**ANEXOS 1**

**Objetivo y fecha de los diagnóstico, festivales de habilidades y capacidades de bases y municipales a realizar para evaluar el proceso en cada etapa.**

**Etapa iniciación**

|  |  |  |
| --- | --- | --- |
| **Prueba o evento** | **Fecha** | **Objetivos** |
| Chequeo médico |  |  |
| Test Integral de habilidades |  |  |
| Festival de Habilidades de base |  |  |
| Festival de Habilidades Municipales |  |  |
| Asambleas de formación educativa | Última semana de cada mes |  |

**Etapa de formación básica global**

|  |  |  |
| --- | --- | --- |
| **Prueba o evento** | **Fecha** | **Objetivo** |
| Test Integral de habilidades |  |  |
| Festival de Habilidades de base |  |  |
| Festival de Habilidades Municipales |  |  |
| Juegos o competencias deportivas |  |  |
| Festival integral de habilidades y capacidades Municipales |  |  |
| Asambleas de formación educativa | Última semana de cada mes |  |

**Etapa de consolidación**

|  |  |  |
| --- | --- | --- |
| **Prueba o evento** | **Fecha** | **Objetivo** |
| Test Integral de habilidades |  |  |
| Juegos o competencias deportivas |  |  |
| Festival integral de habilidades y capacidades Municipales |  |  |
| Asambleas de formación educativa | Última semana de cada mes |  |

**Etapa de profundización**

|  |  |  |
| --- | --- | --- |
| **Prueba o evento** | **Fecha** | **Objetivo** |
| Chequeo médico |  |  |
| Test Integral de habilidades |  |  |
| Juegos o competencias deportivas |  |  |
| Festival integral de habilidades y capacidades Municipales. |  |  |
| Asambleas de formación educativa. | Última semana de cada mes |  |

**ANEXOS 2**

**SISTEMA DE EVALUACION TECNICA**

Los cuatro indicadores para la evaluación técnica que están basados en una escala de 10pts según establece el sistema de evaluación del deporte escolar son los siguientes:

**INDICADORES:**

* Posición básica en la embarcación
* Trabajo de brazos
* Trabajo de tronco y caderas
* Trabajo de cadera y piernas

**ESCALA:**

Menos de 5 puntos **M**

De 5 puntos a 7.9 **R**

De 8 puntos a 10 **B**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **PRUEBAS TÉCNICAS Provincia:** | | | | | |
|  |
|  | **CATEGORIA: AÑOS** | | | | | |
| **No** | **Atletas** | **Mod.** | **P/Básica** | **W/Brazos** | **W/T- C** | **W/C-P** |
| **T-1** | **T-1** | **T-1** | **T-1** |
| **1** |  | Canoa |  |  |  |  |
| **2** |  | Canoa |  |  |  |  |
| **3** |  | Canoa |  |  |  |  |
|  | | | | | | |
| **1** |  | Kayak F |  |  |  |  |
| **2** |  | Kayak F |  |  |  |  |
| **3** |  | Kayak F |  |  |  |  |
| **4** |  | Kayak F |  |  |  |  |
|  |  |  |  | |  |  |
| **1** |  | Kayak M |  |  |  |  |
| **2** |  | Kayak M |  |  |  |  |
| **3** |  | Kayak M |  |  |  |  |
| **4** |  | Kayak M |  |  |  |  |

**NOTA:** Cada atleta es evaluado por dos técnico T1 y T2

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PRUEBAS TÉCNICAS Prov.** | | | | | | | | | | | | | | | | |
| **#** | **Atletas** | **Mod.** | **P/Básica** | | **Med** | **W/Brazos** | | **Med** | **W/T- C** | | **Med** | **W/C-P** | | **Med** | **Ptos** | **Eva** |
| **T1** | **T2** | **T1** | **T2** | **T1** | **T2** | **T1** | **T2** |
| **1** |  | KAYAK |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  | KAYAK |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  | KAYAK |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  | KAYAK |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | **EVALUACIÓN DE LA MODALIDAD** | | | | | | | |  |  |
| **1** |  | CANOA |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  | CANOA |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  | CANOA |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **EVALUACIÓN DE LA MODALIDAD** | | | | | | | |  |  |
| **1** |  | KAYAK F |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  | KAYAK F |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  | KAYAK F |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  | KAYAK F |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **EVALUACIÓN DE LA MODALIDAD** | | | | | | | |  |  |
|  |  |  |  | **EVALUACIÓN DE LA CATEGORIA** | | | | | | | | | | |  |  |

**ANEXOS 3 Y 4**

En la categoría Juvenil y de mayores además se realizaran test de coeficiente técnico en 250m.

**# De Paletadas x el Tiempo= I. Desplazamiento**

**250m**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PORCIENTO DE TRABAJO TOTAL DE CADA UNO DE LOS ASPECTOS DE LA PREPARACIÓN DEL DEPORTISTA** | | | | | |
| **ASPECTO** | **10-12** | **13-15** | **15-16** | **17-18** | **MAYOR DE 18** |
| Preparación física | 30 | 50 | 60 | 70 | 80 |
| Preparación técnico-táctica | 50 | 30 | 20 | 15 | 10 |
| Preparación Teórica | 10 | 10 | 12 | 10 | 5 |
| Preparación Psicológica o Psíquica | 10 | 10 | 8 | 5 | 5 |
| **TOTALES** | **100%** | **100%** | **100%** | **100%** | **100%** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ASPECTOS FISIOLOGICOS Y METODOLOGICOS DEL ENTRENAMIENTO EN AREAS METABOLICAS Y FUNCIONALES | | | | | | | | | | | |
| **Zona.** | **Área Funcional.** | **Lactos** | **Pulsos** | **Ritmos** | **Distancia. de trabajo** | **Fuentes energética-**  **cas predominantes** | **Métodos principales** | **Duración Total de trabajo** | **HS pausa**  **% estimada** | **% Total**  **De Entrenamiento.** | **Efectos fisiológico** |
| ZI | Regenerativo o Recuperación. | <2 | 130 a 140 | km 70-74  kf 68-72  cm 38-42 | 6 a10 km | Acido grasos, | Continuo., constan largo, medio y corto | 30 a 50 min. | 6 a 8 hrs | 15 al 20% | Activación aeróbica, estimulación hemodinámica, CV, remoción y oxidación del lactato residual. |
|  | Sub-aeróbico Aeróbica lenta | 2 a 4 | 155 a 165 | km 76-82  kf 72-78  cm 42-46 | 12 a16 km | Ácidos, grasos, lactato, residual y glucógeno | Continuo, constan, continuo.Variable.  fraccionado | 30 a  90  min. | 12 a  18 hrs | 59 al  60% | Preserva la reserva de glucógeno a la tasa de remoción de lactato, mantiene la capacidad aeróbica, aumenta el nivel de oxidación de ácidos grasos. |
| ZII | Superaróbico, Aeróbica media o Sobre umbral. | 4 a 6 | 165 a 175 | km 84-88  kf 82-86  cm 49-50 | 2000 m a 8km | Glucógeno. con menor aporte de ácido grasos | Continuo, continuo variable, frac-aerobico | 25 a 45 min. | 24 a 36 hrs | 18 al 20% | Aumenta la capacidad de producción de remoción de lactato, aumenta la capacidad mitocondrial de metabolizar al piruvato con aumento de la densidad mitocondrial |
| **ZIII** | Consumo máx. de vo2 Aeróbico alta | 6 a 10 | 175 a 185 | Km 96-102  Kf 94-100  Cm 50-58 | 500 m a 1500 m | Glucógeno | Fraccionado, aeróbico largo | 12 a 25 min. | 36 a 72 hrs | 5 al 7% | Aumenta la potencia aeróbica, elevando la velocidad mitocondrial para oxidar moléculas de piruvato incrementa La velocidad. de las reacciones oxidativas, con alto desarrollo del potencial redox NAD/NADH |
| **ZIV** | Capacidad Anaeróbica láctica | > 12 | >180 | 95 a 100% | 200m a 500m | Glucógeno | Fraccionado anaeróbico, corto y medio, repetición | 25 a 35 min. | 48 a 72 hrs | 2 al 3 % | Aumenta la capacidad de tolerancia al lactato, para posteriormente el desarrollo de carga más elevadas, con lactatos muy importantes |
| **ZV** | Potencia anaerob. láctica | > 15 | >180 | Máximo | 200 mts a 250 mts | Glucógeno, fosfágenos | Fraccionado. Anaeróbico, corto y medio, repetición | 20 a 35 min. | > 27 hrs | 1 al 2 % | Aumenta la potencia y la velocidad de la glucolisis, incrementando las concentraciones de las enzimas glucolíticas, especialmente la LDH |
| ZVI | Potenc. a láctica velocidad | < 5 0 < 3 | >170 | Máximo | 50 mts a 100 mts | Fosfágenos ATP, C.P | Fracc. Anaeron, corto, repetición | 15 a 45 min. | 24 a 72 hrs | 3 al 4 % | Aumenta las concentraciones de los fosfágenos y sus enzimas, aumentando la potencia y velocidad de resíntesis de ATP |

ANEXOS 5

MODELO A SEGUIR PARA EL PROGRAMA DE ENZEÑANZA.

