



**4th ASIAN OCEAN RACING
AND STAND UP PADDLING CHAMPIONSHIPS 2024
AND ASIAN CANOE MARATHON CHAMPIONSHIPS 2024**

4th Asian Ocean Racing and Stand Up Paddling Championships

and

4th Asian Canoe Marathon Championships

Rayong, Thailand

November 17th – 23rd, 2024

The organization of the Asian Canoe Confederation for COR, SUP and CAM Asian Championship 2024 taken place in Rayong has the pleasure to present you the first bulletin.

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

Welcome Message



Dear Canoe Friends,

It is our pleasure to invite your national federation to the 4th Asian Ocean Racing and the Stand-Up Paddling Championships and the 4th Asian Canoe Marathon Championships at Mae Phim beach in Rayong, Thailand. RCAT is excited to be able to gather around athletes from all over Asia for these competitions.

The participating teams will have good opportunity to challenge themselves and we hope that your athletes enjoy competing on the beautiful water and facility at Mae Phim beach, Rayong.

Many athletes may have this competition as a stepping stone for future events of Canoe Marathon and Canoe Ocean Racing.

RCAT is committed to successfully staging these international competitions, and it will be an honor to have you as part of them.

A handwritten signature in black ink, consisting of a stylized 'C' followed by a horizontal line and a period.

Admiral Chainarong Charoenruk

President of The Rowing and Canoeing Association of Thailand (RCAT)



General Information



Mae Phim Beach is one of the famous beaches in Rayong Province. This place is located in the Kram Subdistrict, Klaeng District, Rayong province, at the East part of Thailand. A lot of tourists come to relax on this beach all year round. Mae Phim Beach is more than 4 meters long with beautiful nature white sand and clear water. One side of the beach is connected to Wang Kaew Beach, a peaceful beach shaded with pine and Malabar trees. There are pavilions available for the visitors to relax and enjoy the scenic view of the sea. Mae Phim is filled with resorts, hotels, seafood restaurants, local shops and services available to facilitate the tourists as it is a popular beach in Rayong. Mae Phim beach also cooperates with various associations in terms of sport and tourism. And this time the Rowing and Canoeing Association of Thailand (RCAT) is collaborating with Mae Phim committee for the significant competition in 2024.

