



AJUNTAMENT DE SORT

Sort
m'agrada
ROCROI
www.rocroi.com

SORT CATALONIA, SPAIN

7-13/07/2014



ICF
WORLD CUP

FREESTYLE

SALT-SORT

2014



Diputació de Girona



Consell
Comarcal
del Gironès

Generalitat de Catalunya

esportcat



Diputació de Lleida



Federació Catalana de
PIRAGÜISME



CONSELL COMARCAL
DEL PALLARS SOBIRÀ



Ajuntament de
Salt



Pallars
Sobirà
VALLS DE L'ALT PIRINEU

Greeting from the Right Honourable President of the Generalitat de Catalunya

It is a pleasure to greet and give my warmest welcome to participants and attendees to the 2014 ICF Canoe Freestyle World Cup, which will be held in Sort from 7 to 13 July.

Whitewater canoeing was introduced in Spain thanks to the river La Noguera Pallaresa, fifty years ago, and since then, Sort and the river have been the hosts of many high level international competitions.



Thanks to this truly exceptional river, on this third edition of the competition, the facilities will be enjoyed in a natural surrounding, which will make it an even more spectacular discipline. In this respect, it is a unique opportunity to promote whitewater canoeing, a sport of Olympic tradition practiced in many parts of the world.

Such an event implies the collaboration among the different organizations and institutions of Salt and Sort, which highlights the participation of both town halls, as well as the commercial and tourism sectors, and of many citizens involved in the organization. For this reason, I am sure it will be a success.

I also hope the competition and the magnificent natural environment will be enjoyed, as well as the cultural and gastronomic offers of the town of Sort.

To finish, I can only wish you all the best stay in Sort and the 2014 ICF Canoe Freestyle World Cup to be a great success at all levels.

Artur Mas i Gavarró
President of the Generalitat of Catalonia

PRESENTATION

Welcome to Sort and El Pallars Sobirà!

The county town of Sort is back on the stage of international competition in 2014 with the third edition of the ICF Canoe Freestyle World Cup, a high-level sports event that will count on the participation of the best athletes from around the world.

Sport is the big collective party of the 21st century, providing human and social values, bringing to light noble and self-sacrificing attitudes, and making cultural diversity clearly visible.



In addition, canoeing also promotes healthy habits, being at the same in a natural surrounding and letting us show respect for the environment, indisputable aspects linked to Sort and El Pallars Sobirà, cradle of canoeing and kayaking, of adventure sports, of nature activities and tourism.

We are pleased to welcome you all to this new relevant event of the ICF calendar and we are surely going to make the most of this opportunity to promote our resources, considered excellent at international level.

We hope you enjoy the event as well as the cultural, natural and gastronomic heritage of the town of Sort and of our county.

Welcome you all!

Llàtzer Sibís i Goset
Mayor of Sort

PRESENTATION

Welcome to the ICF Freestyle World Cups held in Salt and Sort 2014.

On behalf of the Organising Committee, I would like to give my warmest welcome to the participants of the World Cups held this year in Salt (Girona) and Sort (Lleida). Such events are meant to promote high-level sport in this specialty of freestyle, a category so deeply rooted in the Catalan territories, marked for its natural features and its history.

We truly hope that all the members of the delegations and those accompanying them enjoy will our hospitality, for, as the host country, we will try to offer our best reception.

We would also like to thank the large amount of volunteers, institutions and sponsors that help this kind of events reach a high level of organisation. For them is our entire acknowledgement.

On behalf of them all and of our Organising Committee, I wish you all a pleasant stay in Salt and in Sort.

Juan José Román Mangas
President of the Spanish Canoe Federation



WHY IN SORT?

Already in the 60s, white water activities started in Spain thanks to our river, La Noguera Pallaresa, which undoubtedly meant the development of a sports tourist offer related to leisure activities in nature, as well as the consolidation of several sports clubs for canoeing and kayaking.

The sports history of the town of Sort starts with the organization of the 1st Sports Tourist International Rally in la Noguera Pallaresa (in 1964), which will currently hold its 51st edition. A sports event labelled as a festivity of national tourist interest by the State Bureau of Tourist of the Spanish Government. Other white water international events held in La Noguera Pallaresa have been: Final of the European Wildwater Canoeing Cup (1980), Junior Wildwater Canoeing World Championships (1988), Freestyle World Championships (2001), Freestyle European Championships (2004), Wildwater Canoeing World

Championships (2010) and Freestyle International Open (2013).

