

# CASCADE FALLS “WATER FALL” TRIATHLON




Sponsors: Kayak Adventures and Jackson Kayaks

Date: May 2 and 3, 2009

Location: Cascade Falls Competition Center, Penn Yan New York

Course Description: At the top of the course you will find our signature “Cascade Falls”. The vertical drop of the waterfall is approx. 10 feet. Down stream about 200 feet is the play hole that will be used for the free Style Event. The complete course covers about 1000 feet with a vertical drop of 27 feet from the base of the Falls. This is a narrow (50 feet wide) very fast course. The course is not friendly to beginners and Novice paddlers that do not possess a SOLID river roll. If you do not have a SOLID roll you cannot participate in the event. For video and still shots of the course go to the **gallery** on the Kayak Adventures website: [www.kayak-adventures.org](http://www.kayak-adventures.org)

Event:

	<p>STAGE # 1</p> <p><b>WILDWATER SPRINT:</b></p> <p>Starts above the Falls and runs down the course about 1000 feet. This is a speed event with the added element of the Falls. Those that can negotiate the falls and not get caught in the Whip Cream at the base of the falls has a good chance of placing high in this stage.</p>
<p>Cascade Falls – start of the course</p>	
	<p>STAGE # 2</p> <p><b>FREE STYLE COMPETITION:</b></p> <p>Starts above the Falls and runs down the course about 200 feet to pipeline rapid play hole. This is a Free Style Skill event with the added element of the Falls.</p>
<p>Play Hole at pipeline rapid</p>	
	<p>STAGE # 3</p> <p><b>SLALOM COMPETITION:</b></p> <p>Starts above the Falls and runs down the course about 1000 feet. There will be between 18 and 22 gates emphasizing Fast Clean runs.</p>
<p>Upper section of Slalom course</p>	

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## **Race Categories:**

**Rec Division:** This is specific to boaters in Plastic Kayaks. You will use the same kayak for each Stage of the Competition.

**Open Division:** This Division allows the competitor to use whatever Kayak they wish for each Stage of the Competition.

**Pro Division:** This Division is for professionals that wish to compete in the Event. This is a Amateur Event so Professionals may enter, however, they will not be eligible for The major awards.

## **Race Classes:**

**Rec Division:** Class breakdown will be determined at a later date.

**Open Division:** Class breakdown will be determined at a later date.

**Pro Division:** Will be divided into two Classes (Men/Women)

## **Race Scoring:**

Individual awards for placement in each stage.

Medals for Rec Division

Medals and Cash for Open Division

Medals for Pro Division.

## **Overall Winners Scoring procedure:**

Your position in each Stage will be combined to determine the overall Winner of the Event.

Low score wins. This means that if you are 1<sup>st</sup> in Stage one, 5<sup>th</sup> in Stage two and 3<sup>rd</sup> in

Stage three your Event score would be  $1+5+3 = 9$ . In the event of a tie there will be a playoff

To determine the overall winner.

NOTE: There is plenty of free camping the the Race site. Entry forms and additional race information Will be posted at a later date. Please direct your inquiries to [artm@rochester.rr.com](mailto:artm@rochester.rr.com) or call Art Miller at 585-704-2372.