

Montemor-o-Velho
P O R T U G A L
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ECA PARACANOE & JUNIOR&U23 CANOE SPRINT
EUROPEAN CHAMPIONSHIPS '23





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Official Invitation

Portuguese Canoe federation

Welcome to all canoe around Europe. Portugal and Montemor-o-Velho are back to the European Canoeing calendar.

After more than a decade after our first canoe sprint European Championships in Portugal, we are hosting in 2023 a special event, with the Juniors & under 23 canoe together with the paracanoe European Championships.

Again, a lot of investments are underway, particularly regarding the new finish tower and modernization of the high-performance centre, the only in the world with a side wind solution, already tested and used successfully in 2018 Seniors and 2021 Junior Worlds.

The Portuguese Canoe Federation, main local organizer of this European championships, promise you an unforgettable experience. Join us once again and lets make history together.

Vitor Felix
President of the Portuguese
Canoe Federation



City Hall of Montemor-o-Velho

It's a great honour and an enormous privilege for Montemor-o-Velho to host the paracanoe, Junior & U23 European Championships.

We're certain that our National Nautical Centre is the perfect place for young athletes make medal-winning history, once again.

Montemor-o-Velho welcomes all paddlers, setting the priority on providing an exceptional and safe event for all.

With exceptional natural, environmental, cultural and sports conditions, Montemor-o-Velho has the best facilities and technology at the service of athletes, enthusiasts and canoe supporters. Our 900-year Long History, a breath taking natural Landscape, the Mondego river's blue waters, the 300 sunny days a year and our exciting gastronomy sets the pace to a special charm that will dazzle both canoe athletes and fans.

We are confident that Montemor-o-Velho will surprise you once again! We dare you to be bold and make this event memorable for all!

Emílio Augusto Ferreira Torrão
Mayor of Montemor-o-Velho



Montemor-o-Velho

The Championships will take place in Montemor-o-Velho, Portugal



Montemor-o-Velho lays between the main cities of Coimbra and Figueira da Foz.

Montemor-o-Velho (Portuguese pronunciation) is a town and municipality of the Coimbra district, in Portugal. It has roughly 30,000 inhabitants.

Montemor-o-Velho, which was once a land of farmers, is now facing the tertiary sector activities, partly due to the installation of governments offices, financial institutions and services; such as small traders. The industry is represented by several manufacturing plants of small and medium size.

Agriculture continues to have great importance. People grow maize and rice using increasingly modern processes. The existence of a Vocational Agricultural School, together with the Cooperative and the services of the Agricultural Zone DRABL, contribute to technical expertise that improves the productivity of the fields.

The city of Montemor-o-Velho is the co-organizer of the ECA Paracanoe and Juniors & Under 23 Canoe Sprint European Championships 2023, in partnership with the Portuguese Canoe Federation.



Venue

This Championships will be held at Montemor-o-Velho High Performance centre, located in the village of Montemor-o-velho and the only Canoe Sprint Olympic course in the country.



The Centre for High Performance Montemor-o-Velho [CAR], stands out for its importance nationwide. It is an anchor project with the capacity to generate synergies and commitment from both the public and the private sector, applying the strategic value of sport in the local development agenda.

This centre has a 2300 meters long and 3m deep main channel, with a side returning channel and also a cooling down channel, becoming the biggest artificial "pool" in the country.

