Lima.



Ponte de Lima is proud to be considered in recent years a national example as far as green spaces, environment and life quality are concerned. Visitors are immediately struck by its leisure facilities and also by the number of people walking, cycling and horse riding, enjoying the Ecovias (ecological- paths), canoeing,



swimming in the river Lima, and many other activities, in other words, people who indeed seek an excellent standard of living. Discover Ponte de Lima, a lively town, full of unique experiences, in a region that has been considered one of the eight best European destinations by the European Prize for Tourism and Environment.



Lima, the river of forgetfulness

The connection between this town and the river that gave it part of its name is very strong and, even today, we have to recognise the value it adds to the land, creating an outstanding point for tourism and environment sectors.

Called Lethe - the River of Forgetfulness - by the Romans (who believed that those who crossed would forever lose their memory), for centuries it watered our lands, supplied water for our homes.

Nautical sports

The River allows locals and visitors to bathe in the Summer, since it has fortunately not been touched by pollution yet.

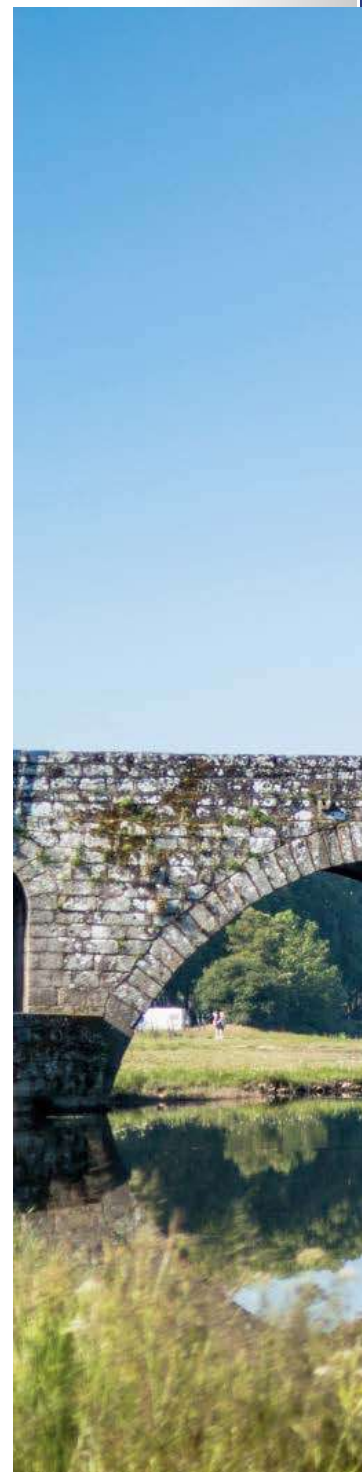
Nautical sports are more and more practiced and this causes growing demand for the facilities provided for athletes and apprentices of different aquatic sports.