1ra. ETAPA

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PROGRAMA DE ENSEÑANZA DEPORTE: CANOTAJE CATEGORÍA: 10 – 12 AÑOS. SEXO: \_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | |  | | |  |  |  |  | |  | |  |  |  | |  |
| **PROFESOR (ES)**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ETAPAS** | | **INICIACIÓN** | | | | | | | | | | | |  | | **FORMACIÓN BÀSICA GLOBAL** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **MESES** | | **SEPTIEMBRE** | | | | | **OCTUBRE** | | | | | **NOVIEMBRE** | | | | | | **DICIEMBRE** | | | | |  | | | **ENERO** | | | | | | | **FEBRERO** | | | | | | **MARZO** | | | | |
| **# DE SEMANAS** | | **1** | **2** | | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | | **12** | | **13** | **14** | **15** | **16** | **17** | **18** | **19** | |  | | | **20** | | **21** | **22** | | **23** | **24** | | **25** | | **26** | **27** | **28** | | **29** | |
| **FECCHA** | **DESDE** |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **HASTA** |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **FRECUENCIA SEMANAL 5** | | **20** | | | | | **25** | | | | | **20** | | | | | | **20** | | | | |  | | | **20** | | | | | | | **20** | | | | | | **15** | | | | |
| **TIEMPO DIARIO PARTE INTRODUCTORIA 5´** | | **100´** | | | | | **125´** | | | | | **100´** | | | | | | **100´** | | | | |  | | | **100´** | | | | | | | **100´** | | | | | | **75´** | | | | |
| **TIEMPO DIARIO PARTE PREPARATORIA 20´** | | **400´** | | | | | **500´** | | | | | **400´** | | | | | | **400´** | | | | |  | | | **400´** | | | | | | | **400´** | | | | | | **300´** | | | | |
| **TIEMPO PARTE PRINCIPAL DIARIO 90´** | | **1800´** | | | | | **2250´** | | | | | **1800´** | | | | | | **1800´** | | | | |  | | | **1800´** | | | | | | | **1800´** | | | | | | **1350´** | | | | |
| **TIEMPO DIARIO PARTE FINAL 5´** | | **100´** | | | | | **125´** | | | | | **100´** | | | | | | **100´** | | | | |  | | | **100´** | | | | | | | **100´** | | | | | | **75´** | | | | |
| **TIEMPO TOTAL DE TBJO DIARIO 120´** | | **2400´** | | | | | **3000´** | | | | | **2400´** | | | | | | **2400´** | | | | |  | | | **2400´** | | | | | | | **2400´** | | | | | | **1800´** | | | | |
| **CONTENIDOS** | |  | | **DOSIFICACIÒN DEL TIEMPO MENSUAL ASIGNADO A CADA CONTENIDO** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Enseñanza. Desarrollo de habilidades deportivas 70%** | | **1260´** | | | | | **1575´** | | | | | **1260´** | | | | | | **1260´** | | | | |  | | | **1260´** | | | | | | | **1260´** | | | | | | **945´** | | | | |
| **Enseñanza. de la Historia y reglas del deporte10%** | | **180´** | | | | | ***225´*** | | | | | **180´** | | | | | | **180´** | | | | |  | | | **180´** | | | | | | | **180´** | | | | | | **135´** | | | | |
| **Formación y Desarrollo Psicosocial 5%** | | **90´** | | | | | **112´** | | | | | **90´** | | | | | | **90´** | | | | |  | | | **90´** | | | | | | | **90´** | | | | | | **67´** | | | | |
| **Desarrollo de Capacidades Físicas 15%** | | **270´** | | | | | **337´** | | | | | **270´** | | | | | | **270´** | | | | |  | | | **270´** | | | | | | | **270´** | | | | | | **202´** | | | | |
| **SISTEMA DE ENSEÑANZA Y DESARROLLO DE CONTENIDOS** | |  | **X** | | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | | **X** | | **X** | **X** | **X** | **X** |  |  | **X** | |  | | | **X** | | **X** | **X** | | **X** | **X** | | **X** | | **X** | **X** | **X** | | **X** | |
| **Insertar desde aquí hacia abajo las habilidades a trabajar x etapas** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **SISTEMA DE CONOCIMIENTOS** | |  | **X** | | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | | **X** | | **X** | **X** | **X** | **X** |  |  | **X** | |  | | | **X** | | **X** | **X** | | **X** | **X** | | **X** | | **X** | **X** | **X** | | **X** | |
| **CHEQUEO MÉDICO** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **TEST INTEGRAL DE HABILIDADES** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **FESTIVALES DE HABILIDADES DE BASE** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **FESTIVALES DE HABILIDADES MUNICIPALES** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **FESTIVALES DE CAPACIDADES DE BASE** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **FESTIVALES DE CAPACIDADES MUNICIPALES** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **FESTIVAL INTEGRAL HABILIDADES y CAPAC MUNICIPALES** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **JUEGOS O COMPETENCIAS DEPORTIVAS** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | **X** | **X** |  | |  | | |  | |  |  | |  |  | | **X** | | **X** |  |  | |  | |
| **JUEGOS PARA LA MOTIVACIÓN** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| **ASAMBLEAS DE FORMACIÓN** | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| ENSEÑANZA DEL CUIDADO Y MANIPULACION DEL BOTE | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| ENSEÑANZA DE LA TECNICA DE LA REMADA EN AGUA | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| ENSEÑANZA DE LA TECNICA DE LA REMADA EN TIERRA | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| ENSEÑANZA DE LA NATACION | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| ENSEÑANZA DE EJERCICION DE DOMINIO COORPORAL | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| DESARROLLO DE LA RESISTENCIA ESPECIAL | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| DESARROLLO DE LA RESISTENCIA GENERAL | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| DESARROLLO DE LA FUERZA | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| FLEXIBILIDAD | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |
| DESARROLLO DE LA COORDINACION | |  |  | |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  |  | |  | | |  | |  |  | |  |  | |  | |  |  |  | |  | |

2da. ETAPA

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ETAPAS** | | **CONSOLIDACIÓN** | | | | | | | | | | **PROFUNDIZACIÒN** | | | | |
| **MESES** | | **MARZO** | | **ABRIL** | | | | **MAYO** | | | | **JUNIO** | | | | |
| **# DE SEMANAS** | | **30** | **31** | **32** | **33** | **34** | **35** | **36** | **37** | **38** | **39** | **40** | **41** | **42** | **43** |
| **FECCHA** | **DESDE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HASTA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FRECUENCIA SEMANAL 5** | | **10** | | **20** | | | | **20** | | | | **20** | | | | |
| **TIEMPO DIARIO PARTE INTRODUCTORIA 5´** | | **50´** | | **75´** | | | | **100´** | | | | **100´** | | | | |
| **TIEMPO DIARIO PARTE PREPARATORIA 20´** | | **200´** | | **300´** | | | | **400´** | | | | **400´** | | | | |
| **TIEMPO DIARIO PARTE PRINCIPAL 90´** | | **900´** | | **1350´** | | | | **1800´** | | | | **1800´** | | | | |
| **TIEMPO DIARIO PARTE FINAL 5´** | | **50´** | | **75´** | | | | **100´** | | | | **100´** | | | | |
| **TIEMPO TOTAL DE TRABAJO DIARIO 120´** | | **1200´** | | **1800´** | | | | **2400´** | | | | **2400´** | | | | |
| **CONTENIDOS** | | **DOSIFICACIÒN DEL TIEMPO MENSUAL ASIGNADO A CADA CONTENIDO** | | | | | | | | | | | | | | |
| **Enseñanza - Desarrollo y combinación de habilidad. deportivas65%** | | **585´** | | **877** | | | | **1170´** | | | | **1170´** | | | | |
| **Enseñanza de la Histórica y reglas del deporte 5%** | | **45´** | | **67** | | | | **90´** | | | | **90´** | | | | |
| **Formación y Desarrollo Psicosocial 5%** | | **45´** | | **67** | | | | **90´** | | | | **90´** | | | | |
| **Desarrollo de Capacidades Físicas 25%** | | **225´** | | **337** | | | | **450´** | | | | **450´** | | | | |
| **SISTEMA DE ENSEÑANZA Y DESARROLLO DE HABILIDADES** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Insertar desde aquí hacia abajo las habilidades a trabajar en la etapa** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SISTEMA DE CONOCIMIENTOS** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CHEQUEO MÉDICO** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TEST INTEGRAL DE HABILIDADES** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JUEGOS O COMPETENCIAS DEPORTIVAS** | |  |  | **X** | **X** |  |  |  |  |  |  |  |  | **X** | **X** |
| **FESTIVAL INTEGRAL CAPAC. Y HABILIDADES MUNICIPALES** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JUEGOS AMISTOSOS DE MOTIVACIÓN** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ASAMBLEAS DE FORMACIÓN** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ENSEÑANZA DEL CUIDADO Y MANIPULACION DEL BOTE | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ENSEÑANZA DE LA TECNICA DE LA REMADA EN AGUA | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ENSEÑANZA DE LA TECNICA DE LA REMADA EN TIERRA | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ENSEÑANZA DE LA NATACION | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ENSEÑANZA DE EJERCICION DE DOMINIO COORPORAL | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DESARROLLO DE LA RESISTENCIA ESPECIAL | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DESARROLLO DE LA RESISTENCIA GENERAL | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DESARROLLO DE LA FUERZA | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| FLEXIBILIDAD | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DESARROLLO DE LA COORDINACION | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

LAS COLUMNAS DE COLOR AMARILLO COINCIDEN CON LAS SEMANAS EN LAS QUE SE DEBE REALIZAR LAS DOS COMPETENCIAS FUNDAMENTALES DE LA CATEGORIA EL CAMPEONATO ZONAL Y LA COPA PIONERIL, LAS COLUMNAS EN VERDE SON PROPUESTAS DE OTRAS COMPETENCIAS QUE EVALUAN AL ATLETA.

