WILDWATER CANOEING WORLD CUP

Sort, ESP 14-16 APR, 2011

1st Bulletin

March 2011

SORT2011
ICF Wildwater Canoeing World Cup
Noguera Pallaresa River

THE SPANISH CANOE FEDERATION HAS THE PLEASURE OF INVITING YOUR FEDERATION TO BE REPRESENTED AT THE WILDWATER CANOEING WORLD CUP, FOR SENIORS TO BE HELD FROM 14TH –16TH APRIL 2011 IN SORT, ACCORDING TO THE ICF OFFICIAL CALENDAR.

CONDAL SORT VILLAGE

Sort is Pallars Sobirà capital, and this region has the biggest protected area in whole Catalonia, about 80% of the land, which stretches between Aigüestortes i Llac de Sant Maurici National Park and Alt Pirineu Natural Park.
The township, with an overall area of 105 km is set between the town of Sort (695m.) and the peak of Montsent del Pallars (2.883m.).

Through the centre of Sort town goes the river La Noguera Pallaresa (40km. of navigable waters). The river is the cradle of white water kayaking and outdoor and extreme sports. Every summer a white water International kayaking competition, The International Rally of La Noguera Pallaresa, has been held since 1964.There is also a kayaking course, in the river, right in the centre of Sort. Kayaking, rafting competitions and other kinds of events are organized every year. The Free Style European Championship, was held in 2004, and the Wildwater World Championship will take place this year.

Besides its famed river and important parks, the town also boasts a wealth of important cultural and natural heritage (the Castle of the Counts of Pallars, 14 picturesque villages and hamlets with their Romanesque Churches, museums, dairies where artisan cheese is made, a meteorological observatory, traditional festivities, fantastic landscapes, etc.) as well as good hotels, shops, restaurants and leisure activities.

Several companies in the area offer adventure and nature sports activities (rafting, hydro speed, canyoning, hiking, horse riding, bungee jumping, trekking, ski, and others)

Other places to visit in the area: the highest peak in Catalonia called the Pica d'Estats (3.140M.); the biggest lake in the Pyrenees, the Certascan Lake; Mountain ski resorts such as Port-Ainé and Espot where downhill skiing can be practiced and the Tavascán-Lladorre and the forest of Virós, good places to practice cross-country ski.

Sort, a town with no more than 2,000 inhabitants, is a tourist resort with all kinds of facilities: accommodation, council sports facilities (kayaking course, sports centre and football field), companies firms for leisure activities (outdoors and extreme sports), restaurants, sports shops and other types of stores, the surgery centre, fire station and police station.
The main sports club in town is the "Associació Esportiva Pallars -AE PALLARS-", its member train in some of the river sections and in the nearby mountains. There are other clubs such as: the Sort Football Club, the Sort-Pallars Sobirà Basketball Club, the Matraca-Bike Cycling Club and the Chess Club.

The recognition of a sporting tradition

The kayaking history of the village of Sort begins in 1964 with the organization of the 1st edition of the Noguera Pallaresa Tourist International Rallye, which this year celebrated the 46th edition. This sporting event was declared a national tourist event by the Government of Spain (Ministry of Tourism).
The Noguera Pallaresa's river was the scenario of other international events in deep water, such that the Wildwater European Cup (1980), the Wildwater World Championships Junior (1988), the World Championship Freestyle (2001), the European Championship freestyle (2004) and the ICF 2010 Wildwater Canoeing World Championships

Each year, Sort hosts an International Open of rafting and International wildwater event in the river Noguera Pallaresa, scoring for the world ranking. The Noguera Pallaresa: one of the best rivers to practice whitewater's sports One of the main natural resources of the Pallars Sobirà area is the river Pallaresa Noguera, tributary of the Segre. This river, with an average flow of 31.5 m3 per second, has a length of 146 km, 40 navigable. This fact makes the existence of different parts with different degrees of difficulty from the most basic level (I) for children and beginners of the sport, to the most intrepid steps (V grade from a scale of VI) to the most experienced, being one of the major rivers to practice whitewater's sports (kayaking, rafting, hydro, etc). Currently in the Pallars Sobirà area can be practiced more than 24 sports activities related to the nature and the river.