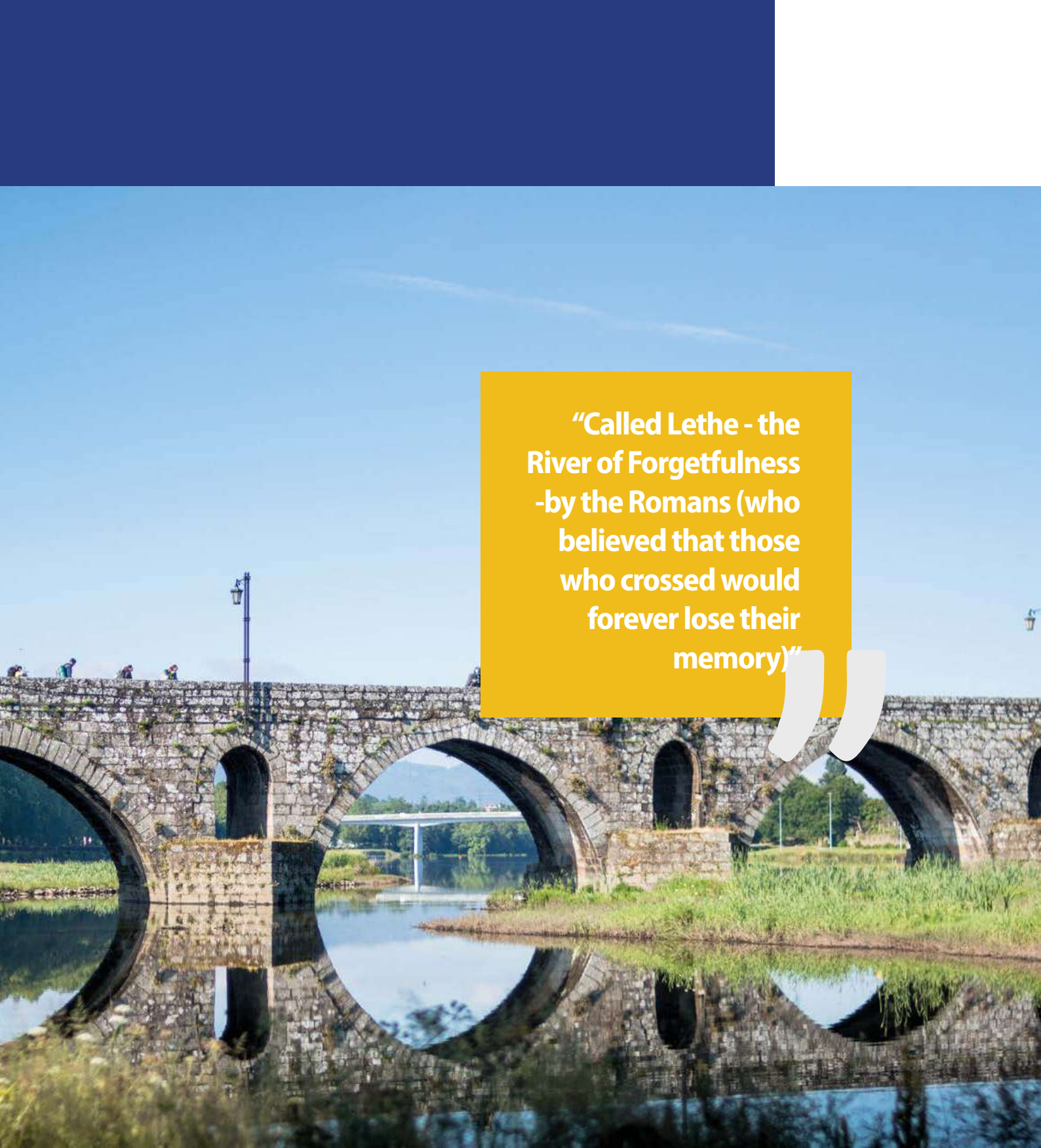
Ponte de Lima, garden town

Ponte de Lima is the most floral town in Portugal.

The town's respect, and maintenance of its green spaces, is reflected in their characteristic harmony.

In the town and the surrounding area there are a notable series of gardens that invite for long walks, reading, resting and full relaxation.





**"Called Lethe - the
River of Forgetfulness
-by the Romans (who
believed that those
who crossed would
forever lose their
memory)"**

**"Discover Ponte de Lima, a lively town, full of unique
experiences"**

Getting to Ponte de Lima


In order to reach Ponte de Lima you have to travel, preferably, to Oporto airport, though you can also fly from Vigo or Lisbon.



“Discover Ponte de Lima, a lively town, full of unique experiences”




Portugal I. D.

