



# 2009 European Canoe Slalom Championships Holme Pierrepont, Nottingham, Great Britain 28<sup>th</sup> – 31<sup>st</sup> May 2009

## Official Partners



October 2008

## Canoe Slalom – An Olympic Sport

Excitement and personal challenge – an ultimate test of skill

Speed and precision is crucial as slalomists need to squeeze through a series of gates without making contact with the poles, to avoid penalty seconds being added to the time taken to paddle from start to finish

Slalom is intended to test river-running skills in a safe and friendly environment. Entry level to Canoe Slalom is Division 4 and these slaloms are generally held on calm water and the courses will be simple.

The object of the sport is to negotiate a course pre-defined by the course designer. The winner of the event will have negotiated the course in the fastest time, with the fewest penalties. There are penalties for hitting and missing gates. There is usually plenty of time to practice at canoe slaloms. Any boat may be used up to and including Division 1. You don't need a slalom boat to come and try slalom.

Entry level for those with higher level white water skills is Division 2. Competitors may enter a special open event at this level and apply for ranking status following the event, based on the result they achieve.

Full details about Canoe Slalom are contained within the Slalom Yearbook £4 including P&P which is available from:

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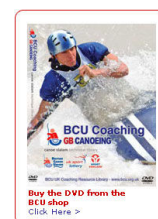
Information on the Great Britain International teams and news can be found on the **BCU's World Class** website  
[www.gbcanoeing.org.uk](http://www.gbcanoeing.org.uk)



**UK Slalom**  
website  
[www.canoeslalom.co.uk](http://www.canoeslalom.co.uk)



**BCU Coaching**  
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