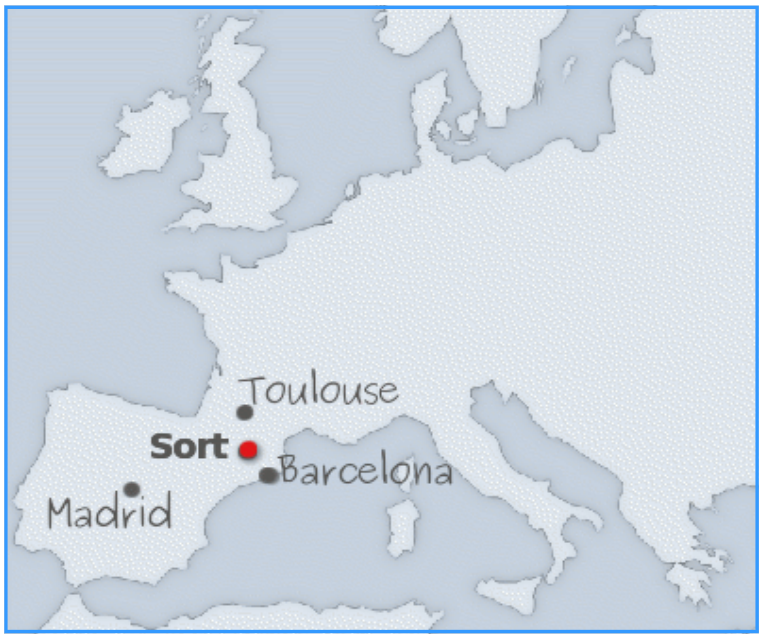
Sort is located 80 km. from France border, and is a recognized tourist destination for the practice of canoeing, a fact certified in 2006 by the Government of Catalonia, through the Department of Tourism of the Generalitat de Catalunya.

1. TRANSPORT AND ACCESS

Location

Distances:

Sort– Lleida 119,20 km
Sort - Barcelona 230 km
Sort - Madrid 575 km
Sort - Toulouse 235 km



How to get here:

Airports in:

-Barcelona-
http://www.barcelona-airport.com
-Lleida–
http://www.aeroportlleida.cat
-Girona-
http://www.girona-airport.net

Sort lies 230km from Barcelona(3hrs). 269,80 Km from Gerona (4hrs40'aprox), 119,20km from Lleida(2hrs aprox), 235km from Toulouse(3hrs23').

It is possible to go to Sort by public transport or by taxi.

Public transport

ALSA bus regular services
Main itineraries round trip:
SORT-BARCELONA
(28 km.) LA POBLA DE SEGUR-BARCELONA
(45 km.) LA SEU D'URGELL-BARCELONA
Telephone information: + 602 422 242; Web site**: www.alsa.es**

RENFE Railroad service

Itinerary: LA POBLA DE SEGUR-LLEIDA
RENFE information: +34 902 240 202

Please contact with organization for more details about Haw to get here.
Email: worldcupsort2011@gmail.com

2. THE COURSE

The competition

The three disciplines of the competition will take place along the river from a distance of 6000 m, with rapids from several grades of difficulty (III and VI).

The Classic Race will be reachable and visible from the C-13 road, along which there will be meeting places for media, spectators, and the organization security. A strategic position to follow the races from a privileged view point. The Sprint Race will take place in the Aigüerola site, built in 1993 in the village center of Sort with a grade III of race difficulty. Infrastructure, which also counts with electrical installations, a step to reach the audience, sound equipment, telephone connections, electronic clock and artificial illumination.

Technical information of La Noguera Pallaresa

TRAINING

Water Flow Timetables

From 15 March to 15 October

Llavorsí	from 10.00h to 14.00h
Moleta de Roní	from 11.00h to 14.30h
Pont de Gulleri	from 11.30h to 15.00h
Sort	from 12.00h to 17.00h (*Aigüerola Wildwater Course)*
Gerri de la Sal	from 14.30h to 18.00h

Temperature and Water Flow (average)

	T ºC	M3/seg.		T ºC	M3/seg.
January	4.2	15.4	July	15	32.7
February	3.7	15.3	August	15.6	16.5
March	5.5	23.6	September	15	14.9
April	6.8	33.6	October	13.1	19.3
May	8.9	71.7	November	7.8	24.0
June	11.6	66.1	December	4.4	19.4