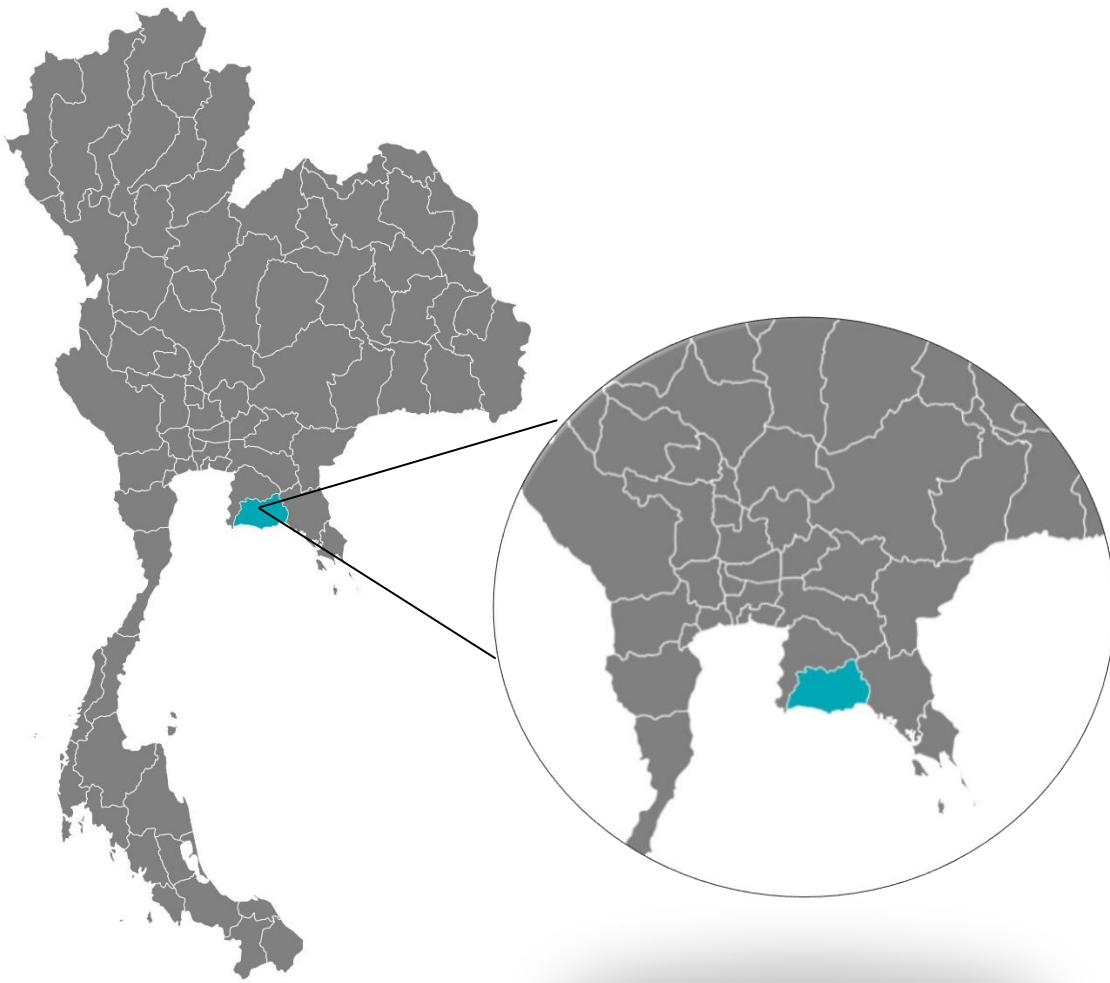
Location: Rayong, Thailand

Venue: Mae Phim Beach

Travel information

How to reach Mae Phim Beach, Rayong.

The Organizing Committee strongly suggest that teams should fly to Suvarnabhumi Airport. The trip from the airport to the venue is approximately 2 hours by car.



The Organizing Committee also provide the official transportation for service all team for participating to this competition.

Competition Information

- Canoe Marathon : CAM

Long Distance

Classes	Classes	Distances
Senior Men	K1	13 Km (4 laps, 3portages +1short lap)
	C1	10 Km (3 laps, 2portages +1short lap)
Senior Women	C1, K1	10 Km (3 laps, 2portages +1short lap)
U23 Men	C1, K1	10 Km (3 laps, 2portages +1short lap)
U23 Women	C1, K1	10 Km (3 laps, 2portages +1short lap)
Junior Men	C1, K1	10 Km (3 laps, 2portages +1short lap)
Junior Women	C1, K1	10 Km (3 laps, 2portages +1short lap)

Short Distance

Classes	Classes	Distances
Men	C1, K1	3.4 Km (3 short laps, 2 portages)
Women	C1, K1	3.4 Km (3 short laps, 2 portages)

Notice

- **Long Distance Race**
One Long Lap = 3 km
Portages for all categories, only first lap no portage (first portage after approximately 6 km), and after last portage an additional 1 short lap of 1 km.
- **Short Distance Race**
Short lap x 3, 2 portages
- **Time schedule**
Asian Championships in Bulletin 2

Course

Canoe Marathon

1. The Start line, Finish line and the Portage are the place (Course details will provide on Bulletin 2).
2. All around the course the depth of the water will be as least 3 meters.
3. 30 meters portage is placed on the beach.
4. Portage according to the ICF rules.

***The course may be changed due to the weather, water levels, etc.**

In such a case, it will be made know before the TL-meeting.

Competition Information

- Canoe Ocean Racing : COR
- Stand Up Paddling : SUP

Categories

Classes	Classes	Distances
Surf-Ski (SS)	Junior	10 km
	U-23	20 km
	Senior	20 km
	Masters 40+	20 km
Out Rigger Canoe Single (OC-1)	Junior	10 km
	U-23	20 km
	Senior	20 km
	Masters 40+	20 km
Stand Up Paddle Board (SUP)	Junior	10 km
	U-23	20 km
	Senior	20 km
	Masters 40+	20 km
	Masters 50+	10 km

The course for COR and SUP design will be provided in the Bulletin 2

Rules

Canoe Ocean Racing (COR)

https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_ocean_racing_final.pdf