OFFICIAL NAME	PORTUGUESE REPUBLIC
FOUNDING OF THE PORTUGUESE	1143
FOUNDING OF THE REPUBLIC	1910
POLITICAL SYSTEM	DEMOCRACY
LANGUAGE	PORTUGUESE
TERRITORIAL ORGANIZATION	TWO AUTONOMOUS REGIONS (AZORES, MADEIRA). 18 DISTRICTS
CAPITAL	LISBON
AREA	92.142 KM. ²
POPULATION	10.642.836 (JULY 2007 EST.) 
CURRENCY	EURO, DIVIDES INTO 100 CENTIMES



Ponte de Lima I.D.

REGION	NORTH
SUBREGION	ALTO MINHO
TOTAL ÁREA	321KM. ²
TERRITORIAL ORGANIZATION	MUNICIPALITY WITH 39 PARISHES
TOTAL RESIDENTE POPULATION	44 343 

Oporto Airport

GPS: N 41°14'19", W 8° 40'14", N 41 14.328 W 8 40.234

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.

This will be the official airport for this event. All participants are requested to arrive, preferably, to this airport.

There will be an airport transfer fee of 25 euros per person, including a return trip for groups of at least 3 persons.

For individual pickups, a customized service and price will be provided.

If you are renting a car or by your own. take A28 highway in direction of Viana and before reaching the city take the exit to Ponte de Lima.

Vigo Airport

GPS: N 42°13'31.51" W 8°37' 18.96"

The Vigo airport [VGO] is one of the smallest airports of Spain. It is located 9km from Vigo's city centre and 83km from the city of Braga.

The Vigo airport is located 9km from the city centre, where you have access to trains and busses services to Braga. From Braga there are busses direct to Ponte de Lima.

Lisbon Airport

GPS: N 38° 46' 12", W 9° 07' 41"

The Lisbon Airport, providing service to the capital of Portugal, is the busiest and most important airport in the country.

The principal point of entry for travelers arriving in Portugal. Connection to the city centre and interface with Railway Stations by Aeroshuttle and Bus to Braga. Check the alfa Pendular train to braga. From Braga there are busses direct to Ponte de Lima.

If you decide to come from Vigo or Lisbon, please contact us so we can help you.

ricardo@canoeportugal.com



The Organizing Committee



The Organizing Committee is headed by members of the Portuguese Canoe Federation, the municipality of Ponte de Lima and Local Nautical Club.

A special workforce inside Portuguese Canoe Federation was created to plan and organize this event.

Contacts

General

All general queries from teams should be addressed to marcos@canoeportugal.com or in case of emergency call +351932080306

Transportation

If your question is about transportation system, then you should reach:

ricardo@canoeportugal.com

Accommodation

If the matter is accommodation, please contact :

mariana@canoeportugal.com

Invoices or Payments

If you have any question about invoices or payments, please contact: contabilidade@fpcanoagem.pt





Race Director
Sérgio Ferreira &
Ernesto Morais



**Project Manager &
Technical Organiser**
Marcos Oliveira



**Technical, Project
Support & Logistics**
Juliana Dias



Finance
Nuno Tavares



Human Resources
Catarina Oliveira &
André Almeida



**Accreditation &
Protocol**
Marli Valentim



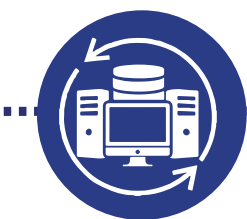
**Transportation
System**
Ricardo Cruz



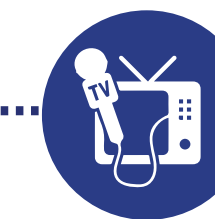
Accommodation
Mariana Morais &
Carla Campelo



Media & Press
João Martins



IT
Memosoft



TV and Media
Publirádio & GOTV



Security
Joaquim Santos
[Marinho]




Competition Information

Provisional Program

The 2022 ICF Canoe Marathon Masters Championships will be held between 26 and 27 of September 2022.

This event will be followed by the 2022 ICF Canoe Marathon World Championships to be held until October 2nd.

