

2021 USCA National Canoe & Kayak Championships

Lock Haven, PA

Wednesday – Sunday, August 11-15, 2021

Participant Registration Form – Preregistration Required*- must be received on or before July 26, 2021

**We are practicing social distancing in order to limit COVID-19 exposure to volunteers and racers.*

<p>Pre-register by mail. Must be received on or before July 26, 2021</p> <p>Send to: Amy Rankinen 130 Middle Rd Jersey Shore, PA 17740</p> <p>Payable to: Tiadaghton Elm Canoe Race For further information, go to: www.lhnationals.com</p> <p>Signed waivers must be included with registration form. Any changes to pre-registration forms must be done via email by 5 p.m. on August 6th. Email completed change form to amy.rankinen@gmail.com. Change fee \$10 up to August 6th. Change fee \$20 August 6th to Wednesday, August 11th. No changes permitted after 5 p.m. on August 11th.</p>	<p>2021 USCA membership is required for all races. Apply by mail on or online before July 26, 2021.</p> <p>Send to: Lynne McDuffie, Membership Chair 410 Cockman Rd. Robbins, NC 27325 Payable to: USCA Applications and online membership available at: www.uscanoe.com</p> <p>Proof of membership is required for USCA Nationals class registration. <i>Biathlon, C4, SUP Yoga workshop and Sunday Paddler classes do not require USCA membership.</i></p> <p>On-site headquarters is located at the Pavilion at the north side of the Jay Street bridge in Lock Haven.</p> <ul style="list-style-type: none"> • Number and swag bag pick up. • Camping site assignments <p><i>Social distancing is required at all events. A face covering is required before and after races. Racers must carry a face covering with them the entire race.</i></p>
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Nationals Classes Race Fees: *Free T-shirt and goodie bag to first 250 entrants registered by 7/1/21*

Adult Marathon (Friday, Saturday & Sunday)	\$60.00 per paddler early registration (must be received by 7/1/21) \$80.00 per paddler (after 7/1/21) \$20.00 per paddler for each additional marathon race. N/A for adult youth/junior marathon.
Adult Orienteering (Wednesday)	\$20.00 per paddler if entered in marathon race. (No additional fee for adults paddling with a Youth/Junior)
Junior/Youth Orienteering (Wednesday) Youth & Junior Marathon (Thursday) Youth & Junior Sprints (Thursday) Adult/Youth/Junior Sprints (Thursday)	\$50.00 per paddler flat fee for the week. (after 7/1/21 – 7/26/21, \$60 registration) <i>Change fee policy applies for Thursday events. No changes permitted after 5 p.m. on August 11th.</i>
Sprint Championships for paddlers with Physical Disabilities (Thursday)	\$50.00 per paddler flat fee for the week. (after 7/1/21 – 7/26/21, \$60 registration) Paddler must meet minimum eligibility requirements. See Page 5

Non-Nationals Event Fees:

Biathlon (Wednesday, 6 p.m.) Number pick up available from 4:30 p.m. to 5:30 p.m.)	\$20.00 participant fee
C4 Unlimited (Thursday, 6 p.m.) Number pick up available from 4:30 p.m. to 5:30 p.m.)	\$20.00 per adult participant fee \$10.00 per youth participant fee (under 18)
SUP Yoga (Thursday)	\$15.00 per participant fee Limited SUP rentals available (15), contact Kate Wenrich, 570-327-8106
Sunday Paddler (Sunday)	\$20.00 per adult participant fee \$10.00 per youth participant fee (under 18)

To register, **please fill out form COMPLETELY for EACH participant. Print legibly.**

Mail with check. Must be received on or before July 26, 2021 including signed waiver. No day-of-race event registration.

Last Name	First Name	USCA # (2021)
Home Phone	Cell Phone	DOB (mm/dd/yyyy)
Address	Email Address	PACK Member ___ Yes ___ No
City	State	Zip
Emergency Contact/Relationship	Phone	Country

AGE: Adults as of race day; Youth and Juniors as of January 1, 2021 _____

Please transfer all fees from pages of forms to below: T-shirt Size ___ Youth LG ___ S ___ M ___ L ___ XL ___ 2XL