**ANEXOS 6**

PARA EL PLAN SEMANAL

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **PLAN SEMANAL #** | **O** | **Habilidad:** | | | | |  | | | | | | | | | | | | |
|  | **B** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | |
| **DEL \_\_\_\_\_ AL \_\_\_\_\_\_\_\_** | **J** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | |
|  | **E** |  | | | | | | | | | | | | | | | | | |
| **MES: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AÑO:\_\_\_\_\_\_\_** | **T** |  | | | | | | | | | | | | | | | | | |
|  | **I** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | |
| **DEPORTE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **V** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | |
|  | **O** | **EDUCATIVO** | | | | | | | | | | | | | | | | | |
| **Categoría : \_\_\_\_\_\_\_\_\_ SEXO : \_\_\_\_\_\_\_** | **S** |  | | | | | | | | | | | | | | | | | |
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| **ACTIVIDADES** | **TOTAL** | | | **LUNES** | | | **MARTES** | | **MIERCOLES** | | | | **JUEVES** | | | | | **VIERNES** | |
| **P** | | **R** | **P** | | **R** | **P** | **R** | **P** | | **R** | | **P** | **R** | | | | **P** | **R** |
| Parte introductoria de la clase | 25´ | |  | 5´ | |  | 5´ |  | 5´ | |  | | 5´ |  | | | | 5´ |  |
| Parte Preparatoria de la clase | 100´ | |  | 20´ | |  | 20´ |  | 20´ | |  | | 20´ |  | | | | 20´ |  |
| Parte Principal de la clase | 450´ | |  | 90´ | |  | 90´ |  | 90´ | |  | | 90´ |  | | | | 90´ |  |
| Parte Final de la clase | 25´ | |  | 5´ | |  | 5´ |  | 5´ | |  | | 5´ |  | | | | 5´ |  |
| Tiempo total de trabajo | 600´ | |  | 120´ | |  | 120´ |  | 120´ | |  | | 120´ |  | | | | 120´ |  |
| **CONTENIDOS** | **Marcar con cruces las actividades de cada contenido** | | | | | | | | | | | | | | | | | | |
| **Habilidades Deportivas** |  | |  |  | |  |  |  |  | |  | |  |  | | | |  |  |
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| **Historia y reglas adecuadas a las habilidades** |  | |  |  | |  |  |  |  | |  | |  |  | | | |  |  |
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| **Formación y Desarrollo Psicosocial** |  | |  |  | |  |  |  |  | |  | |  |  | | | |  |  |
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| **Trabajo con las capacidades Físicas** |  | |  |  | |  |  |  |  | |  | |  |  | | | |  |  |
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**ANEXOS 7**

### MODELO A UTILIZAR EN LA PROYECCIÓN DE LOS MACROCICLOS DE ENTRENAMIENTO

**PROYECTO DE ENTRENAMIENTO**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **M** | **FECHA** | **LUGAR** | **MACRO** | **ETAPA** | **MES.** | **OBJ. PGCOS.** | **TEST PGCOS.** | **P. MEDICA** | **VOLUMENES DE ENTO** | | | | **INTENSIDADES %** | | | |
| **V. Sem.** | **Agua** | **F.za.** | **P. A** | **80** | **90** | **95** | **100** |
| **1** |  |  | **I** | **P.F.GENERAL** | INT |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  |  | **P. G** |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** |  |  | **P. V** |  |  |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  | **P.ESP** | **P. E** |  |  |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **14** |  |  | **P. COMP** | **P. C** |  |  |  |  |  |  |  |  |  |  |  |
| **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **16** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **17** |  |  | **TRANSITO** | **TRAN** |  |  |  |  |  |  |  |  |  |  |  |
| **18** |  |  |  |  |  |  |  |  |  |  |  |  |  |

**ANEXOS 8**

**SISTEMA DE CATEGORIZACIÓN DE LOS ATLETAS A PARTIR DE LA CATEGORIA 16-18**

|  |  |  |
| --- | --- | --- |
| **KAYAK (FEMENINO)** | | |
| **CATEGORIA** | **500 m** | **200 m** |
| **16-18** | -1:54:00 A | -40:750 |
| 1:54:01 A 1:55:00 B | 40:751 A 41:00 |
| 1:55:01 A 1:56:00 C | 41:01 A 41:250 |
| **SUB 23** | - 1:53:00 A | -39:750 |
| 1:53:01 A 1:54:00 B | 39:751 A 40:00 |
| 1:54:01 A 1:55:00 C | 40:01 A 40:250 |
| **MAYOR** | - 1:52:00 A | -39:500 |
| 1:52:01 A 1:53:00 B | 39:501 A 39:750 |
| 1:53:01 A 1:54:00 C | 39:751 A 40:00 |
| **CANOA** | | |
| **CATEGORIA** | **1000 m** | **200 m** |
| **16-18** | 4:07 A 4:09 A | -39:750 |
| 4:09 A 4:11 B | 39:751 A 40:00 |
| 4:11 A 4:13 C | 40:01 A 40:250 |
| **SUB 23** | -3:55:00 A | -39:500 |
| 3:55:01 A 3:58:00 B | 39:501 A 39:750 |
| 3:58:01 A 4:01:00 C | 39:751 A 40:00 |
| **MAYOR** | -3:52:00 A | -39:250 |
| 3:52:01 A 3:55:00 B | 39:251 A 39:500 |
| 3:55:01 A 3:58:00 C | 39:501 A 39:750 |

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| **KAYAK (MASCULINO)** | | |
| **CATEGORIA** | **1000 m** | **200 m** |
| **16-18** | - 3:35:00 A | -36:00 |
| 3:35:01 A 3:38:00 B | 36:01 A 36:250 |
| 3:38:01 A 3:41:00 C | 36:251 A 36:500 |
| **SUB 23** | - 3:32:00 A | -35:500 |
| 3;32:01 A 3:35:00 B | 35:501 A 35:750 |
| 3:35:01 A 3:38:00 C | 35:751 A 36:00 |
| **MAYOR** | -3:29:00 A | -35:00 |
| 3:29:01 A 3:32:00 B | 35:01 A 35:250 |
| 3:32:01 A 3:35:00 C | 35:251 A 35:500 |

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| --- | --- | --- |
| **CANOA FEMENINA** | | |
| **CATEGORIA** | **500 m** | **200 m** |
| **16-18** | 2.21.50 A 2.22.50 A | -53.000 |
| 2.23.00 A 2.24.00 B | 53.000 A 53.500 |
| 2.24.50 A 2.25.50 C | 53.750 A 54.250 |
| **SUB 23** | 2.12.00 A 2.13.00 | -48.750 |
| 2.13.50 A 2.15.50 B | 48.750 A 49.250 |
| 2.16.00 A 2.17.00 C | 49.500 A 50.000 |
| **MAYOR** | -2.10.00 A | -47.750 |
| 2.10.00 A 2.11.00 B | 47.750 A 48.250 |
| 2.11.50 A 2.12.50 C | 48.500 A 49.000 |

**ANEXOS 9 Y 10**

# *NORMATIVAS DE INGRESOS Y PERMANENCIA*

|  |  |  |  |
| --- | --- | --- | --- |
| **KAYAK (MASCULINO)** | | | |
| **EDAD** | **T. PIE** | **T. SENTADO** | **BRAZA** |
| **10** | **1.42.5** | **75.2** | **1.48.2** |
| **11** | **1.51** | **78.2** | **1.53.2** |
| **12** | **1.55.5** | **82.5** | **1.58.3** |
| **13** | **1.66.5** | **85** | **1.66.1** |
| **14** | **1.72.2** | **89.6** | **1.76.2** |
| **15** | **1.79.2** | **92.3** | **1.81.5** |
| **16** | **1.81.5** | **93** | **1.84.3** |
| **17** | **1.83.1** | **94.1** | **1.86.2** |
| **18** | **1.83.3** | **96** | **1.87** |
| **19** | **1.84** | **96.2** | **1.88.3** |

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| **KAYAK (FEMENINO)** | | | |
| **EDAD** | **T. PIE** | **T. SENTADO** | **BRAZA** |
| **10** | **1.60.2** | **85.5** | **1.61.4** |
| **11** | **1.62.6** | **86.2** | **1.63.4** |
| **12** | **1.64.2** | **87.5** | **1.65.4** |
| **13** | **1.66** | **88.6** | **1.66.5** |
| **14** | **1.70.3** | **89.2** | **1.68** |
| **15** | **1.72.4** | **90.8** | **1.70.2** |
| **16** | **1.72.8** | **91.1** | **1.70.3** |
| **17** | **1.74.5** | **92.7** | **1.72** |
| **18** | **1.76.2** | **93.2** | **1.74.2** |
| **19** | **1.78.3** | **93.9** | **1.76.3** |

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| CANOA MASCULINA | | | |
| **EDAD** | **T. PIE** | **T. ARRODILLADO** | **BRAZA** |
| **10** | **1.40.3** | **1.06.5** | **1.46.2** |
| **11** | **1.49** | **1.11.5** | **1.51.2** |
| **12** | **1.55.5** | **1.16.8** | **1.56.3** |
| **13** | **1.64.2** | **1.19.2** | **1.64.1** |
| **14** | **1.72.2** | **1.26.3** | **1.74.2** |
| **15** | **1.77.2** | **1.31.5** | **1.79.5** |
| **16** | **1.79.5** | **1.35.2** | **1.82.3** |
| **17** | **1.81.1** | **1.38.2** | **1.84.2** |
| **18** | **1.81.3** | **1.43.5** | **1.85** |
| **19** | **1.82.5** | **1.48.3** | **1.85.3** |

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| **CANOA (FEMENINO)** | | | |
| **EDAD** | **T. PIE** | **T. SENTADO** | **BRAZA** |
| **10** | **1.59.2** | **84.5** | **1.60.4** |
| **11** | **1.60.6** | **85.2** | **1.62.4** |
| **12** | **1.62.2** | **86.5** | **1.64.4** |
| **13** | **1.65** | **87.6** | **1.65.5** |
| **14** | **1.69.3** | **88.2** | **1.67** |
| **15** | **1.71.4** | **89.8** | **1.69.2** |
| **16** | **1.71.8** | **90.1** | **1.69.3** |
| **17** | **1.73.5** | **91.7** | **1.71** |
| **18** | **1.75.2** | **92.2** | **1.73.2** |
| **19** | **1.77.3** | **92.9** | **1.75.3** |