Day	Time	Activity
Saturday, 24 September	08:00 - 19:00	Arrival of participants
		Access period Begins
		Opening of Accreditation
Sunday, 25 September	08:00 - 19:00	Arrival of participants
		Accreditation
		Online briefing
Monday, 26 September	08:00 - 19:00	Masters Day 1 (K1/C1)
Tuesday, 27 September	08:00 - 19:00	Masters Day 2 (k2/C2)



	Ages	Laps + short lap / portages
K- Masters men	(ages: 35-39, 40-44, 45-49, 50-54)	5 laps+1 short lap/4 portages
K- Masters men	(ages: 55-59), 60-64)	5 laps+1 short lap/4 portages
K- Masters men	(ages: 65-69, 70 and more)	4 laps+1 short lap/ No Portages
K- Masters women	(ages: 35-39, 40-44, 45-49, 50-54)	4 laps+1 short lap/3 portages
K- Masters women	(ages: 55-59, 60-64)	4 laps+1 short lap/3 portages
K- Masters women	(ages: 65-69, 70 and more)	3 laps+1 short lap/ No Portages
C- Masters men	(ages: 35-39, 40-44, 45-49, 50-54)	4 laps+1 short lap/3 portages
C- Masters men	(ages: 55-59, 60-64)	4 laps+1 short lap/3 portages
C- Masters men	(ages: 65-69, 70 and more)	3 laps+1 short lap/No Portages
C- Masters women	(ages: 35-39, 40-44, 45-49, 50-54)	4 laps+1 short lap/3 portages
C- Masters women	(ages: 55-59, 60-64)	4 laps+1 short lap/3 portages
C- Masters women	(ages: 65-69, 70 and more)	3 laps+1 short lap/No Portages
K2 Mix	(ages: 35- 49 and 50+)	4 laps +1 shot lap/3 portages

Masters in their 65th year and older will race one (1) lap less than the younger Masters and will not be required to do portages.

Schedule of races depends on number of entries and will be announced after September 16.



Venue layout

With the goal of improving conditions from 2017 European Championships the organizing committee presents a new venue for this year World Championships.

Just next to the area where we hosted the event in 2017 is Expolima, an area with all the amenities needed to host this event.

Attached the provisional layout for this venue.







Deadlines, Entries and Registration

All entries must be done using the local organization website at www.canoemarathonportugal.com and using the Masters TAB

Inside the menu and after choosing the event, you will need to:

1st – Register to the event

During the registration you will be able to request accommodation and transport from the airport, if needed.
After this registration you will get one email with your personal ID.

2nd – Entry system

As soon as you have your Personal ID you can start making your entries for the event.

Go into the Entry Masters menu and add your email and Select the boat you are entering for.
After this selection you must enter your ID and your name will be automatically filled.

If you are adding one K2 or C2, you must have the ID for your partner.
You can add as many entries as you need.

Please be aware not to add duplicate entries in K2/C2, only one of the participants of the boat needs to enter the boat into the system.

Anyone having issues accessing the system or with the entries should contact Marcos Oliveira at marcos@canoemarathonportugal.com.

Entries closing date: 16 September 2022

Entries will close at midnight on 16th September, 10 days before the first masters' events.

K2 and C2 classes entries will only be accepted from athletes from the same nation in terms of rule 12.12.4

The entries until 16th September will be used to finalise the events which have a world championships status. To achieve this status there must be 4 or more boats from at least 4 nations entered by the deadline.

Late entries will be accepted subject to a late entry fee of 25 Euros per athlete. To be paid onsite in cash or credit card. In case of K2, it will be 50 Euros.

Late entries deadline will be September 24 for single races and September 25 for double. No late entries will be accepted after this deadline.

In case there are K2/C2 events without 4 or more entries from at least 4 nations, those will be entitled as World cup events. In these events it is possible to compete in boats with mixed nations. These entries must be done between 16th and 25 of September.

One athlete can only compete in one event in K1/C1, one event in K2/C2 and one event in K2/C2 mix.