	Extra Shirt(s) - \$20 each	\$	___ Youth LG ___ S ___ M ___ L ___ XL ___ 2XL	Official Use Only
	Wednesday – Orientering	\$		
	Wednesday – Biathlon	\$		
	Thursday Adult/Youth Marathon Adult/Junior Marathon Junior & Youth Marathon Paddlers with Physical Disabilities	\$	<p>Note: Adults already registered for weekend classes are not charged for participation in this division.</p> <p>Friday Night Take Out Dinner: Adults & Youth 5-17; \$15/person Youth – Under 5 years old - Free Pay with registration, ticket in race packet.</p> <p>Race packet/number pickup Tuesday-Saturday 5 p.m. – 6 p.m. at the Race Headquarters Pavilion at the north end of Veteran’s Bridge (Jay Street).</p>	
	Thursday – C4	\$		
	Thursday – SUP Yoga	\$		
	Friday-Sunday Marathon	\$		
	Friday Night Dinner	\$		
	Sunday – Sunday Paddler	\$		
	Total			

**Checks payable to Tiadaghton Elm Canoe Race
USCA Nationals Classes Change Form**

No changes permitted after 5 p.m. on August 11th.

___ Change fee \$10 up to August 6th.
___ Change fee \$20 August 6th to Wednesday, August 11th.

Date of Race Affected	Class Affected/Age Category	Team Affected	Substitute Partner: Last name, First name	Age	Does this affect age division?

Total Change Fee _____

_____ am submitting and paying for these changes. _____ Check Number
Print name Signature

Last name	First name	Age	State	Fees this page \$ _____	Wednesday Orienteering
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Wednesday August 11, 2021

USCA National Canoe, Kayak & SUP Orienteering Championship

Ages of Youth and Junior paddlers are as of January 1, 2021.

Medals to the top 3 places in each orienteering class.

Start 9 a.m.

	Class	Partner: Last Name, First Name	Age	State
	C1 Man	N/A		
	C1 Woman	N/A		
	K1 Man (any kayak)	N/A		
	K1 Woman (any kayak)	N/A		
	SUP Unlimited Woman	N/A		
	SUP Unlimited Man	N/A		
	C2 Women			
	C2 Men			
	C2 Mixed			
	C2 Mixed Master			
	C2 Woman/Youth (5-14)			
	C2 Man/Youth (5-14)			
	C2 Woman/Junior (15-17)			
	C2 Man/Junior (15-17)			

Last name	First name	Age	State	Fees this page \$ _____	Thursday Junior/Youth/Adult Marathon
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Thursday, August 12, 2021

USCA National Canoe & Kayak Adult/Youth Marathon Championships

Lock Haven Boat Ramp, Lock Haven, PA 17745

Adult paddlers must be 18+ years of age as of race day.

Ages of Youth and Junior paddlers are as of January 1, 2021.

Medals to the top 6 places in each marathon event.

Having this race prior to the Junior and Youth marathon give adults the opportunity to coach.

1st Start 9 a.m. - Short Course Around Island (approximately 2 miles)

Adult/Junior Marathon

	Class	Partner: Last Name, First Name	Age	State
	C2 Woman (18+)/Junior (15-17)			
	C2 Man (18+)/Junior (15-17)			
	K2 Woman (18+)/Junior (15-17)			
	K2 Man (18+)/Junior (15-17)			

2nd Start follows Adult/Junior Marathon - Short Course Around Island (approximately 2 miles)

	C2 Woman (18+)/Youth (5-14)			
	C2 Man (18+)/Youth (5-14)			
	K2 Woman (18+)/Youth (5-14)			
	K2 Man (18+)/Youth (5-14)			

3rd Start 11 a.m. – Junior Short Course Around Island (approximately 2 miles)

Youth and Junior Marathon

	Class	Partner: Last Name, First Name	Age	State
	C1 Boy Junior (15-17)	N/A		
	C1 Girl Junior (15-17)	N/A		
	K1 Boy Junior (15-17)	N/A		
	K1 Girl Junior (15-17)	N/A		
	C2 Boy Junior (15-17)			
	C2 Girl Junior (15-17)			
	C2 Mixed Junior (15-17)			
	K2 Mixed Junior (15-17)			
	K2 Boy Junior (15-17)			
	K2 Girl Junior (15-17)			

3rd Start 11 a.m. - Youth Short Course (1.5 miles, buoy below island)

The following classes go off with the 2nd start at 10 a.m. Buoy turn just below the island. These classes are for ages 8 to 14 in C1 and K1 to encourage more youth participation in longer races than a sprint. Life jackets required for youth paddlers.

