



# Canoe Slalom X-Park



*London Olympics  
men's K1 gold  
medallist **Daniele  
Molmenti** (ITA)*

**START: Upper pool**

Boat lift

Warm-up area

**COURSE**  
Time trial event  
tackling whitewater  
rapids and obstacles.  
Length: **250m**  
Total drop: **4.5m**

**CANOE:** Athlete propels boat from kneeling position using single-bladed paddle

Minimum boat length: **3.5m**  
(4.1m for double canoe).  
Minimum weight: **8kg**

**GATES:** Course has up to 25 pairs of hanging poles. Two-second time penalty added for touching gate, 50 seconds for missing gate

**Green:** Negotiated downstream

**Red:** Negotiated upstream (at least six on course)

## EVENTS

**C1:** Men's canoe single

**C2:** Men's canoe double

**K1:** Kayak single (men and women)

**FINISH: Lower pool**

**Paddle:** Shaft slightly bent to increase power

**KAYAK:** Athlete seated with legs extended in front, uses double-bladed paddle