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| **SISTEMA DE EVALUACION POR PUNTOS DEL KAYAK-FEMENINO.** | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  | |
| **OBJETIVO- BUSCAR UNA EMBARCACION MAYOR O JUVENIL DE CALIDAD PARA EVENTOS INTERNACIONALES.** | | | | | | | | | | | | | | | | | | | |  |  |  | |
| **EVALUACION** | | | **K1-500 F** | | | **K2 500 F** | | | **K4-500 F** | | **K1-200 F** | | | **K1-2000 F** | | | **K2-2000 F** | | | **K4-2000 F** | | **PTOS** | |
| **PREP. GENERAL** | **PREP.MIXTA** | **ESP-COMP** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** |
| **E** | **1,49** | **1.54** | **1.57** | **1.42** | **1.46** | **1.50** | **1.32** | **1.36** | **39.900** | **40.900** | **41.900** | **8.15** | **8.25** | **8.35** | **7.37** | **7.47** | **7.57** | **7.00** | **7.10** | **100** |
| **MB** | **1.49.5** | **1.54.5** | **1.57.5** | **1.42.5** | **146.5** | **150.5** | **1.33** | **1.36.5** | **40.150** | **41.150** | **42.150** | **8.17** | **8.27** | **8.37** | **7.39** | **7.49** | **7.59** | **7.02** | **7.12** | **99** |
| **1,50** | **1.55** | **1.58** | **1.43** | **1.47** | **1.51** | **1.33.5** | **1.37** | **40.400** | **41.400** | **42.400** | **8.19** | **8.29** | **8.39** | **7.41** | **7.51** | **8.01** | **7.04** | **7.14** | **98** |
| **1.50.5** | **1.55.5** | **1.58.5** | **1.43.5** | **1.47.5** | **1.51.5** | **1.34** | **1.37.5** | **40.650** | **41.650** | **42.650** | **8.21** | **8.31** | **8.41** | **7.43** | **7.53** | **8.03** | **7.06** | **7.16** | **97** |
| **E** | **B** | **1,51** | **1.56** | **1.59** | **1.44** | **1.48** | **1.52** | **1.34.5** | **1.38** | **40.900** | **41.900** | **42.900** | **8.23** | **8.33** | **8.43** | **7.45** | **7.55** | **8.05** | **7.08** | **7.18** | **96** |
| **MB** | **1.51.5** | **1.56.5** | **1.59.5** | **1.44.5** | **1.48.5** | **1.52.5** | **1.35** | **1.38.5** | **41.150** | **42.150** | **43.150** | **8.25** | **8.35** | **8.45** | **7.47** | **7.57** | **8.07** | **7.10** | **7.20** | **95** |
| **1,52** | **1.57** | **2.00** | **1.45** | **1.49** | **1.53** | **1.35.5** | **1.39** | **41.400** | **42.400** | **43.400** | **8.27** | **8.37** | **8.47** | **7.49** | **7.59** | **8.09** | **7.12** | **7.22** | **94** |
| **R** | **1.52.5** | **1.57.5** | **2.00.5** | **1.45.5** | **1.49.5** | **1.53.5** | **1.36** | **1.39.5** | **41.650** | **42.650** | **43.650** | **8.29** | **8.39** | **8.49** | **7.51** | **8.01** | **8.11** | **7.14** | **7.24** | **93** |
| **B** | **1,53** | **1.58** | **2.01** | **1.46** | **1.50** | **1.54** | **1.36.5** | **1.40** | **41.900** | **42.900** | **43.900** | **8.31** | **8.41** | **8.51** | **7.53** | **8.03** | **8.13** | **7.16** | **7.26** | **92** |
| **1.53.5** | **1.58.5** | **2.01.5** | **1.46.5** | **1.50.5** | **1.54.5** | **1.37** | **1.40.5** | **42.150** | **43.150** | **44.150** | **8.33** | **8.43** | **8.53** | **7.55** | **8.05** | **8.15** | **7.18** | **7.28** | **91** |
| **E** | **M** | **1,54** | **1.59** | **2.02** | **1.47** | **1.51** | **1.55** | **1.37.5** | **1.41** | **42.400** | **43.400** | **44.400** | **8.35** | **8.45** | **8.55** | **7.57** | **8.07** | **8.17** | **7.20** | **7.30** | **90** |
| **MB** | **R** | **1.54.5** | **1.59.5** | **2.02.5** | **1.47.5** | **1.51.5** | **1.55.5** | **1.38** | **1.41.5** | **42.650** | **43.650** | **44.650** | **8.37** | **8.47** | **8.57** | **7.59** | **8.09** | **8.19** | **7.22** | **7.32** | **89** |
| **1,55** | **2.00** | **2.03** | **1.48** | **1.52** | **1.56** | **1.38.5** | **1.42** | **42.900** | **43.900** | **44.900** | **8.39** | **8.49** | **8.59** | **8.01** | **8.11** | **8.21** | **7.24** | **7.34** | **88** |
| **MM** | **1.55.5** | **2.00.5** | **2.03.5** | **1.48.5** | **1.52.5** | **1.56.5** | **1.39** | **1.42.5** | **43.150** | **44.150** | **45.150** | **8.41** | **8.51** | **9.01** | **8.03** | **8.13** | **8.23** | **7.26** | **7.36** | **87** |
| **B** | **M** | **MM** | **1,56** | **2.01** | **2.04** | **1.49** | **1.53** | **1.57** | **1.39.5** | **1.43** | **43.400** | **44.400** | **45.400** | **8.43** | **8.53** | **9.03** | **8.05** | **8.15** | **8.25** | **7.28** | **7.38** | **86** |
| **MM** | **1.56.5** | **2.01.5** | **2.04.5** | **1.49.5** | **1.53.5** | **1.57.5** | **1.40** | **1.43.5** | **43.650** | **44.650** | **45.650** | **8.45** | **8.55** | **9.05** | **8.07** | **8.17** | **8.27** | **7.30** | **7.40** | **85** |
| **MM** | **1,57** | **2.02** | **2.05** | **1.50** | **1.54** | **1.58** | **1.40.5** | **1.44** | **43.900** | **44.900** | **45.900** | **8.47** | **8.57** | **9.07** | **8.09** | **8.19** | **8.29** | **7.32** | **7.42** | **84** |
| **R** | **MM** | **MM** | **1.57.5** | **2.02.5** | **2.05.5** | **1.50.5** | **1.54.5** | **1.58.5** | **1.41** | **1.44.5** | **44.150** | **45.150** | **46.150** | **8.49** | **8.59** | **9.09** | **8.11** | **8.21** | **8.31** | **7.34** | **7.44** | **83** |
| **MM** | **MM** | **1,58** | **2.03** | **2.06** | **1.51** | **1.55** | **1.59** | **1.41.5** | **1.45** | **44.400** | **45.400** | **46.400** | **8.51** | **9.01** | **9.11** | **8.13** | **8.23** | **8.33** | **7.36** | **7.46** | **82** |
| **MM** | **MM** | **1.58.5** | **2.03.5** | **2.06.5** | **1.51.5** | **1.55.5** | **1.59.5** | **1.42** | **1.45.5** | **44.650** | **45.650** | **46.650** | **8.53** | **9.03** | **9.13** | **8.15** | **8.25** | **8.35** | **7.38** | **7.48** | **81** |
| **M** | **MM** | **MM** | **1,59** | **2.04** | **2.07** | **1.52** | **1.56** | **2.00** | **1.42.5** | **1.46** | **44.900** | **45.900** | **46.900** | **8.55** | **9.05** | **9.15** | **8.17** | **8.27** | **8.37** | **7.40** | **7.50** | **80** |
| **MM** | **MM** | **1.59.5** | **2.04.5** | **2.07.5** | **1.52.5** | **1.56.5** | **2.00.5** | **1.43** | **1.46.5** | **45.150** | **46.150** | **47.150** | **8.57** | **9.07** | **9.17** | **8.19** | **8.29** | **8.39** | **7.42** | **7.52** | **79** |
| **MM** | **MM** | **2.00.0** | **2.05** | **2.08** | **1.53** | **1.57** | **2.01** | **1.43.5** | **1.47** | **45.400** | **46.400** | **47.400** | **8.59** | **9.09** | **9.19** | **8.21** | **8.31** | **8.41** | **7.44** | **7.54** | **78** |
| **MM** | **MM** | **MM** | **2,01** | **2.05.5** | **2.08.5** | **1.53.5** | **1.57.5** | **2.01.5** | **1.44** | **1.47.5** | **45.650** | **46.650** | **47.650** | **9.01** | **9.11** | **9.21** | **8.23** | **8.33** | **8.43** | **7.46** | **7.56** | **77** |
| **MM** | **MM** | **MM** | **2.01.5** | **2.06** | **2.09** | **1.54** | **1.58** | **2.02** | **1.44.5** | **1.48** | **45.900** | **46.900** | **47.900** | **9.03** | **9.13** | **9.23** | **8.25** | **8.35** | **8.45** | **7.48** | **7.58** | **76** |
| **MM** | **MM** | **MM** | **2,02** | **2.06.5** | **2.09.5** | **1.54.5** | **1.58.5** | **2.02.5** | **1.45** | **1.48.5** | **46.150** | **47.150** | **48.150** | **9.05** | **9.15** | **9.25** | **8.27** | **8.37** | **8.47** | **7.50** | **8.00** | **75** |
| **MARCA NACIONAL** | | | **1.49.85** | **1.56.18** | **2.01** | **1.43.37** | **X** | **X** | **1.34.20** | **1.40.400** | **39.430** | **42.007** | **X** | **8.35** | **8.44** | **8.51.77** | **8.02** | **X** | **X** | **7,03** | **7,14** | **X** |
| **MARCA MUNDIAL** | | | **1.47.34** | **1.51.04** | **X** | **1.37.98** | **1.45.75** | **X** | **1.30.76** | **X** | **38.97** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PROPOSITOS Y EVALUACION POR EDADES DEL KAYAK-MASCULINO - 1000 Mts.** | | | | | | | | | | | | | | | | | | | | | |
| **EVALUACION** | | | **24** | | **23** | | **22** | | **21** | | **20** | | **19** | | **18** | | **17** | | **16** | | **P.** |
| **PREP. GENERAL** | **PREP.G.V.** | **E Y C** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** | **1000** | **2000** |
| **E** | **3.27** | **7.19** | **3.28** | **7.21** | **3.29** | **7.23** | **3.30** | **7.25** | **3.31** | **7.27** | **3.32** | **7.29** | **3.34** | **7.33** | **3.37** | **7.39** | **3.42** | **7.49** | **100** |
| **MB** | **3.28** | **7.21** | **3.29** | **7.23** | **3.30** | **7.25** | **3.31** | **7.27** | **3.32** | **7.29** | **3.33** | **7.31** | **3.35** | **7.35** | **3.38** | **7.41** | **3.43** | **7.51** | **99** |