The main building offers:
16 hangars (24x6m each).
Restaurant area
Showers
Bathrooms
Gymnasium
Many polyvalent rooms



Weather

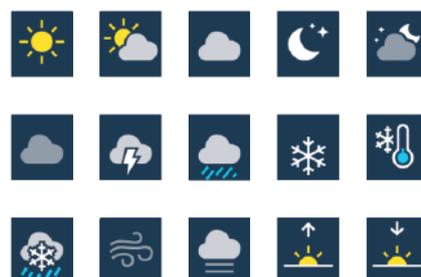
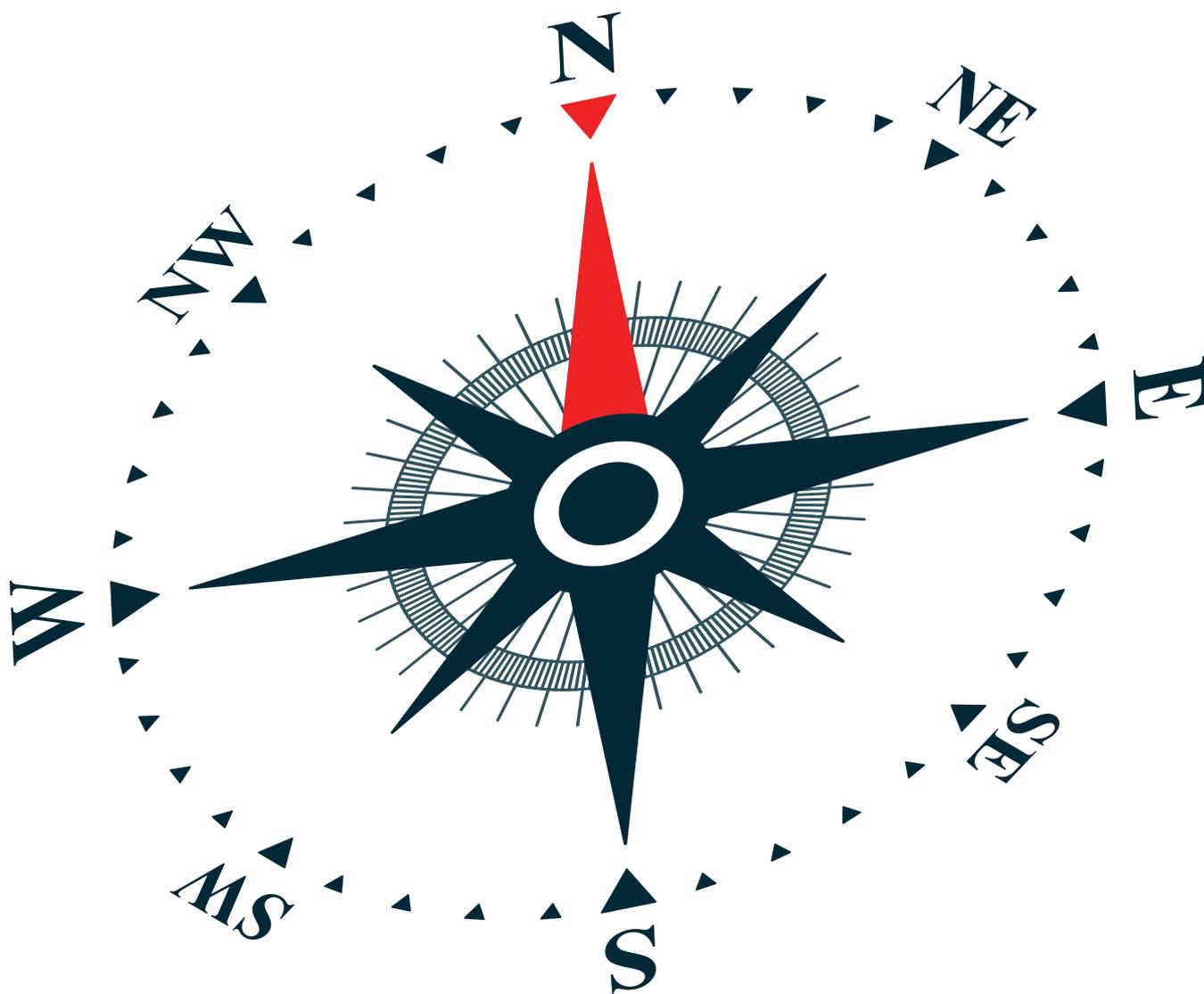
Portugal is known for it's hot and dry weather in summer, special in July and August, with temperatures around 25-30° C.