This record and the quality of the natural surroundings of the river, together with its special course as it runs through the town, have become key factors to help the town of Sort become the capital of adventure sports and of active and innovative tourism. Thus, in el Pallars Sobirà one can do more than 24 different catalogued sports activities, in relation with nature and with the river, within a radius of 40 km.

In addition, the Organization of the event in Sort on the part of the Town Council of Sort, the Spanish Canoeing Federation, the company RocRoi and the International Canoe Federation, together with the collaboration of Salt, makes possible the global aspect of the event, having the implication of institutions, enterprises and citizens.



“L’AIGÜEROLA” SLALOM COURSE AND THE RIVER LA NOGUERA PALLARESA

“L’Aigüerola” Slalom Course in Sort is found in the river section that runs right through the heart of the town. The course was built in 1993 and has a level of difficulty graded in III. Its main features are its sports navigable waters at any time of the year and permanent training and competition facilities for slalom. There can also be found the three waves at different points of the course where paddlers go for freestyle practice within a natural surrounding.

La Noguera Pallaresa is the longitudinal axis of the county named El Pallars Sobirà, where a wide diversity of landscapes meet in the different valleys, frequently taking the name of rivers and streams that run through their valleys (“Vall de l’Escrità, Vall d’Àneu, Vall de Cardós, Vall Farrera, Vall de Siarb, Vall d’Assua...”).

This Pyrenean river, tributary of the river Segre, is born at the southern end of Pla de Beret, at about 2.000 m high. It is 146 km long and it was one of the first to be prepared to produce energy on a broad scale. Its average flow is 31.5m³/seg. Its maximum water flow is during the springtime, thanks to the thawing period, and the minimum is usually during the winter. In the month of July the water temperature is about 15°C, one of the highest, and the flow runs at 32,7m³/seg. exceeding the annual average of 29,37m³/seg.

	T °C	M ³ /sec.
* JANUARY	4.2	15.4
* FEBRUARY	3.7	15.3
* MARCH	5.5	23.6
* APRIL	6.8	33.6
* MAY	8.9	71.7
* JUNE	11.6	66.1
* JULY	15	32.7
* AUGUST	15.6	16.5
* SETEMBER	15	14.9
* OCTOBER	13.1	19.3
* NOVEMBER	7.8	24.0
* DECEMBER	4.4	19.4

THE MUNICIPALITY OF SORT

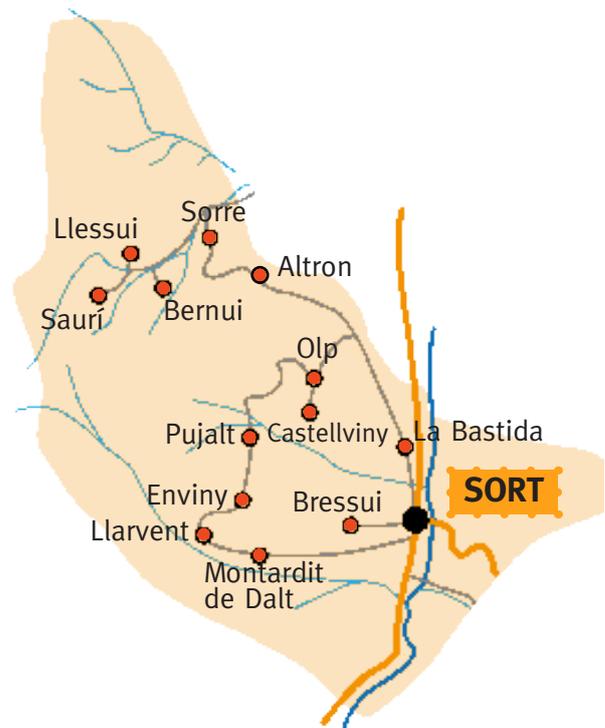
Sort is the capital of el Pallars Sobirà, a county set in the north of Catalonia. The municipality covers about 105 km, it is 695 m above sea level and has about 2.200 inhabitants. Most of its inhabitants live in the town of Sort and the rest are spread among the 14 aggregated villages.

The county of Sort, literally the old domain of a count, is worldwide known by its high quality tourist and sports offer and variety, as well as for being a town in a land where 80% of its territory is protected by the natural areas that surround it: “Aigüestortes i Estany de Sant Maurici National Park” and “Alt Pirineu Natural Park”.

