

2024 Olympic Trials for Canoe/Kayak Slalom

What to watch for!

America's top canoe/kayak slalom athletes are heading to **OKC** April 26-27 to compete for a spot on the US Olympic Team at the 2024 Paris Games – and you're **invited to cheer them on!** Here's your insider's guide for watching the action...

About Canoe/Kayak Slalom

Canoe/kayak slalom has been an Olympic sport since 1972.

Athletes race for time through both downstream and upstream gates (hanging poles) with spectators lining the channel just feet from the action.

Green gates are downstream and are positioned in the whitewater flow. Red gates indicate the paddler must go upstream and are typically in an eddy. The course must include 18-25 gates at least six of which are upstream.

Paddlers who've reached world-level competition have spent thousands of hours honing their technique in navigating these gates.



**U.S. OLYMPIC
TEAM TRIALS**

CANOE/KAYAK SLALOM

APRIL 26-27, 2024 • OKLAHOMA CITY, OK



The RIVERSPORT Rapids Course

RIVERSPORT's course is 1,000 feet long and drops 16.9' from start to finish with eight million gallons of water powered by six pumps. The flow is level III-IV rapids during competition.

Canoe or Kayak?

In canoe, athletes are positioned in the boat with legs bent and tucked underneath their bodies. They use a single blade paddle to navigate the course.

Kayakers are in a seated position and use a double-bladed paddle to navigate the channel. Both boats have a skirt over the cockpit (where the athletes sit) to keep water out.

Olympic Trials Events

Slalom races include women's kayak (WK1), men's kayak (MK1), women's canoe (WC1), and men's canoe (MC1), Women's kayak cross (WX1), and men's kayak cross (MX1).

Each competitor has two runs down the course with the best time being used for ranking. Two-thirds or a maximum of 30 competitors progress to semi-finals with 10 making the finals.

Penalties are levied for touching (2 seconds) or missing (50 seconds) a gate.

The Athletes

Canoe/kayak slalom athletes combine strength, agility, precision in their paddling stroke and mental focus as they make tactical decisions racing down the course.

Back, shoulders and arms provide power; core strength is used for stability and agility.



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