It is not allowed to compete in more than one age groups in the same boat type.

If entries are made in more than one age group, the one to be considered will be the correct one according to your year of birth.

At the accreditation it will be mandatory to present ID or passport for confirmation of year of birth. Without this check accreditation will not be given.



**Entries
closing date:
16 September
2022**



Fees

There will be charged a fee per event per person.

If you are registered in **one single event, the fee is 55 euros.**

If you are registered in **two events, the fee is 70 euros.**

If you are registered in **three events, the fee is 85 euros.**

The fee will be invoiced to your email after the entry of each boat.

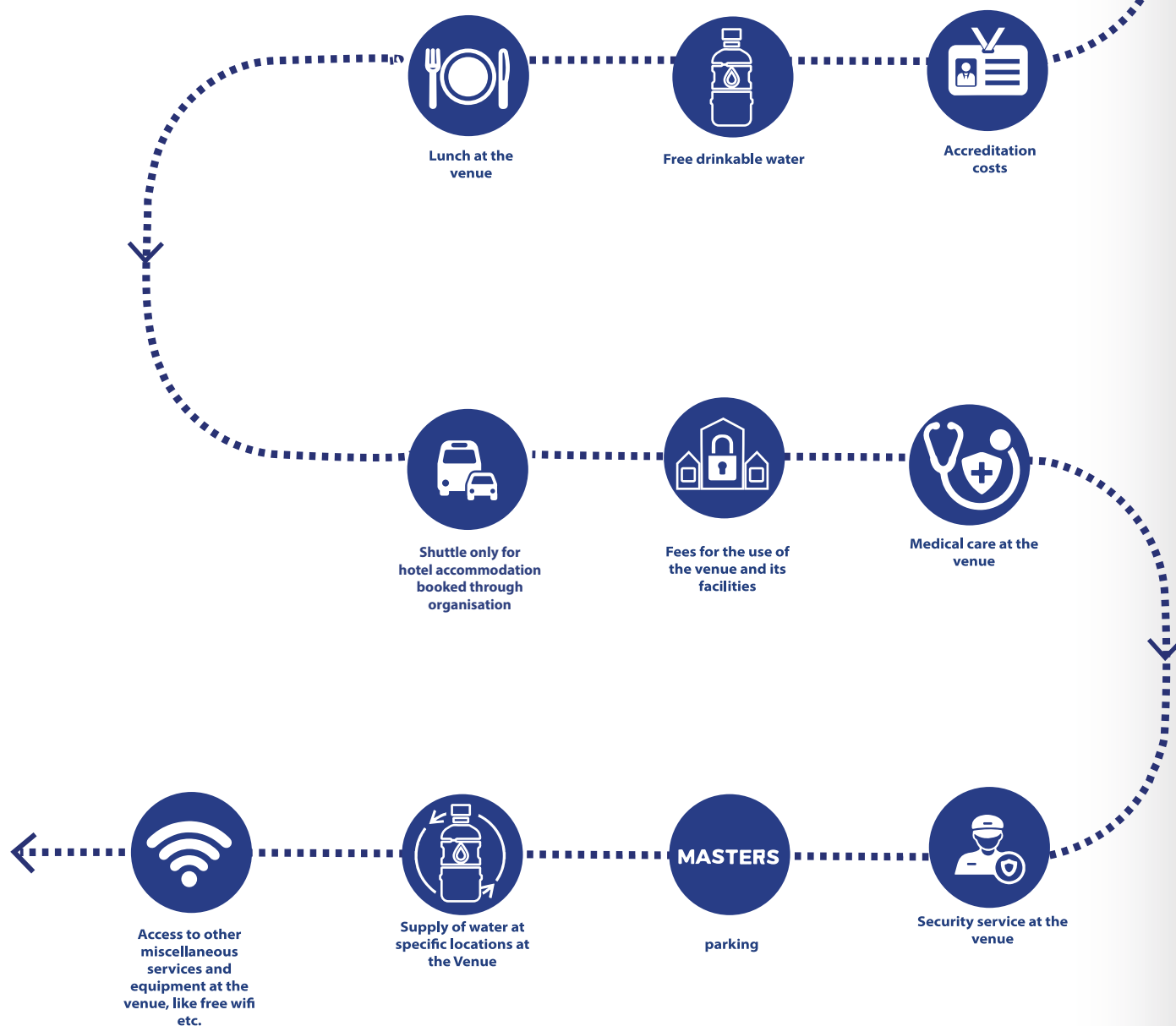
Payments can be done by bank transfer(using bank details in the invoice) or at the accreditation at the arrival by Debit Card or cash.