A part from the extraordinary river that runs through the town, Sort counts on an important the Counts of del Pallars, 14 picturesque aggregated villages, Romanesque churches, museums, diaries, meteorological observatory, traditional festivals, amazing landscapes, etc.); there are also excellent hoteles, shops, restaurants and adventure sports and active tourism enterprises offering all the variety in rafting, hydrospeed, canyoning, horse riding, bungee jumping and trekking, among others.

In such a context, Sort was, in 2006, awarded as Tourist and Sports Destination label for

canoeing and kayaking by the autonomous government, Generalitat de Catalunya. This label is given by the bureau of Agència Catalana de Turisme, which certifies the quality in the offer of sports and tourist services of a certain destination.



THE COMPETITION

*COMPETITION VENUE

The area of the competition can be found just below the bridge to La Seu (N-260) and right after the Slalom Course of “l’Aigüerola.” There is the competition wave surrounded by seats for the public and available space for judges and the organisation.

Only 100 m away is the Sports Centre “Els Til·lers”, open for and at the service of participants and organization.

*COMPETITIONS REGULATIONS

The competition will be carried out under the specific regulations of the Canoe Freestyle rules approved by the ICF:

<http://www.canoeicf.com/icf/AboutICF/Rules-and-Statutes.html>

*CATEGORIES

Men: K1, Squirt and K1 Junior

Women: K1, Squirt and K1 Junior

Unisex: C1 and OC1

*ACCREDITATIONS

Types	Observations	Price
Athletes	Limited to the athletes registered through their National Federation	60€
Team Representatives	Maximum two entries per National Federation	40€
Equipo técnico	-	45€
President o Chairman of National Federation	Maximum two free entries per National Federation	Free

*REGISTER

Spanish Federations will have to do the numerical and nominal entries in accordance with the ICF established calendar through the ISIS system.

*PAYMENT

All the payments for entries must be done before **1 June**

Account holder: Ajuntament de Sort

Address: Av. Comptes del Pallars, 42 25560 Sort (Pallars Sobirà)

IBAN: ES28 2100 0043 9702 0021 8533

BIC: CAIXESBBXXX

Once the payment is done, a copy of the extract must be sent to mtuneu@sort.cat

USEFUL INFORMATION

*RECOMMENDED ACCOMODATION

//APART-HOTEL PEY

Av. Verge de Montserrat, 10

25568 Sort

Tel: +34 973 62 02 54 | Email: info@hotelp ey-apartaments.com

Web: www.hotelp ey-apartaments.com

//CAMPING NOGUERA PALLARESA

Crta. Sort – Rialp km 0.3

25560 Sort

Tel: +34 973 62 08 20 | Email: info@noguera-pallaresa.com

Web: www.noguera-pallaresa.com

//ESCOLA DE PIRAGÜISME

Eix Pirinenc s/n

25560 Sort

Tel: +34 973 62 07 75 | Email: info@epsort.com | Web: www.epsort.com

//FLORIDO HOTEL

Camí de les Vernedes s/n

25560 Sort

Tel: +34 973 62 02 37 | Email: rafting@rubber-river.com | Web: www.hotelflorido.com

//HOSTAL CAN JOSEP

Crta. La Seu d'Urgell, 12

25568 Sort

Tel: +34 973 62 01 76 | Web: www.hostalcanjosep.com

//HOTEL I APARTAMENTS PESSETS

Av. Diputació, 3

25560 Sort

Tel: +34 973 62 00 00 | Email: info@hotelpessets.com | Web: www.hotelpessets.com

//HOTEL LES BRASES

Av. Generalitat, 27

25560 Sort

Tel: +34 973 62 10 71 | Email: info@hotelbrases.com | Web: www.hotelbrases.com

*RECOMMENDED RESTAURANTS

//PIZZERIA TÈSSOL

Dr. Muxí i Monroset, 62

25560 Sort

Tel: +34 973 62 01 59 | Email: tessol@tessol.es | Web: www.pizzeriatessol.com

//RESTAURANT LES BRASES

Av. Generalitat, 27

25560 Sort

Tel: +34 973 62 10 71 | Email: info@hotelbrases.com | Web: www.hotelbrases.com

//RESTAURANT CAN JOSEP

Ctra. La Seu d'Urgell, 12

25568 Sort

Tel: +34 973 62 01 76 | Email: hostalcanjosep@gmail.com

Web: www.hostalcanjosep.com

//RESTAURANT LO PONT

Ctra. de la Seu D'Urgell, s/n

25560 Sort

Tel: +34 973 62 11 02

*VISA

Some athletes and teams will need a visa to visit Spain. The Spanish Real Federación de Piragüismo, with the wish of helping along the procedures, will write personal letters of invitation for the athletes and delegates who require it, and who in due turn will submit it together with any other material or documents to the consulate or embassy. To obtain this letter of invitation, the corresponding federation will contact: mvega@rfep.es