Montemor-o-Velho being, close to the Ocean, the high temperatures are normally accompanied by a cool breeze during this season.

From the collected data of the last 3 years, considering the week of the event it's fair to say that mostly the wind direction is coming from 270-350° which means NW wind [Almost side to the course].

From this data we also know that the time of the day with more wind is between 13:00 and 17:00.

Wind Speed 4,5m/s
Temperature 22,2C



How to get to Montemor-o-Velho

Montemor-o-Velho is reachable from the north and south of the country by car, taking the A1 Highway and then A14 in direction to Figueira da Foz. The use of A8 and A17 is also possible.

Airports

Getting here by air. Portugal has two major Internationals Airports

Oporto airport: 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.

It is less than 150km away from the Venue in Montemor-o-Velho. The travel time by bus is around 1 hour and 30 minutes.



The Lisbon Airport, providing service to the capital of Portugal, is the busiest and most important airport in the country and the principal point of entry for travellers arriving in Portugal. There is a connection to the city centre and interface with Railway Stations by aero shuttle and bus. The train also connects Lisbon to Coimbra and then to Montemor-o-Velho. Both airports receive daily flights from low cost companies like ryanair and easyjet, among others, from all over Europe cities.



Lisbon - Portugal 12:00

**Berlin
13:00**

**Moscow
16:00**



The organization will provide airport transfers from Oporto for a fee of 30€ per person, each way.

If your team arrives to Lisbon a fee of 45€ per person will be applied, each way.

Custom prices and solutions may be applied if your team arriving group is smaller than 3 persons.

In case the final travel info of your entire team is not sent to the Organizing Committee until June 24th the cost will increase to 35€ from Porto and to 50€ from Lisbon each way.

Same policy can be applied concerning the late information on the departure information.

COMPETITION INFORMATION

DATES AND SCHEDULE

The ECA Paracanoe & Juniors & under 23 Canoe Sprint European Championships will take place in the week of 24 to 30 of July



24 and 25 of July

Opening of the Accreditation centre
Official training
Arrival of teams
Paracanoe Classification

26 of July

Self Boat Control
Official training sessions [until 5pm]
Test start 1000m
Test start 500m
Team leaders meeting
Paracanoe Classification
ITOs meeting
Opening ceremony (at the venue)

27 to 30 of July

Competition

Provisional timetable published at canoesprintportugal.com and canoe-europe.org

Events

A total of 12 paracanoe, 19 Junior & 19 U23 categories are in the program of this Championships.

A total of 50 medal races will be held and new European Champions be know in Montemor-o-Velho in the last days of July.

PARACANOE

Kayak Men	Kayak Women	Va's Men	Va's Women
KL1 200m	KL1 200m	VL1 200m	VL1 200m
KL2 200m	KL2 200m	VL2 200m	VL2 200m
KL3 200m	KL3 200m	VL3 200m	VL3 200m

JUNIORS & U23

Kayak Men	Kayak Women	Canoe Men	Canoe Women
K1 200m	K1 200m	C1 200m	C1 200m
K1 500m	K1 500m	C2 500m	C2 200m
K2 500m	K2 500m	C1 1000m	C1 500m
K2 1000m	K4 500m	C2 1000m	C2 500m
K4 500m	K1 1000m		
K1 1000m			

ORGANISING COMMITTEE

The Organizing Committee is lead by members of the Portuguese Canoe Federation and the municipality of Montemor-o-Velho.