| **3.29** | **7.23** | **3.30** | **7.25** | **3.31** | **7.27** | **3.32** | **7.29** | **3.33** | **7.31** | **3.34** | **7.33** | **3.36** | **7.37** | **3.39** | **7.43** | **3.44** | **7.53** | **98** |
| **3.30** | **7.25** | **3.31** | **7.27** | **3.32** | **7.29** | **3.33** | **7.31** | **3.34** | **7.33** | **3.35** | **7.35** | **3.37** | **7.39** | **3.40** | **7.45** | **3.45** | **7.55** | **97** |
| **E** | **B** | **3.31** | **7.27** | **3.32** | **7.29** | **3.33** | **7.31** | **3.34** | **7.33** | **3.35** | **7.35** | **3.36** | **7.37** | **3.38** | **7.41** | **3.41** | **7.47** | **3.46** | **7.57** | **96** |
| **MB** | **3.32** | **7.29** | **3.33** | **7.31** | **3.34** | **7.33** | **3.35** | **7.35** | **3.36** | **7.37** | **3.37** | **7.39** | **3.39** | **7.43** | **3.42** | **7.49** | **3.47** | **7.59** | **95** |
| **3.33** | **7.31** | **3.34** | **7.33** | **3.35** | **7.35** | **3.36** | **7.37** | **3.37** | **7.39** | **3.38** | **7.41** | **3.40** | **7.45** | **3.43** | **7.51** | **3.48** | **8.01** | **94** |
| **R** | **3.34** | **7.33** | **3.35** | **7.35** | **3.36** | **7.37** | **3.37** | **7.39** | **3.38** | **7.41** | **3.39** | **7.43** | **3.41** | **7.47** | **3.44** | **7.53** | **3.49** | **8.03** | **93** |
| **B** | **3.35** | **7.35** | **3.36** | **7.37** | **3.37** | **7.39** | **3.38** | **7.41** | **3.39** | **7.43** | **3.40** | **7.45** | **3.42** | **7.49** | **3.45** | **7.55** | **3.50** | **8.05** | **92** |
| **3.36** | **7.37** | **3.37** | **7.39** | **3.38** | **7.41** | **3.39** | **7.43** | **3.40** | **7.45** | **3.41** | **7.47** | **3.43** | **7.51** | **3.46** | **7.57** | **3.51** | **8.07** | **91** |
| **E** | **M** | **3.37** | **7.39** | **3.38** | **7.41** | **3.39** | **7.43** | **3.40** | **7.45** | **3.41** | **7.47** | **3.42** | **7.49** | **3.44** | **7.53** | **3.47** | **7.59** | **3.52** | **8.09** | **90** |
| **MB** | **R** | **3.38** | **7.41** | **3.39** | **7.43** | **3.40** | **7.45** | **3.41** | **7.47** | **3.42** | **7.49** | **3.43** | **7.51** | **3.45** | **7.55** | **3.48** | **8.01** | **3.53** | **8.11** | **89** |
| **3.39** | **7.43** | **3.40** | **7.45** | **3.41** | **7.47** | **3.42** | **7.49** | **3.43** | **7.51** | **3.44** | **7.53** | **3.46** | **7.57** | **3.49** | **8.03** | **3.54** | **8.13** | **88** |
| **MM** | **3.40** | **7.45** | **3.41** | **7.47** | **3.42** | **7.49** | **3.43** | **7.51** | **3.44** | **7.53** | **3.45** | **7.55** | **3.47** | **7.59** | **3.50** | **8.05** | **3.55** | **8.15** | **87** |
| **B** | **M** | **MM** | **3.41** | **7.47** | **3.42** | **7.49** | **3.43** | **7.51** | **3.44** | **7.53** | **3.45** | **7.55** | **3.46** | **7.57** | **3.48** | **8.01** | **3.51** | **8.07** | **3.56** | **8.17** | **86** |
| **MM** | **3.42** | **7.49** | **3.43** | **7.51** | **3.44** | **7.53** | **3.45** | **7.55** | **3.46** | **7.57** | **3.47** | **7.59** | **3.49** | **8.03** | **3.52** | **8.09** | **3.57** | **8.19** | **85** |
| **MM** | **3.43** | **7.51** | **3.44** | **7.53** | **3.45** | **7.55** | **3.46** | **7.57** | **3.47** | **7.59** | **3.48** | **8.01** | **3.50** | **8.05** | **3.53** | **8.11** | **3.58** | **8.21** | **84** |
| **R** | **MM** | **MM** | **3.44** | **7.53** | **3.45** | **7.55** | **3.46** | **7.57** | **3.47** | **7.59** | **3.48** | **8.01** | **3.49** | **8.03** | **3.51** | **8.07** | **3.54** | **8.13** | **3.59** | **8.23** | **83** |
| **MM** | **MM** | **3.45** | **7.55** | **3.46** | **7.57** | **3.47** | **7.59** | **3.48** | **8.01** | **3.49** | **8.03** | **3.50** | **8.05** | **3.52** | **8.09** | **3.55** | **8.15** | **4.01** | **8.25** | **82** |
| **MM** | **MM** | **3.46** | **7.57** | **3.47** | **7.59** | **3.48** | **8.01** | **3.49** | **8.03** | **3.50** | **8.05** | **3.51** | **8.07** | **3.53** | **8.11** | **3.56** | **8.17** | **4.02** | **8.27** | **81** |
| **M** | **MM** | **MM** | **3.47** | **7.59** | **3.48** | **8.01** | **3.49** | **8.03** | **3.50** | **8.05** | **3.51** | **8.07** | **3.52** | **8.09** | **3.54** | **8.13** | **3.57** | **8.19** | **4.03** | **8.29** | **80** |
| **MM** | **MM** | **3.48** | **8.01** | **3.49** | **8.03** | **3.50** | **8.05** | **3.51** | **8.07** | **3.52** | **8.09** | **3.53** | **8.11** | **3.55** | **8.15** | **3.58** | **8.21** | **4.04** | **8.31** | **79** |
| **MM** | **MM** | **3.49** | **8.03** | **3.50** | **8.05** | **3.51** | **8.07** | **3.52** | **8.09** | **3.53** | **8.11** | **3.54** | **8.13** | **3.56** | **8.17** | **3.59** | **8.23** | **4.05** | **8.33** | **78** |
| **MM** | **MM** | **MM** | **3.50** | **8.05** | **3.51** | **8.07** | **3.52** | **8.09** | **3.53** | **8.11** | **3.54** | **8.13** | **3.55** | **8.15** | **3.57** | **8.19** | **4.01** | **8.25** | **4.06** | **8.35** | **77** |
| **NOTA: LOS PROPOSITOS POR EDADES CORRESPONDEN A LA EVALUACION DE M.B.** | | | | | | | | | | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SISTEMA DE EVALUACION POR PUNTOS DEL KAYAK-MASCULINO.** | | | | | | | | | | | | | | | | | | | | | |
| **OBJETIVO- BUSCAR UNA EMBARCACION SENIOR O JUNIOR DE CALIDAD PARA EVENTOS INTERNACIONALES.** | | | | | | | | | | | | | | | | | | | | | |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |
| **EVALUACION** | | | **K1-1000 M** | | **K2 1000 M** | | **K4-1000 M** | **K1-200 M** | | **K2-200 M** | | **K1-2000 M** | | **K2-2000 M** | | **K4-2000 M** | | | **8000 M** | | **PTOS** |
| **PREP. GENERAL** | **PREP.MIXTA** | **E Y C** | **SEN.** | **JUN.** | **SEN.** | **JUN.** | **SEN.** | **SEN.** | **JUN.** | **SEN.** | **JUN.** | **SEN.** | **JUN.** | **SEN.** | **JUN.** | | **SEN.** | **SEN** | | **JUN** |
| **E** | **3.26** | **3.32** | **3.10** | **3.16** | **2.49** | **34.300** | **35.200** | **31.600** | **32.500** | **7.19** | **7.33** | **6.47** | **6.57** | | **6.09** | **X** | | **X** | **100** |
| **MB** | **3.27** | **3.33** | **3.11** | **3.17** | **2.50** | **34.450** | **35.350** | **31.750** | **32.650** | **7.21** | **7.35** | **6.49** | **6.59** | | **6.11** | **X** | | **X** | **99** |
| **3.28** | **3.34** | **3.12** | **3.18** | **2.51** | **34.600** | **35.500** | **31.900** | **32.800** | **7.23** | **7.37** | **6.51** | **7.01** | | **6.13** | **X** | | **X** | **98** |
| **3.29** | **3.35** | **3.13** | **3.19** | **2.52** | **34.750** | **35.650** | **32.050** | **32.950** | **7.25** | **7.39** | **6.53** | **7.03** | | **6.15** | **X** | | **X** | **97** |
| **E** | **B** | **3.30** | **3.36** | **3.14** | **3.20** | **2.53** | **34.900** | **35.800** | **32.200** | **33.100** | **7.27** | **7.41** | **6.55** | **7.05** | | **6.17** | **32.40** | | **33.40** | **96** |
| **MB** | **3.31** | **3.37** | **3.15** | **3.21** | **2.54** | **35.050** | **35.950** | **32.350** | **33.250** | **7.29** | **7.43** | **6.57** | **7.07** | | **6.19** | **32.50** | | **33.50** | **95** |
| **3.32** | **3.38** | **3.16** | **3.22** | **2.55** | **35.200** | **36.100** | **32.500** | **33.400** | **7.31** | **7.45** | **6.59** | **7.09** | | **6.21** | **33.00** | | **34.00** | **94** |
| **R** | **3.33** | **3.39** | **3.17** | **3.23** | **2.56** | **35.350** | **36.250** | **32.650** | **33.550** | **7.33** | **7.47** | **7.01** | **7.11** | | **6.23** | **33.10** | | **34.10** | **93** |
| **B** | **3.34** | **3.40** | **3.18** | **3.24** | **2.57** | **35.500** | **36.400** | **32.800** | **33.700** | **7.35** | **7.49** | **7.03** | **7.13** | | **6.25** | **33.20** | | **34.20** | **92** |
| **3.35** | **3.41** | **3.19** | **3.25** | **2.58** | **35.650** | **36.550** | **32.950** | **33.850** | **7.37** | **7.51** | **7.05** | **7.15** | | **6.27** | **33.30** | | **34.30** | **91** |
| **E** | **M** | **3.36** | **3.42** | **3.20** | **3.26** | **2.59** | **35.800** | **36.700** | **33.100** | **34** | **7.39** | **7.53** | **7.07** | **7.17** | | **6.29** | **33.40** | | **34.40** | **90** |