*EMBASSY AND CONSULATE

Your embassy will assist you in case you may find any difficulty during your stay in Spain. More information about international embassies at the following link:

<http://www.exteriores.gob.es/Portal/en/ServiciosAlCiudadano/SiViajasAlExtranjero/Paginas/EmbajadasExtranjerasAcreditadas.aspx>

*CURRENCY AND TAXES

The country's currency is the **Euro (€)**. To change currencies, any bank will offer the service. To ask for the VAT (Value Added Tax, IVA in Spanish) to be returned, if the place of residence of the buyer is outside the European Union, there must be a purchase over the total global amount of 90,15€ and also it is necessary to ask for the Tax Free Cheque in the shop.

*TIMETABLES AND OPENING HOURS

Opening hours in shops are from Monday to Saturday from 10h to 13:30h and from 17h a 20h approximately.

Usual **meal times** are: breakfast is from 8h to 10h; lunch, from 13h to 15:30h; and supper, from 20:30h to 23h. Many places will offer a non-stop service throughout the day, especially bars and cafeterias. At night, opening hours have a new meaning. Pubs, bars and discos are open until 3 or 4 in the morning, especially at weekends.

What time is it? The time corresponds to that on the Greenwich Meridian (GTM) with an hour added in winter and two hours in summer.

*TELEPHONE

To make a phone call abroad from Spain, you must dial 00, then +34 (Spanish code) and next, dial the phone number.

Mobile! Mobile phone network coverage is based on GSM technology, which is not compatible with other countries such as United States or Japan. In that case, it is necessary to use a tri-band mobile phone (3G).

*WEATHER

El Pallars has a clearly Mediterranean weather influence up until 1.500 m. high. From there, the climate is mainly Alpine.

The average temperature is 12,1°C. In July, the temperature is approximately 28,9°C and the minimum 12,6°C. This indicates the visible contrast between the night and day temperatures.

*ELECTRICITY

Voltage: 220V

Frequency: 50Hz

Plugs: C/F

How to there

*BY PLANE

//EL PRAT BARCELONA – EL PRAT AIRPORT

-It is 15 km from Barcelona and 232 km from Sort.

-More information:

<http://www.aena-aeropuertos.es/csee/Satellite/Aeropuerto-Barcelona/ca/Page/1045569607459/>

//LLEIDA-ALGUAIRE AIRPORT

-It is 33 km from Lleida and 124 km from Sort.

-More information: <http://www.aeroportlleida.cat/>

//AEROPUERTO DE GIRONA

-Se encuentra a 96 km de Barcelona i a 227 km de Sort.

-Más información: <http://www.girona-airport.cat/>

*BY BUS

//ALSA - ALSINA GRAELLS

-There are several stops in the city of Barcelona and also at the Barcelona – El Prat airport.

-It also has stops in Lleida.

-In Sort there is an only one bus stop in the centre of the town.

-More information: <http://www.alsa.es/>

***BY TRAIN**

//RENFE

-This means of transport does not reach the town of Sort, but will get to La Pobla de Segur from where the bus can be taken (Alsa – Alsina Graells) to reach Sort.

-More information: <http://www.renfe.com/>

***BY CAR**

-The main companies in car rental services offer their vehicles in the airports.

-The roads accessing Sort are:

Highway A2 Barcelona – Lleida

Road C-13: Tremp, La Pobla de Segur, Sort

Road N-260: La Seu d’Urgell, Sort

TELEPHONE NUMBERS AND CONTACTS

//EMERGENCY NUMBER (medical, police, fire fighters, etc.): 112

//HEALTH CENTRE-CAP

Camí de la Cabanera, 1

25560 Sort

Tel: [+34 973 62 14 65](tel:+34973621465)

//PALLARS HOSPITAL - HOSPITAL COMARCAL DEL PALLARS

Carrer Pau Casals, 5

25620 Tremp

Tel: [+34 973 65 22 55](tel:+34973652255)

//POLICE. LOCAL POLICE STATION.