C1 Youth (8-10)

K1 Youth (8-10)

C1 Youth (11-12)

K1 Youth (11-12)

C1 Youth (13-14)

K1 Youth (13-14)

Last name	First name	Age	State	Fees this page \$ _____	Thursday - Paddlers with Physical Disabilities
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Thursday, August 12, 2021

USCA Nationals Sprint Championships for Paddlers with Physical Disabilities

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| | K1* Paddler with Physical Disability Woman |
| | K1* Paddler with Physical Disability Man |
| | V1/OC1** Paddler with Physical Disability Woman |
| | V1/OC1** Paddler with Physical Disability Man |

* Any kayak/surfski propelled with a kayak paddle (may have stabilizing floats and may have rudder)
 ** Any Va'a/Outrigger canoe propelled with a canoe paddle (may have stabilizing floats and/or a rudder)

PLEASE NOTE THE ELIGIBILITY REQUIREMENTS FOR PADDLERS TO PARTICIPATE IN THE ABOVE EVENTS

Athletes with physical disabilities intending to compete in USCA National Sprint Championships must submit the International Canoe Federation Paracanoe Athlete Diagnosis Form and the ICF Paracanoe Athlete Certificate of Diagnosis/Medical Diagnostics Form with necessary supportive medical diagnostic information completed by a medical doctor to USCA Adaptive Paddling Chairman, Jan Whitaker (see contact information below), by July 1 of the year of competition. USCA's Adaptive Paddling Chairman will forward the athlete diagnosis form to an ICF medical classifier who will decide regarding eligibility based upon the information provided. The athlete will be notified as soon as possible after a determination regarding eligibility had been made.

Paddlers who are blind or have a visual impairment should have the USCA Adaptive Paddler Vision Qualification Form completed by an ophthalmologist and submit it to USCA Adaptive Paddling Chairman by July 1 of the year of competition.

ICF Forms may be found at:

https://www.canoeicf.com/sites/default/files/paracanoe_athletes_diagnosis_form_2020.pdf

https://www.canoeicf.com/sites/default/files/paracanoe_athletes_certificate_of_diagnosis_2020.pdf

The USCA Vision Qualification form (for use by athletes who are blind or visually impaired) may be requested by contacting the Adaptive Paddling Chair, Jan Whitaker at janwhitaker@twc.com or call 585-292-6107 or cell 585-813-1872.

Last name	First name	Age	State	Fees this page \$ _____	Thursday C4 – Four-Person Canoe
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Thursday, August 12, 2021

**C4 – Four Person Canoe
Lock Haven Boat Ramp, Lock Haven, PA 17745**

The C4 race will consist of a 7 mile-loop course up to the base of the riffles and back.

Ages of participants are as of January 1, 2021.

Medals to the top 3 places in each C4 event.

Start 6 p.m.

	Class	Team Members: Last Name, First Name	Team Name	Age	State
	Female Team				
	Mixed Team				
	Male Team				

Last name	First name	Age	State	Fees this page \$ _____	Friday-Sunday Marathon
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USCA National Canoe & Kayak Marathon Championships

Lock Haven Boat Ramp, Lock Haven, PA 17745

10 Mile Marathon Course (Canoe & Kayak), 7 Mile Short Marathon Course (SUP & OC1)

Friday, August 13, 2021

	Class	Partner: Last Name, First Name	Age	State
Start Time - approximately 8 a.m. (10 mile events)				
	C1 Woman	N/A		
	K1 Unlimited Woman	N/A		
	K1 Touring Woman	N/A		
	C2 Men			
	K2 Unlimited Men			
Start Time TBD - approximately noon (7 mile events) - provides the opportunity to race twice.				
	C1 Woman Stock	N/A		
	K1 Sea Kayak Woman	N/A		
	C2 Men Standard			

Saturday, August 14, 2021

	Class	Partner: Last Name, First Name	Age	State
Start Time - approximately 8 a.m. (10 mile events)				
	C1 Man	N/A		
	K1 Unlimited Man	N/A		
	K1 Touring Man	N/A		
	C2 Women			
	K2 Unlimited Woman			
Start Time TBD - approximately noon (7 mile events) - provides the opportunity to race twice.				
	C1 Man Stock	N/A		
	K1 Sea Kayak Man	N/A		
	C2 Woman Standard			

Sunday, August 15, 2021

	Class	Partner: Last Name, First Name	Age	State
Start Time - approximately 8 a.m. (7 mile & 10 mile events)				
	C2 Mixed (10 mi.)			
	C2 Mixed Standard (10 mi.)			
	K2 Unlimited Mixed (10 mi.)			
	SUP Unlimited Woman (7 mi.)	N/A		
	OC1 Man (7 mi.)	N/A		
Start Time TBD - approximately noon (7 mile events) - provides the opportunity to race twice.				
	OC1 Woman	N/A		
	SUP Unlimited Man	N/A		