Canoe Marathon (CAM)

https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_marathon_final.pdf

Stand Up Paddling (SUP)

https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_sup_final.pdf

Competition Schedule

Date	Event
17 Nov 2024 Sunday	Arrival of Teams Accreditation register open Free training
18 Nov 2024 Monday	Arrival of Teams Accreditation register Free training
19 Nov 2024 Tuesday	Arrival of Teams Accreditation register Free training
20 Nov 2024 Wednesday	Arrival of Teams Accreditation register Free training Team Leaders Meeting
21 Nov 2024 Thursday	Competition Day 1 COR, SUP
22 Nov 2024 Friday	Competition Day 2 COR, SUP, CAM (Short Distance)
23 Nov 2024 Saturday	Competition Day 3 CAM (Long Distance)
24 Nov 2024 Sunday	Cultural traveling
25 Nov 2024 Monday	Departure of Teams

Organizing Committee

President	Admiral Chainarong Charoenruk
Vice-President	Vice-Admiral Narupon Kerdhak
Technical Delegate	Mr. Hong Man Li (Ocean Racing)
Technical Delegate	Ms. Miki Bando (Canoe Marathon)
Technical Organizer	Capt. Sanitwong Wongsanit

Contacts

General: All general inquiries from teams cam.cor.rcat@gmail.com

Questions about COR and SUP rules and course, et cetera.
Please contact: Mr. Hong Man Li ACC chair of COR and SUP
committee Hong_man_li@hotmail.com

Questions about CAM rules and course, et cetera.

Please contact: Ms. Miki Bando ACC chair of CAM

mikibando4@gmail.com

ADEL Certification

- For the ICF World Championships, ICF World Cups and ICF Ranking Races and Continental Championships, every athlete, coach and support personnel must pass the relevant anti-doping online course on the Anti-Doping Education Learning platform (ADEL) corresponding to the role.
- Athletes who have completed the online Anti-Doping education in the previous years are not required to complete again the course.
- To access to the courses, please click <https://adel.wada-ama.org/learn>

Boat Rental

Boat types		Quantity	Size	Rental Fee per championships
Surf Ski Single		30	-	150
OC1		20	-	200
SUP	Shadow	25	Free size	100
	Starboard Gen-1	25		
K1 (for CAM)		21	M, ML, L, XXL	100
C1 (for CAM)		17	S, M, L, XL	100

K1 and C1 boat have the limit number of the size, the Organizing Committee will provide to participants as the first reserve in order.

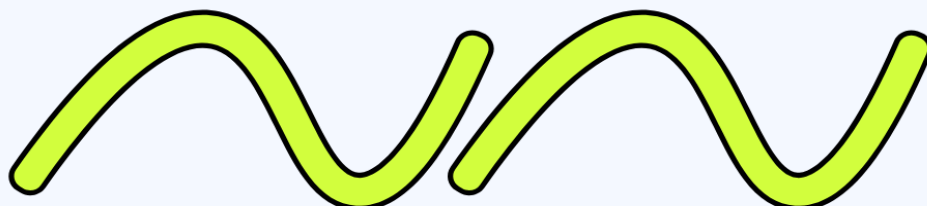
Official shipping agent

If NFs want to bring own boats or boards by container, please contact to below.

- **Official Freight Forwarder:** WYNN International Logistics Co., Ltd.
- **Sales Director:** Sirirat Junjirunkul (JOY)
- **Address:** WYNN International Logistics Co., Ltd. 2029/47-49 H.P Tower 3rd, Charoenkrung Rd., Wat Phraya Krai, Bang Kho Laem, Bangkok 10120 Thailand
- **Tel:** +66 2125 7837 Ext.456, Mobile: +66 83 496 2897
- **E-mail:** sirirat.j@wynnlogs.com
- **Website:** www.wynninterlogistics.com

Insurance

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



Visa

An Official Letter of Invitation will be sent via email to each National Federation. Do not delay at the beginning of your visa process. Official Letter of Invitation requests can be made to the Organizing Committee at email: visa@rcat.or.th The invitation letter will be provided for the entire team. Please keep in mind that visa should be obtained before travelling to Thailand.

Please check the list of countries of the free visa on arrival in Thailand at “**Ministry of Foreign Affairs of the Kingdom of Thailand**” or the website:
<https://www.mfa.go.th/th/index>

****Remark****

For NFs who ne need to apply the visa for visiting in Thailand, please kindly fill all of crew name in the team with specify the position/role in the team as well.

The Organizing Committee would like to ask for the copy of passport and the photo of you via email: visa@rcat.or.th. This information will be forwarded to the Organizing Committee for an accreditation card process.

Official Accommodation

The official accommodation will be shown in the Bulletin 2.

Official Transportation

The official transportation will be provided for teams from the airport to the official accommodation (round trip). The detail of it will be shown in the Bulletin 2.

Thank you