Camí de la Cabanera, 1

25560 Sort

Tel: [+34 973 65 88 85](tel:+34973658885)

//FIRE FIGHTER PARK

Carrer Emili Riu i Periquet, 3

25560 Sort

Tel: [+34 973 62 00 80](tel:+34973620080)

//PALLARS SOBIRÀ TOURIST OFFICE

Camí de la Cabanera, s/n

25560 Sort

Tel: +34 973 62 10 02 | e-mail: turisme@pallarssobira.cat

CONTACT

//ORGANISING COMMITTEE (Town council of Sort)

C/ Carles Pol i Aleu, 13 baixos

25560 Sort, Lleida

Tel: +34973 62 00 10 | +34 973 62 09 99 | e-mail: mtuneu@sort.cat

//SPANISH CANOEING FEDERATION - Real Federación Española de Piragüismo

C/ Antracita, 7

28045 Madrid

Tel: +34 911 123 805 | Fax 91 530 58 25 | e-mail: correorfep@rfep.es



PROVISIONAL PROGRAMME

Wednesday 9th of July

12:00 a.m	k1 (MJ)	Junior Men	Heats 1
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12:25 p.m	K1 (MJ)	Junior Men	Heats 2
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12:50 p.m	k1 (MJ)	Junior Men	Heats 3
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13:15 p.m	K1 (MJ)	Junior Men	Heats 4
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BREAK

13:50 p.m	K1 (WJ)	Junior Woman	Heats 1
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14:15 p.m	K1 (WJ)	Junior Woman	Heats 2
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14:40 p.m	K1 (WJ)	Junior Woman	Heats 3
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BREAK

14:50 p.m	OC1	Unisex	Heats 1
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15:15 p.m	OC1	Unisex	Heats 2
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15:50 p.m	C1	Unisex	Heats 1
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16:15 p.m	C1	Unisex	Heats 2
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16:40 p.m	C1	Unisex	Heats 3
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17:15 p.m	Sq (W)	Woman	Heats 1
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17:40 p.m	Sq (W)	Woman	Heats 2
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Thursday 10th of July

12:00 a.m	K1 (M)	Men	Heats 1
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12:00 a.m	K1 (M)	Men	Heats 1
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12:25 p.m	K1 (M)	Men	Heats 2
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12:50 p.m	K1 (M)	Men	Heats 3
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13:15 p.m	K1 (M)	Men	Heats 4
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BREAK

13:50 p.m	K1 (M)	Men	Heats 5
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14:15 p.m	K1 (M)	Men	Heats 6
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14:40 p.m	K1 (M)	Men	Heats 7
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15:05 p.m	K1 (M)	Men	Heats 8
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15:30 p.m	K1 (M)	Men	Heats 9
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BREAK

16:05 p.m	K1 (M)	Men	Heats 10
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BREAK

16:40 p.m	Sq (M)	Men	Semi 1
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17:05 p.m	Sq (M)	Men	Semi 2
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*****Friday 11th of July*****

12:00 a.m	k1 (W)	Woman	Heats 1
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12:25 p.m	K1 (W)	Woman	Heats 2
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12:50 p.m	k1 (W)	Woman	Heats 3
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13:15 p.m	K1 (W)	Woman	Heats 4
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BREAK

13:50 p.m	K1 (M)	Men	Quarter 1
14:15 p.m	K1 (M)	Men	Quarter 2
14:40 p.m	K1 (M)	Men	Quarter 3
15:05 p.m	K1 (M)	Men	Quarter 4
BREAK			

15:40 p.m	K1 (M)	Junior Men	Semi 1
16:05 p.m	K1 (M)	Junior Men	Semi 2
BREAK			

16:40 p.m	C1	Unisex	Semi 1
17:05 p.m	C1	Unisex	Semi 2

*****Saturday 12th of July*****

12:00 a.m	k1 (W)	Woman	Semi 1
12:25 p.m	K1 (W)	Woman	Semi 2
13:00 p.m	K1 (M)	Men	Semi 1
13:25 p.m	K1 (M)	Men	Semi 2
14:00 p.m	Sq (W)	Woman	Final
14:40 p.m	Sq (M)	Men	Final
15:20 p.m	OC1	Unisex	Final
16:00 p.m	K1 (W)	Junior Woman	Final
16:40 p.m	C1	Unisex	Final
BREAK			

21:30 p.m	K1 (W)	Woman	Final
22:10 p.m	K1 (M)	Men	Final
22:50 p.m	-	-	Awards Ceremony






HOTEL
Restaurant & SPA
PESSETS
ANIVERSARI 150 anys

Téssol
 ESCOLA de
PIRAGÜISME
de SORT + alberg


Les Brases
HOTEL
SORT

Camping Noguera Pallaresa

FLORIDO HOTEL

Hostal Can Josep

APART-HOTEL PEY

Restaurant LO PONT