| **MB** | **R** | **3.37** | **3.43** | **3.21** | **3.27** | **3.00** | **35.950** | **36.850** | **33.250** | **34.150** | **7.41** | **7.55** | **7.09** | **7.19** | | **6.31** | **33.50** | | **34.50** | **89** |
| **3.38** | **3.44** | **3.22** | **3.28** | **3.01** | **36.100** | **37.000** | **33.400** | **34.300** | **7.43** | **7.57** | **7.11** | **7.21** | | **6.33** | **34.00** | | **35.00** | **88** |
| **MM** | **3.39** | **3.45** | **3.23** | **3.29** | **3.02** | **36.250** | **37. 150** | **33.550** | **34.450** | **7.45** | **7.59** | **7.13** | **7.23** | | **6.35** | **34.10** | | **35.10** | **87** |
| **B** | **M** | **MM** | **3.40** | **3.46** | **3.24** | **3.30** | **3.03** | **36.400** | **37.300** | **33.700** | **34.600** | **7.47** | **8.01** | **7.15** | **7.25** | | **6.37** | **34.20** | | **35.20** | **86** |
| **MM** | **3.41** | **3.47** | **3.25** | **3.31** | **3.04** | **36.550** | **37.450** | **33.850** | **34.750** | **7.49** | **8.03** | **7.17** | **7.27** | | **6.39** | **34.30** | | **35.30** | **85** |
| **MM** | **3.42** | **3.48** | **3.26** | **3.32** | **3.05** | **36.700** | **37.600** | **34** | **34.900** | **7.51** | **8.05** | **7.10** | **7.29** | | **6.41** | **34.40** | | **35.40** | **84** |
| **R** | **MM** | **MM** | **3.43** | **3.49** | **3.27** | **3.33** | **3.06** | **36.850** | **37.750** | **34.150** | **35.050** | **7.53** | **8.07** | **7.21** | **7.31** | | **6.43** | **34.50** | | **35.50** | **83** |
| **MM** | **MM** | **3.44** | **3.50** | **3.28** | **3.34** | **3.07** | **37.00** | **37.900** | **34.300** | **35.200** | **7.55** | **8.09** | **7.23** | **7.33** | | **6.45** | **35.00** | | **36.00** | **82** |
| **MM** | **MM** | **3.45** | **3.51** | **3.29** | **3.35** | **3.08** | **37.150** | **38.050** | **34.450** | **35.350** | **7.57** | **8.11** | **7.25** | **7.35** | | **6.47** | **35.10** | | **36.10** | **81** |
| **M** | **MM** | **MM** | **3.46** | **3.52** | **3.30** | **3.36** | **3.09** | **37.300** | **38.200** | **34.600** | **35.500** | **7.59** | **8.13** | **7.27** | **7.37** | | **6.49** | **35.20** | | **36.20** | **80** |
| **MM** | **MM** | **3.47** | **3.53** | **3.31** | **3.37** | **3.10** | **37.450** | **38.350** | **34.750** | **35.650** | **8.01** | **8.15** | **7.29** | **7.39** | | **6.51** | **35.30** | | **36.30** | **79** |
| **MM** | **MM** | **3.48** | **3.54** | **3.32** | **3.38** | **3.11** | **37.600** | **38.500** | **34.900** | **35.800** | **8.03** | **8.17** | **7.31** | **7.41** | | **6.53** | **35.40** | | **36.40** | **78** |
| **MM** | **MM** | **MM** | **3.49** | **3.55** | **3.33** | **3.39** | **3.12** | **37.750** | **38.650** | **35.050** | **35.950** | **8.05** | **8.19** | **7.33** | **7.43** | | **6.55** | **35.50** | | **36.50** | **77** |
| **MM** | **MM** | **MM** | **3.50** | **3.56** | **3.34** | **3.40** | **3.13** | **37.900** | **38.800** | **35.200** | **36.100** | **8.07** | **8.21** | **7.35** | **7.45** | | **6.57** | **36.00** | | **37.00** | **76** |
| **MM** | **MM** | **MM** | **3.51** | **3.57** | **3.35** | **3.41** | **3.14** | **38.050** | **38.950** | **35.350** | **36.250** | **8.09** | **8.23** | **7.37** | **7.47** | | **6.59** | **36.10** | | **37.10** | **75** |
| **MARCA NAC.** | | | **3.28.84** | **3.32.00** | **3.12.48** | **3.19.14** | **2.54.60** | **35.08** | **35.54** | **32.39** | **32.92** | **7.23.42** | **7.38.54** | **6.48.67** | **X** | | **6.08.74** | **x** | | **x** | **X** |
| **MARCA MUNDIAL** | | | **3.22.67** | **3.30.00** | **3.07.76** | **3.16.38** | **2.47.32** | **33.980** | **35.30** | **31.532** | **32.470** | **7.17.00** | **X** | **X** | **X** | | **X** | **x** | | **x** | **X** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PROPOSITOS Y EVALUACION POR EDADES DEL EQUIPO DE CANOA MASCULINO 1000 MTS | | | | | | | | | | | | | | | | | | | | | | | |
|
| CATEGORIAS | | | MAYORES | | | | | | | | | | | | | | JUVENIL | | | | | |  |
| MAYOR | | | | SUB-23 | | | | | | | | | | JUVENIL | | | | | |
| EVALUACION | | | 25 | | 24 | | 23 | | 22 | | 21 | | 20 | | 19 | | 18 | | 17 | | 16 | | P. |
| PREP. GENERAL | PREP.G.V. | E Y C | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 | 1000 | 2000 |
| E | 3:49 | 8:05 | 3:50 | 8:07 | 3:51 | 8:09 | 3.52 | 8:11 | 3:53 | 8:13 | 3:54 | 8:15 | 3:55 | 8:17 | 3:57 | 8:21 | 4:00 | 8:27 | 4:05 | 8:37 | 100 |
| MB | 3:50 | 8:07 | 3.51 | 8:09 | 3.52 | 8:11 | 3.53 | 8:13 | 3.54 | 8.15 | 3.55 | 8.17 | 3.56 | 8.19 | 3.58 | 8.23 | 4.01 | 8.29 | 4.06 | 8:39 | 99 |
| 3.51 | 8:09 | 3.52 | 8:11 | 3.53 | 8:13 | 3.54 | 8.15 | 3.55 | 8.17 | 3.56 | 8.19 | 3.57 | 8.21 | 3.59 | 8.25 | 4.02 | 8.31 | 4.07 | 8:41 | 98 |
| 3.52 | 8:11 | 3.53 | 8:13 | 3.54 | 8.15 | 3.55 | 8.17 | 3.56 | 8.19 | 3.57 | 8.21 | 3.58 | 8.23 | 4:00 | 8.27 | 4.03 | 8.33 | 4.08 | 8:43 | 97 |
| E | B | 3.53 | 8:13 | 3.54 | 8.15 | 3.55 | 8.17 | 3.56 | 8.19 | 3.57 | 8.21 | 3.58 | 8.23 | 3.59 | 8.25 | 4.01 | 8.29 | 4.04 | 8.35 | 4.09 | 8:45 | 96 |
| MB | 3.54 | 8.15 | 3.55 | 8.17 | 3.56 | 8.19 | 3.57 | 8.21 | 3.58 | 8.23 | 3.59 | 8.25 | 4:00 | 8.27 | 4.02 | 8.31 | 4.05 | 8:37 | 4.10 | 8:47 | 95 |
| 3.55 | 8.17 | 3.56 | 8.19 | 3.57 | 8.21 | 3.58 | 8.23 | 3.59 | 8.25 | 4:00 | 8.27 | 4.01 | 8.29 | 4.03 | 8.33 | 4.06 | 8:39 | 4.11 | 8:49 | 94 |
| R | 3.56 | 8.19 | 3.57 | 8.21 | 3.58 | 8.23 | 3.59 | 8.25 | 4:00 | 8.27 | 4.01 | 8.29 | 4.02 | 8.31 | 4.04 | 8.35 | 4.07 | 8:41 | 4.12 | 8:51 | 93 |
| B | 3.57 | 8.21 | 3.58 | 8.23 | 3.59 | 8.25 | 4:00 | 8.27 | 4.01 | 8.29 | 4.02 | 8.31 | 4.03 | 8.33 | 4.05 | 8:37 | 4.08 | 8:43 | 4.13 | 8:53 | 92 |
| 3.58 | 8.23 | 3.59 | 8.25 | 4:00 | 8.27 | 4.01 | 8.29 | 4.02 | 8.31 | 4.03 | 8.33 | 4.04 | 8.35 | 4.06 | 8:39 | 4.09 | 8:45 | 4.14 | 8:55 | 91 |
| E | M | 3.59 | 8.25 | 4:00 | 8.27 | 4.01 | 8.29 | 4.02 | 8.31 | 4.03 | 8.33 | 4.04 | 8.35 | 4.05 | 8:37 | 4.07 | 8:41 | 4.10 | 8:47 | 4.15 | 8:57 | 90 |
| MB | R | 4:00 | 8.27 | 4.01 | 8.29 | 4.02 | 8.31 | 4.03 | 8.33 | 4.04 | 8.35 | 4.05 | 8:37 | 4.06 | 8:39 | 4.08 | 8:43 | 4.11 | 8:49 | 4.16 | 8:59 | 89 |
| 4.01 | 8.29 | 4.02 | 8.31 | 4.03 | 8.33 | 4.04 | 8.35 | 4.05 | 8:37 | 4.06 | 8:39 | 4.07 | 8:41 | 4.09 | 8:45 | 4.12 | 8:51 | 4.17 | 9:01 | 88 |
| MM | 4.02 | 8.31 | 4.03 | 8.33 | 4.04 | 8.35 | 4.05 | 8:37 | 4.06 | 8:39 | 4.07 | 8:41 | 4.08 | 8:43 | 4.10 | 8:47 | 4.13 | 8:53 | 4.18 | 9:03 | 87 |
| B | M | MM | 4.03 | 8.33 | 4.04 | 8.35 | 4.05 | 8:37 | 4.06 | 8:39 | 4.07 | 8:41 | 4.08 | 8:43 | 4.09 | 8:45 | 4.11 | 8:49 | 4.14 | 8:55 | 4.19 | 9:05 | 86 |
| MM | 4.04 | 8.35 | 4.05 | 8:37 | 4.06 | 8:39 | 4.07 | 8:41 | 4.08 | 8:43 | 4.09 | 8:45 | 4.10 | 8:47 | 4.12 | 8:51 | 4.15 | 8:57 | 4.20 | 9:07 | 85 |
| MM | 4.05 | 8:37 | 4.06 | 8:39 | 4.07 | 8:41 | 4.08 | 8:43 | 4.09 | 8:45 | 4.10 | 8:47 | 4.11 | 8:49 | 4.13 | 8:53 | 4.16 | 8:59 | 4.21 | 9.09 | 84 |
| R | MM | MM | 4.06 | 8:39 | 4.07 | 8:41 | 4.08 | 8:43 | 4.09 | 8:45 | 4.10 | 8:47 | 4.11 | 8:49 | 4.12 | 8:51 | 4.14 | 8:55 | 4.17 | 9:01 | 4.22 | 9:11 | 83 |
| MM | MM | 4.07 | 8:41 | 4.08 | 8:43 | 4.09 | 8:45 | 4.10 | 8:47 | 4.11 | 8:49 | 4.12 | 8:51 | 4.13 | 8:53 | 4.15 | 8:57 | 4.18 | 9:03 | 4.23 | 9.13 | 82 |
| MM | MM | 4.08 | 8:43 | 4.09 | 8:45 | 4.10 | 8:47 | 4.11 | 8:49 | 4.12 | 8:51 | 4.13 | 8:53 | 4.14 | 8:55 | 4.16 | 8:59 | 4.19 | 9:05 | 4.24 | 9:15 | 81 |
| M | MM | MM | 4.09 | 8:45 | 4.10 | 8:47 | 4.11 | 8:49 | 4.12 | 8:51 | 4.13 | 8:53 | 4.14 | 8:55 | 4.15 | 8:57 | 4.17 | 9:01 | 4.20 | 9:07 | 4.25 | 9:17 | 80 |
| MM | MM | 4.10 | 8:47 | 4.11 | 8:49 | 4.12 | 8:51 | 4.13 | 8:53 | 4.14 | 8:55 | 4.15 | 8:57 | 4.16 | 8:59 | 4.18 | 9:03 | 4.21 | 9.09 | 4.26 | 9:19 | 79 |
| MM | MM | 4.11 | 8:49 | 4.12 | 8:51 | 4.13 | 8:53 | 4.14 | 8:55 | 4.15 | 8:57 | 4.16 | 8:59 | 4.17 | 9:01 | 4.19 | 9:05 | 4.22 | 9:11 | 4.27 | 9:21 | 78 |
| MM | MM | MM | 4.12 | 8:51 | 4.13 | 8:53 | 4.14 | 8:55 | 4.15 | 8:57 | 4.16 | 8:59 | 4.17 | 9:01 | 4.18 | 9:03 | 4.20 | 9:07 | 4.23 | 9.13 | 4.28 | 9:23 | 77 |
| NOTA: PARA SER MATRICULA DEBE IR CUMPLIENDO LOS PROPOSITOS POR EDADES QUE CORRESPONDE CON LA EVALUACION DE M.B. | | | | | | | | | | | | | | | | | | | | | | | |
| NOTA: PARA SER RESERVA O PERSPERTIVA DEL EQUIPO NACIONAL DEBERA ESTAR EVALUADO AL MENOS DE (R). | | | | | | | | | | | | | | | | | | | | | | | |