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

Race Manager – Ricardo Machado

Project Manager & Technical Organiser – Marcos Oliveira

Technical & Project Support & Logistics – Juliana Dias

Finance – Nuno Tavares

Human Resources – André Almeida

Volunteers -Catarina Oliveira

Accreditation & Protocol – Andreia Oliveira

Transportation – Hugo Figueiras

Accommodation – Maria Paz

Media & Press – João Martins

Paracanoe – Ivo Quendera

Security – Joaquim Santos

Medic – Nuno Silva

High performance Centre – Vasco Cavaleiro

IT – Rui Mendes

Contacts

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

If your question is about transportation system, then you should reach hugo@canoportugal.com

If the matter is accommodation, please contact maria@canoportugal.com

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

Venue Layout



The High-Performance Centre is still into a lot of improvements. Updates to the start systems are planned as well as the use of the wind barrier to reduce strong side wind, as in the last Championships. Knowing that it does not reduce at 100% the side wind in all 9 lanes, it creates a much fair race for all as it reduces the big advantages of the first lanes and creates similar conditions in each lane.



Sport Facilities

We divide the sport facilities into limited and not limited zones, being the limited zones, the ones for exclusive use of the NF's and all other accreditation persons at the event.

The non-limited zones, will be access only using a bracelet, to be sold online and during competition days, at the venue. Check prices in this document.



Inside limited zones, different access will be given to different collectives. According to ICF new accreditation guidelines:

ECA - Black

National Federation - Orange

Host Organising Committee - Navy

Broadcasters - Red

Media - Yellow

The access zones will be divided into 7 different zones:

1. Officials' area
2. Competition area
3. Team quarters and areas
4. TV areas
5. Media areas
6. Operational areas
7. VIP area



Parking

There will be special parking areas, divided into Public, Teams, Staff, team Buses, VIP and Media. Access to each one of this parking will be controlled by access card in the car and plate number. This access will be given at the accreditation Centre.

The parking area will be reduced comparing to last years, as the team quarters will be expanded outside the hangars. Naturally the public parking will be forced to start farthest from the venue main entrance. Parking is free for all.

Number of parking spaces to each team will be limited to a maximum of 2. Special cases will be evaluated at the accreditation office upon arrival.



Team Quarters

As said, this area will be expanded from the hangars to the parking, like what we did in 2021, but smaller due to the less structures to be mounted in this area. The exterior of the Centre with limited access to teams will mainly be used for teams parking and exclusive access to the venue.



We will keep the usual conditions in the hangars, including dressing rooms, places to sit and relax and of course the TV Led screens to watch the races as well as fixed services in this Centre like Sauna, Jacuzzi, gymnasium, showers, toilets, nursery, medic services and anti-doping facilities. All hangars will be closed from the exterior side, with the access to be made from the inside of the venue.

Also a lot more facilities will be provided:

- Athletes Lounge
- Info Desk
- Portable showers
- Boats Service Center [where ECA sponsors will install their services]
- Medals customization service
- Technical commercial area
- Bags drop office
- Bike rental & parking
- Special access and exclusive use of the cycle path [maximum of 2 persons per country]
- Commentary of the race [Sound speakers around all zones]
- Boat racks for 900 Boats
- Free boat control area (weight)



DEADLINES, ENTRIES and REGISTRATION

All team entries [numerical and nominal must be made on line through SDP system from ICF.

Link <https://icf.msl.es/icf/main.jsp>

Entries can only be submitted by the National Federation through the on line entries system SDP by the specified closing date [midnight European time/ European summer time GMT+ 1 or GMT +2]. Anyone having issues accessing the system or with the entries should contact ICF HQ at sdp@canoeicf.com

Please ensure the personnel responsible for submitting athlete profiles and entries on SDP first check whether an athlete is already in the database for another discipline before adding the athlete. Any athlete can have additional disciplines added to their record as required by checking the box for their new discipline in the profile. This will ensure all competition entries and results will be attributed to the one profile.

Special rules applied to Juniors competing in under23 category:

A first year an athlete can compete in international competition is the year of his/her 15th birthday.

The last year that competitor can compete in the Junior category in the year of his/her 18th birthday

A junior athlete can compete in U23 events at the European Championships under the following conditions:

A) An athlete can only paddle single events for one age group.

