



# 2025 Canoe Kayak Canada National Championships

Wascana Lake, Regina Saskatchewan, August 24th-31th

## Important dates.

July 25-27th - Provincials/Nationals qualifiers  
August 10th - Attendance confirmation  
August 17th - First Deposit Required  
August 24th - Athletes Depart  
August 26th - Nationals begins  
August 30th - Last day of races  
August 31st - Athletes return/fly home/CanMas Start  
September 1st - Masters Return/Fly home





**Nationals Overview:** The Canoe Kayak Canadian Nationals is the biggest event of the year for clubs across the country. Athletes in the U16, U18, Jr, Senior and masters categories compete in multiple distances for glory. There are singles, K2/C2, K4/C4, C15, PaddleAll and Para events for all age groups and disciplines. This event is a great way to experience the sport at a national level, offering the chance to meet other paddlers, learn more about the sport, and potentially take the next step in your paddling career.

**Event Location:** Every year the nationals venue changes, this year nationals is being hosted in Regina Saskatchewan, on [Wascana Lake](#). This is the farthest west the event has been in Canada for several years, this represents a rare opportunity for BC to send athletes to race for a fraction of the cost compared to the usual eastern seaboard venues. That's why this year our team is making a big push to encourage as many families as possible to attend and experience this amazing event.

**Transportation:** Regina is the furthest west nationals has been in many years but unfortunately is still a sixteen hour drive. Families of course have the option to drive themselves to Regina and meet the team there. If families choose to drive instead of fly with the team it is expected that they **meet at the University dorms at 4pm on August 24th**. If your athlete is flying with the team, more information is below.

- Flight Booking: Athletes are responsible for booking their flights. Coach flights will be communicated, allowing paddlers to travel with coaches.
- Airport Transfers: Transportation to and from the airport will be provided by coach vans and parent chaperones on designated arrival and departure days.
- Arrival Details: Athletes will arrive at Regina Airport (YQR) on August 24th. Athletes will travel to the resort in the team van.
- Departure Guidelines: Athletes will all depart to the airport together on August 31st.
- Coaches will coordinate pickup times for athletes driving home closer to the competition.

If athletes are flying without a parent or guardian it is **highly recommended that they book on the same flight as our coaches**. Coaches have already booked their flight and the information can be found below:

Depart • Sun 24 Aug, 2025		Economy - Basic
<b>Vancouver YVR</b>	<b>Regina YQR</b>	 <b>AC8190</b>  2hr 10m  Cabin : Economy Class (G)  Operated by: Air Canada Express - Jazz  Aircraft type: <a href="#">CRJ900</a>    <a href="#">Wi-Fi</a>  Food for purchase on board
08:25	11:35	
Vancouver Int. , Terminal M	Saskatchewan	
Return • Sun 31 Aug, 2025		Economy - Basic
<b>Regina YQR</b>	<b>Vancouver YVR</b>	 <b>AC8191</b>  2hr 22m  Cabin : Economy Class (L)  Operated by: Air Canada Express - Jazz  Aircraft type: <a href="#">CRJ900</a>    <a href="#">Wi-Fi</a>
12:15	13:37	
Saskatchewan	Vancouver Int. , Terminal M	

**Accommodation:** We have reserved a large block of rooms at the University of Regina dorms. There are both single dorms and pods. Athletes choosing to stay at the team accommodations under coach supervision will be staying in the pods. The pods are apartment style housing with a kitchen, bathrooms, common area and four separate bedrooms. In each room there will be a twin bed and a bunk bed. For athletes staying in the pods from august 24th-31st, **it will cost approximately \$400** for the entire week. Athletes are of course welcome to stay **with** their families at another location.

- The dorms are a 20 minute walk from the race course. U18 athletes will walk in groups/waves to and from the race course. U16 athletes will do the same but must have a coach present when going back and forth

- The team van will also be able to drive athletes to and from the race course and for groceries throughout the trip. However, there is not enough space for the entire team in the van and on race days coaches will not have enough time for multiple trips, so athletes will be primarily walking to and from the accommodations and race course.

Accommodation Pictures are below:



## Expectations:

- Independence: Be prepared for a high level of independence, coaches will always be there to support but it is expected that athletes work together in the dorms and at the race venue.
- Positive Attitude: Bring a positive attitude and a commitment to personal improvement that uplifts others and the team.
- Supervision: If you require increased supervision, or need chaperoning in mixed company, staying without a parent/guardian will not be allowed.
- Living Space: Maintain a clean and respectful living space with housemates and collaborate on meal planning and preparation.
- Departure Notification: U18s must notify coaches before leaving the race site and accommodations. U16 and under athletes may not leave the accommodations without a

coach or chaperone. Parents should discuss the importance of not venturing alone in unfamiliar areas.

- Team work: Above all this is a team event. We are all attending to learn, grow and do our best. Any Teasing, bullying or un-sporting like misconduct will not be tolerated.

### **Expenses:**

Below is a rough breakdown of the anticipated expenses.

- Boat transport - \$100
- Accommodation \$400
- Rental car \$30 per person
- Coach Travel \$150

The following costs are the recommended/expected amount but can be adjusted based on your Athletes/Families spending.

- Spending money \$200
- Food \$100-300
- Flights/Driving \$300-600
- Race Fees \$50-300 \*Based on the number of races you qualify for\*

### **Additional Notes:**

- New to Nationals? We have even more info about this awesome event!
  - [Nationals Parent Information May 2025](#)
- Wanting to volunteer or officiate and get the best viewing spot? Here is the link;
  - [2025 Nationals Volunteer Page](#)
- Hoping to stay at a different location than the dorms? CKC has many other hotels with discounts in the area.
  - [CKC Hotel Info](#)
- We recommend setting up a Google Flight Alert or using a price tracking tool. Flight costs may fluctuate, and patience may be required. (CKC flight discount is not available yet and we are not sure if/when it will be)