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| OBJETIVO- BUSCAR UNA EMBARCACION MAYOR O JUVENIL DE CALIDAD PARA EVENTOS INTERNACIONALES. | | | | | | | | | | | | | | | | | | |
| ESCALAS DE EVALUACION DE LA CANOA FEMENINA. | | | | | | | | | | | | | | | | | | |
| EVALUACION | | | C1-500 F | | | C2 500 F | | | C1 200 F | | | C1-2000 F | | | C1-4000 F | | | PTOS |
| PREP. GENERAL | PREP.MIXTA | ESP-COMP | MAY | JUV | 15-16 | MAY | JUV | 15-16 | MAY | JUV | 15-16 | MAY | JUV | 15-16 | MAY | JUV | 15-16 |
| E | 2.09.50 | 2.11.50 | 2.21.00 | 2.01.00 | 2.03.00 | 2.12.50 | 47,500 | 48,500 | 52,750 | 9.30 | 9.38 | 10.12 | 20.30 | 20.46 | 21.54 | 100 |
| MB | 2.10.00 | 2.12.00 | 2.21.50 | 2.01.50 | 2.03.50 | 2.13.00 | 47,750 | 48,750 | 53,000 | 9.32 | 9.40 | 10.14 | 20.34 | 20.50 | 21.58 | 99 |
| 2.10.50 | 2.12.50 | 2.22.00 | 2.02.00 | 2.04.00 | 2.13.50 | 48,000 | 49,000 | 53,250 | 9.34 | 9.42 | 10.16 | 20.38 | 20.54 | 22.02 | 98 |
| 2.11.00 | 2.13.00 | 2.22.50 | 2.02.50 | 2.04.50 | 2.14.00 | 48,250 | 49,250 | 53,500 | 9.36 | 9.44 | 10.18 | 20.42 | 20.58 | 22.06 | 97 |
| E | B | 2.11.50 | 2.13.50 | 2.23.00 | 2.03.00 | 2.05.00 | 2.14.50 | 48,500 | 49,500 | 53,750 | 9.38 | 9.46 | 10.20 | 20.46 | 21.02 | 22.10 | 96 |
| MB | 2.12.00 | 2.14.00 | 2.23.50 | 2.03.50 | 2.05.50 | 2.15.00 | 48,750 | 49,750 | 54,000 | 9.40 | 9.48 | 10.22 | 20.50 | 21.06 | 22.14 | 95 |
| 2.12.50 | 2.15.50 | 2.24.00 | 2.04.00 | 2.06.00 | 2.15.50 | 49,000 | 50,000 | 54,250 | 9.42 | 9.50 | 10.24 | 20.54 | 21.10 | 22.16 | 94 |
| R | 2.13.00 | 2.16.00 | 2.24.50 | 2.04.50 | 2.06.50 | 2.16.00 | 49,250 | 50,250 | 54,500 | 9.44 | 9.52 | 10.26 | 20.58 | 21.14 | 22.20 | 93 |
| B | 2.13.50 | 2.16.50 | 2.25.00 | 2.05.00 | 2.07.00 | 2.16.50 | 49,500 | 50,500 | 54,750 | 9.46 | 9.54 | 10.28 | 21.02 | 21.18 | 22.24 | 92 |
| 2.14.00 | 2.17.00 | 2.25.50 | 2.05.50 | 2.07.50 | 2.17.00 | 49,750 | 50,750 | 55,000 | 9.48 | 9.56 | 10.30 | 21.06 | 21.22 | 22.28 | 91 |
| E | M | 2.15.50 | 2.17.50 | 2.26.00 | 2.06.00 | 2.08.00 | 2.17.50 | 50,000 | 51,000 | 55,250 | 9.50 | 9.58 | 10.32 | 21.10 | 21.26 | 22.32 | 90 |
| MB | R | 2.16.00 | 2.18.00 | 2.26.50 | 2.06.50 | 2.09.50 | 2.18.00 | 50,250 | 51,250 | 55,500 | 9.52 | 10.00 | 10.34 | 21.14 | 21.30 | 22.36. | 89 |
| 2.16.50 | 2.18.50 | 2.27.00 | 2.07.00 | 2.10.00 | 2.18.50 | 50,500 | 51,500 | 55,750 | 9.54 | 10.02 | 10.36 | 21.18 | 21.34 | 22.40 | 88 |
| MM | 2.17.00 | 2.19.00 | 2.27.50 | 2.07.50 | 2.10.50 | 2.19.00 | 50,750 | 51,750 | 56,000 | 9.56 | 10.04 | 10.38 | 21.22 | 21.38 | 22.44 | 87 |
| B | M | MM | 2.17.50 | 2.19.50 | 2.28.00 | 2.08.00 | 2.11.00 | 2.19.50 | 51,000 | 52,000 | 56,250 | 9.58 | 10.06 | 10.40 | 21.26 | 21.42 | 22.48 | 86 |
| MM | 2.18.00 | 2.20.00 | 2.28.50 | 2.09.50 | 2.11.50 | 2.20.00 | 51,250 | 52,250 | 56,500 | 10.00 | 10.08 | 10.42 | 21.30 | 21.46 | 22.52 | 85 |
| MM | 2.18.50 | 2.20.50 | 2.29.00 | 2.10.00 | 2.12.00 | 2.20.50 | 51,500 | 52,500 | 56,750 | 10.02 | 10.10 | 10.44 | 21.34 | 21.50 | 22.56 | 84 |
| R | MM | MM | 2.19.00 | 2.21.00 | 2.29.50 | 2.10.50 | 2.12.50 | 2.21.00 | 51,750 | 52,750 | 57,000 | 10.04 | 10.12 | 10.46 | 21.38 | 21.54 | 23.00 | 83 |
| MM | MM | 2.19.50 | 2.21.50 | 2.30.00 | 2.11.00 | 2.13.00 | 2.21.50 | 52,000 | 53,000 | 57,250 | 10.06 | 10.14 | 10.48 | 21.42 | 21.58 | 23.04 | 82 |
| MM | MM | 2.20.00 | 2.22.00 | 2.30.50 | 2.11.50 | 2.13.50 | 2.22.00 | 52,250 | 53,250 | 57,500 | 10.08 | 10.16 | 10.50 | 21.46 | 22.02 | 23.08 | 81 |
| M | MM | MM | 2.20.50 | 2.22.50 | 2.31.00 | 2.12.00 | 2.14.00 | 2.22.50 | 52,500 | 53,500 | 57,750 | 10.10 | 10.18 | 10.52 | 21.50 | 22.06 | 23.12 | 80 |
| MM | MM | 2.21.00 | 2.23.00 | 2.31.50 | 2.12.50 | 2.14.50 | 2.23.00 | 52,750 | 53,750 | 58,000 | 10.12 | 10.20 | 10.54 | 21.54 | 22.10 | 23.16 | 79 |
| MM | MM | 2.21.50 | 2.23.50 | 2.32.00 | 2.13.00 | 2.15.00 | 2.23.50 | 53,000 | 54,000 | 58,250 | 10.14 | 10.22 | 10.56 | 21.58 | 22.14 | 23.20 | 78 |
| MM | MM | MM | 2.22.00 | 2.24.00 | 2.32.50 | 2.13.50 | 2.15.50 | 2.24.00 | 53,250 | 54,250 | 58,500 | 10.16 | 10.24 | 10.58 | 22.02 | 22.20 | 23.24 | 77 |
| MM | MM | MM | 2.22.50 | 2.24.50 | 2.33.00 | 2.14.00 | 2.16.00 | 2.24.50 | 53,500 | 54,500 | 58,750 | 10.18 | 10.26 | 11.00 | 22.06 | 22.24 | 23.28 | 76 |
| MM | MM | MM | 2.23.00 | 2.25.00 | 2.33.50 | 2.14.50 | 2.16.50 | 2.25.00 | 53,750 | 54,750 | 59,000 | 10.20 | 10.28 | 11.02 | 22.10 | 22.28 | 23.32 | 75 |
| MARCA NACIONAL | | |  |  |  |  |  |  | 50.75 |  |  |  |  |  |  |  |  | X |
| MARCA MUNDIAL | | | 2.07.548 |  |  | 1.59.976 |  |  | 46,417 |  |  |  |  |  |  |  |  | X |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SISTEMA DE EVALUACION POR PUNTOS DeL KAYAK MASCULINO DE VELOCIDAD.** | | | | | | | | | | | | | | |  |
| **OBJETIVO- BUSCAR UNA EMBARCACION MAYOR O JUVENIL DE CALIDAD PARA EVENTOS INTERNACIONALES.** | | | | | | | | | | | | |  |  |  |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| **EVALUACION** | | | **K1-200 M** | | | **k1-500 M** |  |  | **K1 2000 M** | | | **K1 4000 M** | | | **PTOS** |
| **PREP. GENERAL** | **PREP.MIXTA** | **ESP-COMP** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **15-16** | **MAY** | **JUV** | **15-16** |
| **E** | **34,450** | **35,650** | **35,950** | **1.38.5** | **1.41.0** | **1.44.0** |  |  |  |  |  |  | **100** |
| **MB** | **34,600** | **35,800** | **36,100** | **1.39.0** | **1.41.5** | **1.44.5** |  |  |  |  |  |  | **99** |
| **34,750** | **35,950** | **36,250** | **1.39.5** | **1.42.0** | **1.45.0** |  |  |  |  |  |  | **98** |
| **34,900** | **36,100** | **36,400** | **1.40.0** | **1.42.5** | **1.45.5** |  |  |  |  |  |  | **97** |
| **E** | **B** | **35,050** | **36,250** | **36,550** | **1.40.5** | **1.43.0** | **1.46.0** | **7.47** | **7.57** | **8.07** |  |  |  | **96** |
| **MB** | **35,200** | **36,400** | **36,700** | **1.41.0** | **1.43.5** | **1.46.5** | **7.49** | **7.59** | **8.09** |  |  |  | **95** |
| **35,350** | **36,550** | **36,850** | **1.41.5** | **1.44.0** | **1.47.0** | **7.51** | **8.01** | **8.11** |  |  |  | **94** |
| **R** | **35,500** | **36,700** | **37,000** | **1.42.0** | **1.44.5** | **1.47.5** | **7.53** | **8.03** | **8.13** |  |  |  | **93** |
| **B** | **35,650** | **36,850** | **37,150** | **1.42.5** | **1.45.0** | **1.48.0** | **7.55** | **8.05** | **8.15** |  |  |  | **92** |
| **35,800** | **37,000** | **37,300** | **1.43.0** | **1.45.5** | **1.48.5** | **7.57** | **8.07** | **8.17** |  |  |  | **91** |
| **E** | **M** | **35,950** | **37,150** | **37,450** | **1.43.5** | **1.46.0** | **1.49.0** | **7.59** | **8.09** | **8.19** | **16.40** | **17.00** | **17.20** | **90** |
| **MB** | **R** | **36,100** | **37,300** | **37,600** | **1.44.0** | **1.46.5** | **1.49.5** | **8.01** | **8.11** | **8.21** | **16.44** | **17.04** | **17.24** | **89** |
| **36,250** | **37,450** | **37,750** | **1.44.5** | **1.47.0** | **1.50.0** | **8.03** | **8.13** | **8.23** | **16.48** | **17.08** | **17.28** | **88** |
| **MM** | **36,400** | **37,600** | **37,900** | **1.45.0** | **1.47.5** | **1.50.5** | **8.05** | **8.15** | **8.25** | **16.52** | **17.12** | **17.32** | **87** |
| **B** | **M** | **MM** | **36,550** | **37,750** | **38,050** | **1.45.5** | **1.48.0** | **1.51.0** | **8.07** | **8.17** | **8.27** | **16.56** | **17.16** | **17.36** | **86** |
| **MM** | **36,700** | **37,900** | **38,200** | **1.46.0** | **1.48.5** | **1.51.5** | **8.09** | **8.19** | **8.29** | **17.00** | **17.20** | **17.40** | **85** |
| **MM** | **36,850** | **38,050** | **38,350** | **1.46.5** | **1.49.0** | **1.52.0** | **8.11** | **8.21** | **8.31** | **17.04** | **17.24** | **17.44** | **84** |
| **R** | **MM** | **MM** | **37,000** | **38,200** | **38,500** | **1.47.0** | **1.49.5** | **1.52.5** | **8.13** | **8.23** | **8.33** | **17.08** | **17.28** | **17.48** | **83** |
| **MM** | **MM** | **37,150** | **38,350** | **38,650** | **1.47.5** | **1.50.0** | **1.53.0** | **8.15** | **8.25** | **8.35** | **17.12** | **17.32** | **17.52** | **82** |
| **MM** | **MM** | **37,300** | **38,500** | **38,800** | **1.48.0** | **1.50.5** | **1.53.5** | **8.17** | **8.27** | **8.37** | **17.16** | **17.36** | **17.56** | **81** |
| **M** | **MM** | **MM** | **37,450** | **38,650** | **38,950** | **1.48.5** | **1.51.0** | **1.54.0** | **8.19** | **8.29** | **8.39** | **17.20** | **17.40** | **18.00** | **80** |
| **MM** | **MM** | **37,600** | **38,800** | **39,100** | **1.49.0** | **1.51.5** | **1.54.5** | **8.21** | **8.31** | **8.41** | **17.24** | **17.44** | **18.04** | **79** |
| **MM** | **MM** | **37,750** | **38,950** | **39,250** | **1.49.5** | **1.52.0** | **1.55.0** | **8.23** | **8.33** | **8.43** | **17.28** | **17.48** | **18.08** | **78** |
| **MM** | **MM** | **MM** | **37,900** | **39,100** | **39,400** | **1.50.0** | **1.52.5** | **1.55.5** | **8.25** | **8.35** | **8.45** | **17.32** | **17.52** | **18.12** | **77** |
| **MM** | **MM** | **MM** | **38,050** | **39,250** | **39,550** | **1.50.5** | **1.53.0** | **1.56.0** | **8.27** | **8.37** | **8.47** | **17.36** | **17.56** | **18.16** | **76** |
| **MM** | **MM** | **MM** | **38,200** | **39,400** | **39,550** | **1.51.0** | **1.53.5** | **1.56.5** | **8.29** | **8.39** | **8.49** | **17.40** | **18.00** | **18.20** | **75** |
| **MARCA NACIONAL** | | |  |  |  |  |  |  |  |  |  |  |  |  | **X** |
| **MARCA MUNDIAL** | | |  |  |  |  |  |  |  |  |  |  |  |  | **X** |