B) Junior athletes can compete in a maximum of two (2) team boat events in the U23 age group

The last year that competitor can compete in the U23 category in the year of his/her 23rd birthday.

The preliminary entries, travel and accommodation requests must be done at www.canoesprintportugal.com using your NF' s Login and password, used back in 2021 Championships done in Portugal. If your NF does not have a user and password please contact us to marcos@canoeportugal.com with the topic **NF LOGIN**. We will need to be provided with a proof of being someone from the NF's to contact us.

After the approval from the organization, you will receive a new email with your login details and you are ready to proceed.

The entries system will be online and available in following dates:

At Canoesprintportugal.com

Preliminary entries from **February 2023** to **May 27th**

Accommodation: Opens in **February 2023** to **May 27th**. After this date OC will only accept requests under hotels spare availability and price increase may occur.

Travel info: Opens in **February 2023** and must be sent at least until **May 27th**. [to avoid price increasing].

At SDP system

Numerical entries until **June 12th**

Nominal Entries until **July 17th**

PARTICIPATION FEE

The Organizing Committee will use the International Canoe Federation protocol guidelines for the participation system. All team members must pay a fee of 40 Euros per person per day during the access period [week of the Championships].

This fee includes:

Free drinkable water

Accreditation costs;

Transport by shuttle busses between venue and the accommodation;

Fees for the use of the venue and its facilities

Medical care at the venue

Security service at the venue

Team cars and trailer parking

Access to other miscellaneous services and equipment at the venue

Participation fee will be charged from the first day that the accreditation is given or hotel is requested and it will be charged until the end of the Championships, Sunday July 30th.



The participation Fee will not be charged to ECA Officers [including ECA Jury, Technical Officials, ECA Sponsors and Suppliers, Board of Directors, ECA Headquarters Staff]. ECA future European Championships organizers up to 4 people from each organizing committee, NF Presidents and Secretary Generals.

The participation fee does NOT include the transport from and to the airport. Extra fees will apply. Check page 8 for more information on this topic.

The participation fee is already included in the given prices for our accommodation packages.

The fee must only be paid for those who decide not to book accommodation through our organizing committee.

LODGING OPTIONS

The Organizing Committee has established protocols with almost all hotels in the region to provide several options for accommodation and assure reasonable rates. The main focus for accommodation will be in the cities of Coimbra and Figueira da Foz. Other Accommodation options are also available in smaller places near the course.

Due to the high season that the month of July is in Portugal, especially near the ocean and the beach, where Figueira da foz is, we had to concentrate more than 50% of the lodging option outside this city and separate categories and prices.

We have pre-booked a total amount of more than 1200 beds in a total of 16 hotels.

We were still able to keep a good number of beds in different category hotels in Figueira as we know most of the countries would like to keep their teams near the ocean and closer to Montemor-o- Velho.

This year we are also investing in new hotel option, closer to the venue and outside the big cities, but with great quality and price. In Coimbra we also offer a category 4, for accommodation in the University rooms for teams with lower budgets of participation. This will have very limited capacity due to the dates of the event.

Category	Figueira da Foz	Room type	Full Board price
2A	4 stars	Single	€180,00
		Twin	€135,00
3A	3 stars plus	Single	€155,00
		Twin	€115,00
4A	3 and 2 stars	Single	€130,00
		Twin	€100,00

Category 1A, 4 star premium plus, will be available upon request. It is not in the default packages as the prices are high, considering the high season. if interested please contact our accommodation department for more information.

Category	Coimbra	Room type	Full Board price
1B	4 star premium	Single	€185,00
		Twin	€140,00
2B	4 stars	Single	€155,00
		Twin	€120,00
3B	3 stars	Single	€130,00
		Twin	€105,00
4B	University / hostel	Single	€90,00
		Twin	€80,00

Category	Others (+-15km from Venue)	Room type	Full Board price
1c*	4 star premium	Single	€145,00
		Double	€115,00

*1C l is the official Paracanoe hotel and the only where we can offer all great conditions in each room for wheelchairs. Daily venue transportation for paracanoe will only be provided from this hotel.