No accreditations will be given without payment.

Participation fee

The Organizing Committee will use the International Canoe Federation protocol guidelines for the participation system.

The masters fee includes:







Accommodation

The Organizing Committee has established protocols with local hotels to provide several options for accommodation and assure reasonable rates.

The main focus for accommodation will be in the cities of Ponte de Lima and Viana do Castelo.

Other accommodations are also planned to be able to guarantee enough beds for all participants.

The accommodation categories and number of beds were established according to the statistics from the past World Championships organizations.

Different zones of accommodation are divided by letters.

There will be accommodation in Ponte de Lima, Viana do Castelo, Ponte da Barca, Braga e Arcos de Valdevez. The longest distance to the venue is 35 minutes by car.

Accommodation package is to be paid for the length of your stay.

During the access period which starts on Saturday September 24th, 2022 and ends on Tuesday, September 27.

Accommodation outside this dates can be provided, but no guarantee of transport or accreditation will be given

Considering different categories accommodation package fees are as follows:

All above prices are on per person per day basis, full board (three meals per day).

Lunch will be served at the Venue.

Please keep in mind that because of limited availability of hotel rooms in various categories reservations will be accepted on a 'first-come, first-served' basis which means you will be redirected to a different category than initially requested if there is not enough space left in the required category. Also your reservation is only confirmed with the total payment of the booking.

Some of the provided hotel options include dinner or at the venue or in a close by restaurant.

Priority will be given to national Teams that will compete in the world championships and to requests with bigger booking days.

The Organizing Committee does not take responsibility for any extra service of the hotel, like mini-bar, telephone, parking, etc., these costs are to be paid directly to the hotel.

In case you would cause any damage to the rooms you are to pay for it at the hotel before the checkout.

Prices include 3 meals per day, but does not include the masters participation Fee.

Account Details

All payments have to be done to the following Account: IBAN : PT50001000002597560000769

SWIFT/BIC- BBPIPTPL

Payment has to be done in Euros and all bank costs must be worn by the remitter

No credit cards payment will be accepted.

Cat	Room Type	Price
A1	Triple	80,00€
	Twin	85,00€
	Single	115,00€
A2*	Triple	70,00€
	Twin	95,00€
A3*	Triple	55,00€
	Twin	65,00€
	Single	75,00€
A4*	Multi	45,00€
	Twin	50,00€
B1	Triple	85,00€
	Twin	90,00€
	Single	115,00€
B2**	Triple	70,00€
	Twin	75,00€
	Single	85,00€
B3**	Triple	60,00€
	Twin	70,00€
	Single	85,00€
B4**	Multi	50,00€
	Twin	55,00€
C1	Twin	80,00€
	Single	105,00€
D1	Twin	80,00€
	Single	105,00€

* Dinner at the venue

** Dinner in closeby restaurant



General Sport Information

Insurance and Medical Care

The event will be covered by a civil responsibility insurance in case of damage of 3rd party elements at the venue.

All hospital services provided in our public health care service must be paid directly by the athlete or by the National Federation he/she represents.

All participants are strongly advised to have appropriate medical insurance policy from their respective countries.

