

2024 Olympic Trials for Kayak Cross

What to watch for!

Kayak Cross is the newest paddlesport to be added to the Olympics. It will debut at the Paris Games and it's amping up whitewater competition to a whole new level. Here's your insider's guide for watching the action during US Olympic Team Trials at RIVERSPORT, April 26 and 27.

Kayak Cross – New to the Olympic Games

Kayakers launch side-by-side from a ramp 10 feet above the channel, dropping into the churning water and racing through gates to the finish!

Athletes race for time through both downstream and upstream gates (hanging poles). Penalties are levied for missing a gate (50 seconds) but there's no penalty for touching a gate in this discipline.

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.

Contact is permitted so paddles can be used to slow a competitor, and everyone must complete a 360 degree Eskimo roll.

It all takes about 60 seconds, start to finish.



**U.S. OLYMPIC
TEAM TRIALS
KAYAK CROSS**

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.

The Kayak Cross ramp is positioned 10 feet above the water's surface and is large enough to accommodate four boats side-by-side.



Olympic Trials Events

Kayak Cross includes both women's (WX1) and men's (MX1) events.

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

Elite paddlers have learned to read the water, to leverage it to work for them rather than fighting against it.

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.



RIVERSPORT™

800 RIVERSPORT DRIVE, OKLAHOMA CITY, OK 73129 • RIVERSPORTOKC.ORG