The prices above are per person and per day with full board.

-All booking requests will be addressed to one hotel inside the chosen category. This hotel may change at any time in case of need of the Organizing committee. The hotel information will be given to the team after June 1st.

- If a team desires a specific hotel, please add that information in the observation box at the online booking form.

In case there is no options inside the same category and location chosen, our accommodation department will inform you before any booking is done.

-In case of damages (check in) Hotels are entitled to request a deposit credit card in the event of damages or extra service. Please be ready to provide your personal credit card during check-in to guarantee any possible extra services.

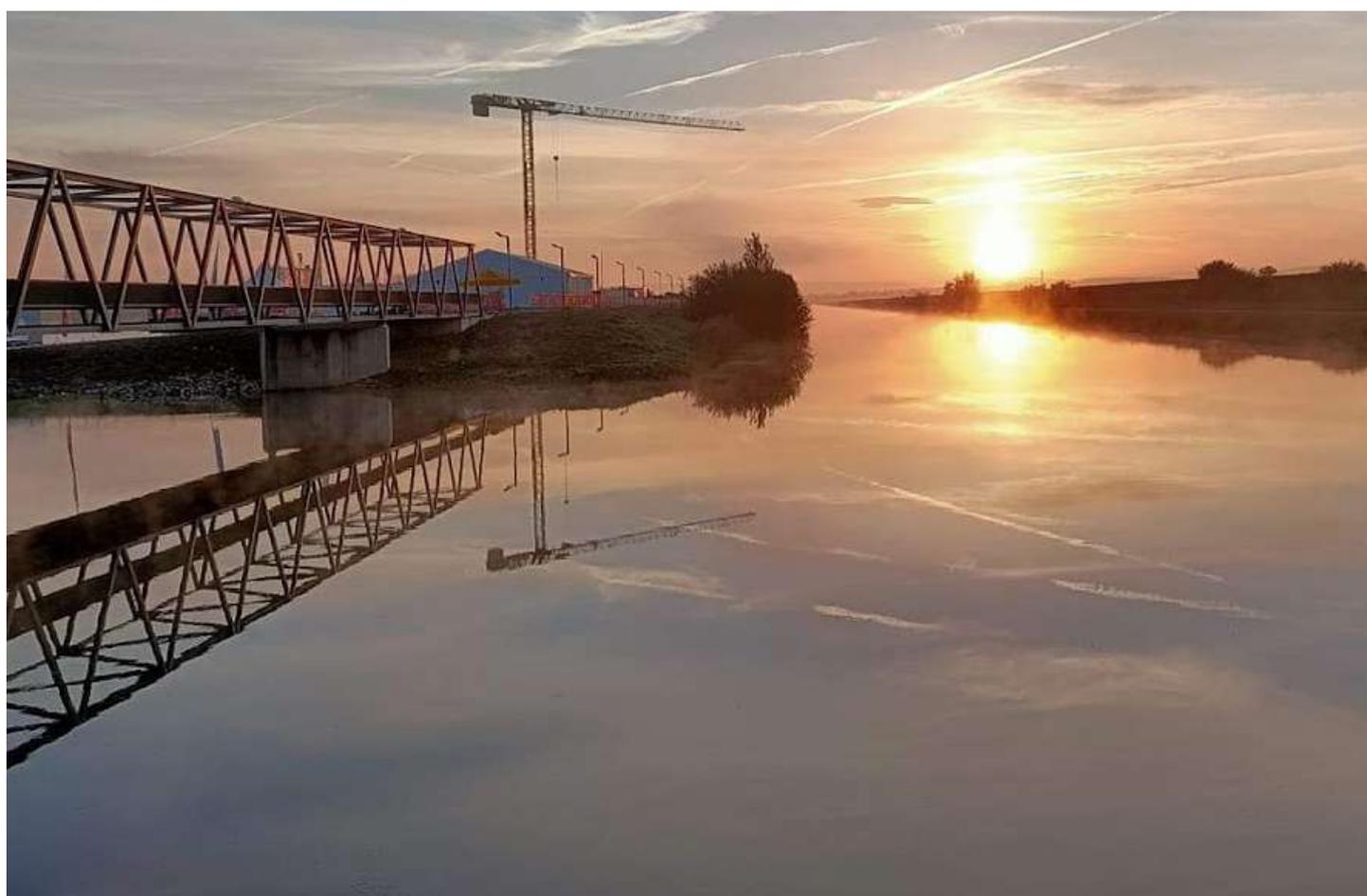
- The Organizing Committee does not take any responsibility for extra services at the hotel [mini bar, telephone, parking, paid internet, etc.).