Medical assistance at the venue will be provided for first aid and it is included in the daily fee. Urgent or more complicated cases will be taken into hospital. Transportation service will be responsibility of the organizing committee.

Official 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 tongue of the host Committee, Portuguese.

In order to ensure the equal access to information to all the delegations, we will provide Volunteers with interpreter services for French & English and Russian languages.

Boat rental

Information

The official rental service for the ICF Canoe Marathon World Championships will be [NELORENTAL](#) provided by our partner [NELO](#).

Other Portuguese boats manufacturers will also be available for rentals, please feel free to contact them:

SIPRE	sipre@sapo.pt
ELIO	info@eliokayaks.com
CONNECT	info@connectkayaks.eu

If none of this Portuguese boat manufacturers can provide you enough boats, the nautical club of Ponte de Lima might help you with a limited number of NELO boats. Please contact them at :

[CLUBE NÁUTICO](#) geral@clubenautico.pt

The official
language of the
competition will be
English

Albania ¹	Micronesia
Antigua and Barbuda	Moldova
Argentina	Monaco
Australia	Montenegro
Bahamas	New Zealand
Barbados	Nicaragua
Bosnia Herzegovina ¹	Palau
Brazil	Panama
Brunei	Paraguay
Canada	Peru
Chile	Saint Kitts and Nevis
Colombia	Saint Lucia
Costa Rica	Saint Vincent and the Grenadines
Dominica	Samoa
East Timor	San Marino
El Salvador	Serbia ^{1 2}
Georgia ¹	Seychelles
Grenada	Singapore
Guatemala	Solomon Islands
Honduras	South Korea
Hong Kong	Tonga
Israel	Trinidad and Tobago
Japan	Tuvalu
Kiribati	United Arab Emirates
Macao	United States of America
Macedonia	Ukraine ¹
Malaysia	Uruguay
Marshall Islands	Vanuatu
Mauritius	Vatican
Mexico	Venezuela

Visa information

All countries in the table below are not required to request a visa to enter in Portugal.

The Organizing Committee through the Portuguese Canoe Federation will write an invitation letter on request. Only persons already registered and with the fee paid, will be able to apply for this invitation letter

Requests should be sent to
marcos@canoeportugal.com

- [1] only people with a biometric passport are exempt from visa**
[2] passports issued by the koordinaciona uprava are not accepted

COVID-19

Being still far from the date of the event, the Portuguese Government and the local organization cannot predict the conditions of the country and the world on the dates of the event, but at this moment we believe this event can and it will be done.

The event covid-19 protocol will be adapted to the international and local law at the moment of this organization.

As this moment, there are no major limitations besides quarantine for some persons travelling from red marked countries.

Event Sustainability



The ICF recognises the responsibility of sport and follows the Olympic movement's agenda 21 recommendations that establish a clear and systematic framework on 3 pillars : social, economic and environment.



Competitions take place on natural sites, they can have direct impact on pollution and waste. ICF wants to reduce environmental impact, and show responsible behaviour in social and economic sectors at its events.



Therefore, the 2022 ICF Canoe Marathon World Championships Organizing Committee has committed in several sustainability initiatives, including waste management,



Utilising local products and use of water dispensers in order to avoid the use of plastic bottle.