Overview of La Noguera Pallaresa

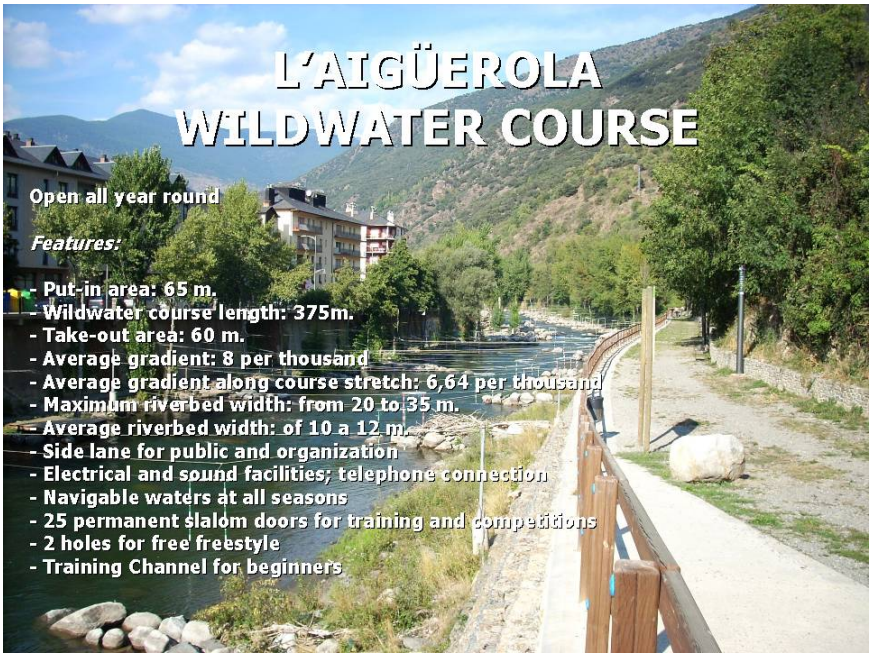
Llavorsí: after the confluence between La Noguera de Cardós and La Noguera Pallaresa, the river turns to the left. At this point, on the right bank there is a put-in, going to the left bank of the river.

RAPIDS:

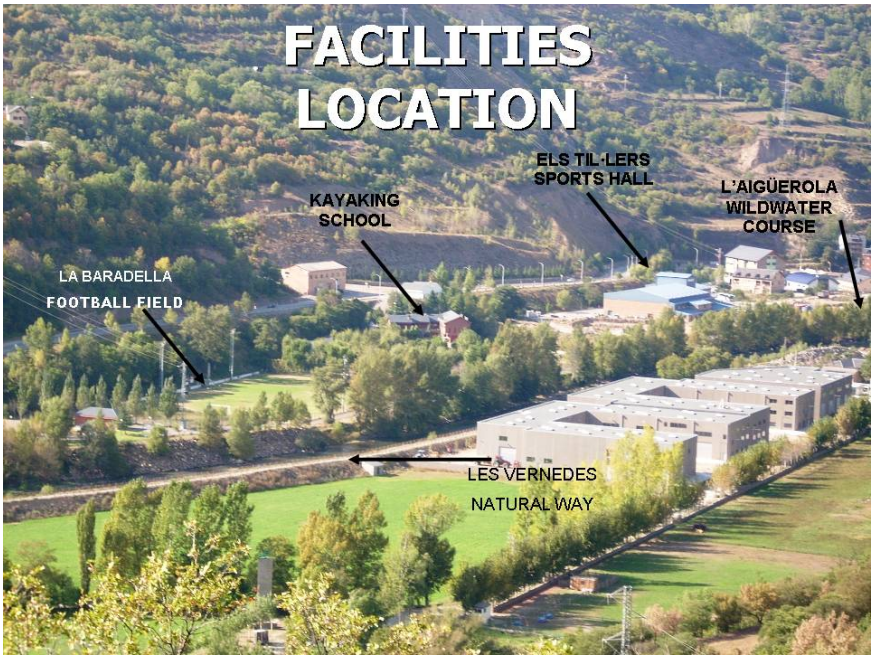
- 2 km later, “La Rentadora”, class III rapids with not much water, some stones in the middle. At the end of the rapid, when there is water, a stopper is formed.
- A quiet stretch up to the beginning of the race.
- Starting point from “Pla de la Moleta”, turn right and we start some more continuous rapids for 2 km(class III-IV), up to “Pont de Gulleri”.
- After “Pont de Gulleri”, the next section is “Salt de l’Àngel”, a stopper that can be easily taken by the middle to the right.
- The next rapid is “La Sirga”, a stopper easily taken by the middle to the left.
- “L’Illa”, where the river splits in two, taking the right arm; when arms meet, there are plenty of rocks.
- After “L’Illa”, an easy rapid by the middle.
- Last rapid, “IV Espanyol”, with two different parts. The first section is wavy and has rocks at the end, easily achieved by the right or left. The second section is easier on the left.
- After that, a 2 km stretch up to Rialp.
- Between Rialp and Sort, there is a 3 km class II section, with a dam easily taken by the left bank.