-Early check-in (before 14:00pm) is subject to room availability at the hotel. Team`s arriving before this time will be transported directly to the venue. Please check transportation item in this bulletin on page 21.

- Check-out time in hotel - 12:00 p.m. on the day of the departure. If your departure is during competition days, your bags must be taken to the venue and the departure will be set from there.

All ECA OFFICIALS will be accommodated in the same hotel and without any charge for the National Federation of his/her country (in a double room basis). Single rooms will have a direct charge to the National federation or officials **(45€/day)**

The organization will cover the accommodation, airport and local transportation plus 3 meals per day.



Catering

Team`s booking accommodation through the OC will have 3 meals per day included. Lunch will always be the first meal on arrival day (if arriving to the venue until 2pm). Breakfast will be the last meal if departing on Monday morning. If departure is during any other day, we will provide lunch or dinner at the venue, included in the daily package, adjusted according to the departure time.

Breakfast and dinner will be served at chosen hotel, only exception at category 4b.

Lunch will be served every day at the venue.

Dinner of July 30th will be served exclusive at the venue, and it will include a farewell festivity.

Teams that wish to have dinner at the hotel on this day, should book it in advance and pay it directly at the hotel.

[This can be deal at arrival to the venue.](#)

Lunch and dinner schedules to be published in last info closer to the championship dates.

Lunch at the venue for those outside the OC accommodation will be 15€ and must be booked on the day of arrival.

Terms of Payment

30% of the total cost of the reservation must be paid after the reception of the proforma invoice to secure booking/reservation.

75% of the total cost of the reservation must be paid before May 27th

100% of the total cost of the reservation must be paid before June 27th

No reservations are confirmed until 30% of the reservation is paid. The organization may cancel any reservation if no regular payments are made.

Transport from airport and accreditation cards will only be granted upon 100% payment.

Account Details

All payments should be made to the following Account Beneficiary : Federação Portuguesa de Canoagem

IBAN : PT50 0010 0000 2597 5600 007 6 9



SWIFT/BIC- BBPIPTPL

Regular cancelation Terms: Until April 27th - Refund 100%

Until May 27th - Refund 50%

Until June 27th - Refund 25%

From June 28th - No Refund



Payments should be made in Euros and all bank

Costs must be paid by the remitter.



Debit and credit cards will be accepted at the venue. Extra taxes will apply.



Transport Services

Besides the Airport shuttle, described already in this document we will supply daily shuttle service from chosen hotel to the venue and return.

Timetable will be provided in last information to team leaders closer to the championship dates.

Only accredited persons from teams may use the transportation system.

Be aware of the distances and maximum time predicted for each hotel location:

Coimbra - Venue 25 kms , from 25 to 45 minutes

Figueira - Venue 25 Km from 20 to 40 minutes

Other hotels- Venue 5-15km up to 5-20 minutes

Due to the high season and predicted traffic, times displayed above can be different, especially in the afternoon.

The time displayed above does not mean that the interval between shuttles for the venue will be the same. It means that closer hotels will probably have more frequent shuttles than the farthest ones.