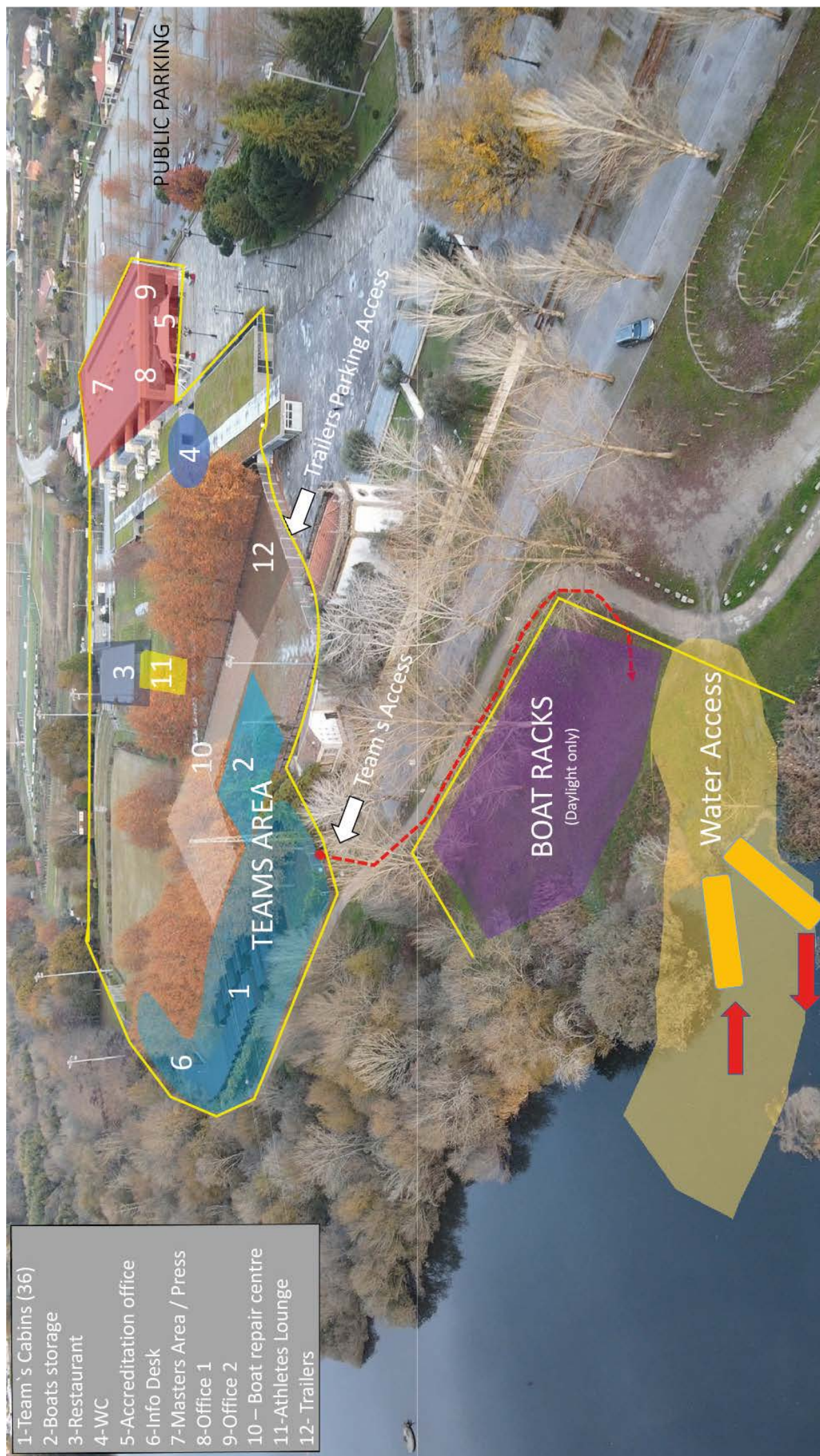
Meals served at the venue will not be using plastic and start lists and result documents will be printed upon request only.



Further details about actions that will be taken at the event will be communicated to you shortly. Thank you in advance to all of you for your support in this respect.

Meantime, we invite you to visit the ICF website section about sustainability here <https://www.canoeicf.com/sustainability/tool-kit>.

Attachments





UPDATED INFORMATION ON THE WEBSITE

ICF EVENT OFFICIAL PAGE



26 SEP. T O 02 OCT. 2022

SHORT DISTANCE & LONG DISTANCE
SENIORS, UNDER 23 AND JUNIORS
MASTERS