Alós d'Isil
Isil
Boren
Embassament de Boren
Isavarre
Esterri d'Àneu
La Guingueta
Embassament de la Torrassa
Escaló
Llavorsí
Noguera Pallaresa
S La Moleta de Roní
A Rialp
barrage
Sort
"L'Aigüerola" Wildwater Course
Montardit de Baix
Baro
Gerri de la Sal
Font de la Figuereta
V
IV
IV+
IV
IV
II
I-III
III-IV
III-III+
II-III
II
III
III+
IV
III
III
III+
Wildwater canoeing
S - Wildwater Starting point (Classic)
A - Wildwater Finishing point (Classic)
P - Car Park
Route: Moleta de Roní - Rialp
Kilometres: 6,6 km
Appox. water level: 60-70 m3/seg

AIGÜEROLA" WILDWATER COURSE



3. THE SPORT FACILITIES.



4. DATE

The WildWildwater Canoeing World Cup will take place on 14th—17th April 2011

5. COMPETITION PROGRAMME

Thursday, April 14:
- Accreditations
- Official Trainings
- Boat control
- Team Leaders Meeting
- Opening Ceremony

Friday, April 15:
- Individual Classic Race ,all categories
- Team Leaders Meeting
- Awards Ceremony

Saturday, April 16:
- Individual Sprint Race, all categories
  - 1st run from 10,00h to 12,00h
  - 2nd run from 12,30h to 14,30h
- Awards Ceremony and Closing Ceremony

Sunday, April 17:
1st Sprint Cup Wildwater Spain

6. RACE SHEDULE:

Thursday	14th April	15,00h– 19,00	Boat Control
		18,00h	Team Leaders Meeting
		19,30h	Opening Ceremony
Friday	15th April	14,00h	Individual Classic Race ,all categories
		18,00h	Team Leaders Meeting
		20,00h	Awards Ceremony
Saturday	16th April	10,00h	Individual Sprint Race, all categories
		From 10,00h to 12,00h	1st run
		From 12,30h to 14,30h	2nd run
		16,00h	Awards Ceremony and closing Ceremony
Sunday	17th April		1st Sprint Cup Wildwater Spain

7. ENTRIES AND OTHER INFORMATION

All entries, including athletes, coaches, officials and other staff, must be submited by e-mail/ fax and regular mail to the following address:
Email: **worldcupsort2011@gmail.com**

Other reservations, press forms, rent cars, etc, must be submited by email to the organization

Boat Rental	1st April
Nominal Entry	1st April
Press Accreditation Form	1st April

Official website at **http://www.kayaksort.cat**
Email of the Organization: **worldcupsort2011@gmail.com**
Email for press: **ymas@sort.cat**
Email RFEP: **moton@rfep.es**

8. HOTEL RESERVATION Board and Lodging

You can get all kind of accommodation less than 15 kilometres from the race place.
More details about Hotels, Camping or other accommodations in the web site: http:// turisme.pallarssobira.cat; email: turisme@pallarssobira.info

9. PARTICIPATION FEE

The participation fee is 25€/person and includes the following service:

- Accreditation
- Medical care at the course
- Security Service at the Course
- Access pass and parking for one trailer in the venue and accredited vehicles outside the venue
- Organization Fee

10. TERMS OF PAYMENT

The participation fees are to be paid in the following terms:
100% 5 April
Last details can be arranged upon arrival at the Accreditation Centre.
All payments must be in Euros to:
Beneficiary: Organizing Committee Sort 2011
Bank: La Caixa
Account Number: 2100 0043 97 0200218533
Swift Code: CAIXESBBXXX
IBAN: ES28 2100 0043 9702 0021 8533
All bank charges from the bank transfer will be assumed by the sender.
You are kindly requested to send a copy of the bank transfer (make sure to indicate your Federation), after deposit, to the organization. (email:worldcupsort2011@gmail.com; fax: 034 973 620 064). Ref: Sort2011

11. CANCELLATION TERMS:

No refund will be made for cancellations after 5 April.

12. INSURANCE

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

13. SECURITY

The security service for The Wildwater Canoeing World Cup will work from April 15th to April 17th. This device will guarantee the security in all areas and facilities of the event.

14. MEDICAL SERVICE

A medical service will be available at the course, and will have all necessary equipment to care for all possible emergencies: first aid equipment, ambulance, from April 15th to April 17th to everyone requiring medical assistance.

15. BOAT RENTAL

The organizing Committee has six plastic boats to the athletes who need them. You may request boats by sending the corresponding forms to the Organization.

16. VISA

Team members coming from countries, needing to obtain a Visa to enter Spain, upon corresponding request, will receive a confirmation letter from the Royal Spanish Canoe Federation, once their participation is confirmed.

17. PHOTO- ACCREDITATIONS

In order to speed up the accreditation process for your team we will have a photographic camera at the Accreditation Area.

18. BODY NUMBER DISTRIBUTION

Body numbers will be distributed to Team Leaders. Body numbers will not be distributed unless the entry fee has been paid and received.

Team Leaders will be required to leave a 100€ deposit prior to collection of the body numbers which will be returned on collection of all the body numbers issued to the Team Leader.

The body numbers must be returned to the event office following the sprint race.

Any body number not returned will attract a 100€ fee.

Official Website

You can reach the official website of the competition through the homepage of :

http://

www.kayaksort.cat