The following table explains what a team will do upon arrival from the Airport, according to the time of the day.

This is the default manual our team management will follow.

Special situations will always be deal as a possibility to deliver best comfort to all teams.

If you arrive at the city of the event:	If your accreditation process is completed:	If there is a problem with your accreditation process:
between 9:00 and 12:15	Destination: venue Lunch: at the venue Team Leader: goes to the Accreditation Centre to pick up the kit	Destination: venue Lunch: at the venue Team Leader: goes to the Accreditation Centre to solve the process issues
between 12:15 and 14:00 (The Accreditation Centre is closed)	Destination: venue Lunch: at the venue (the team will be accompanied by a member of the HOC) Team Leader: goes to the Accreditation Centre at 14:00 to pick up the kit	Destination: venue Lunch: at the venue (the team will be accompanied by a member of the HOC) Team Leader: goes to the Accreditation Centre at 14:00 to solve the process issues
between 14:00 and 15:00	Destination: venue Lunch: at the venue Team Leader: goes to the Accreditation Centre to pick up the kit	Destination: venue Lunch: at the venue Team Leader: goes to the Accreditation Centre to solve the process issues
between 15:00 and 19:30	Destination: venue or hotel Team Leader: goes to the Accreditation Centre to pick up the kit	Destination: venue Team Leader: goes to the Accreditation Centre to solve the process issues
between 19:30 and 00:00 (The Accreditation Centre is closed)	Destination: hotel Team Leader: goes to the Accreditation Centre at 9:00 the next day to pick up the kit	Destination: hotel Team Leader: goes to the Accreditation Centre at 9:00 the next day to solve the process issues
between 00:00 and 9:00 (The Accreditation Centre is closed)	Destination: hotel Team Leader: goes to the Accreditation Centre at 9:00 to pick up the kit	Destination: hotel Team Leader: goes to the Accreditation Centre at 9:00 to solve the process issues

Boat Rental Options

The official rental service for the ECA Paracanoe and Juniors & U23 Canoe Sprint European Championships will be NELORENTAL

provided by our partner NELO.

All queries should be made at nelorental.com

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

SIPRE: sipre@sapo.pt

ELIO: info@deliokayaks.com

Connect: info@connectkayaks.eu

Training Camps

Montemor-o-Velho training Centre is a full kayak sprint training service, offering everything to make your stay a real pleasure or to make your training as efficient and enjoyable as it can be.

It's luxury and has new facilities, it's nice, perfect and also has affordable accommodations. It's excellent and has a modern fleet of kayaks.

Its fun sports and its luxurious spa are excellent to enjoy a unique experience. We aim to create, for each individual guest, a home away from home and an enjoying, friendly and personal service. Therefore, if you feel coming earlier before the competition starts to train in our facilities, please go to the official website and send us a quotation request.

Therefore, if you feel coming earlier before the competition starts to train in our facilities, please go to the official website and send us a quotation request.

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 official language of the host country, Portuguese.

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

Security System

There will be local police force at both venues to ensure that everyone is safe and to guarantee that only authorized athletes can enter go into the athletes area, for example. All the athletes must wear their identity cards and show them at the venue entrance to prove that they are in the race.

The security plan will be assured by the local security authorities: Portuguese National Guard, Police, Civil protection, fire brigade and Portuguese Red Cross.

Anti-doping control

The Doping control will be provided according to the ICF standards, in partnership with the Nationals entities ADOP. It will be located in a specific room at the venue.

All athletes must apply for the Alpha certificate. More info at <https://www.canoeicf.com/anti-doping-education>

Visa information

All information about visa requirements for all participating teams can found in the Ministry of Foreign affairs website at <https://vistos.mne.gov.pt/en/>



ABCd



Montemor-o-Velho
PORTUGAL

ECA PARACANOE & JUNIOR&U23 CANOE SPRINT
EUROPEAN CHAMPIONSHIPS '23

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