KAYAK FEMENINO;

|  |
| --- |
| 1- LA EVALUACION SE REALIZARA POR PUNTOS. |
| 2- EN PREPARACION GENERAL Y GENERAL VARIADA SE EFECTUARA A 2000 METROS POR SER LA DISTANCIA QUE EVALUA LA |
| POTENCIA AEROBICA. |
| 3- DE EXISTIR EMPATE SE IRIA A LA DISTANCIA DE COMPETENCIA (200m-500m). |
| 4- EN LA PREPARACION ESPECIAL Y COMPETITIVA SE EVALUAN LAS DISTANCIAS DE COMPETENCIA (200m-500m). |
| 5- SE EVALUAN SEGÚN LA ESPECIALIDAD DEL ATLETA (K1.K2.K4). |
| 6- SE ANALIZARA POR LOS ENTRENADORES Y EL METODOLOGO LOS CAMBIOS PERTINENTES. |

KAYAK Y CANOA MASCULINO;

|  |
| --- |
| 1- LA EVALUACION SE REALIZARA POR PUNTOS. |
| 2-EN PREPARACION GENERAL Y GENERAL VARIADA SE EFECTUARA A 2000 METROS POR SER LA DISTANCIA QUE EVALUA LA |
| POTENCIA AEROBICA Y A 1000 METROS POR SER LA DISTANCIA DE COMPETENCIA CON MAYOR PREDOMINIO AEROBICO. |
| DE EXISTIR EMPATE SE IRIA A LA DISTANCIA DE COMPETENCIA. |
| 4- EN LA PREPARACION ESPECIAL Y COMPETITIVA SE EVALUAN LAS DISTANCIAS DE COMPETENCIA. |
| 5- SE EVALUAN SEGÚN LA ESPECIALIDAD DEL ATLETA (K1.K2.K4.C1.C2) |
| 6- SE ANALIZARA POR LOS ENTRENADORES Y EL METODOLOGO LOS CAMBIOS PERTINENTES. |

CANOA FEMENINA:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1- LA EVALUACION SE REALIZARA POR PUNTOS. |  |  |  |  |  |  |  |  |  |  |
| 2- EN PREP. GENERAL Y MIXTA SE EFECTUARA A 2000 y 4000 METROS POR SER LAS DISTANCIAS QUE EVALUAN LA POT. AEROBICA. | | | | | | | | | | |
| 3- DE EXISTIR EMPATE SE IRIA A LA DISTANCIA DE COMPETENCIA (200m-500m). | | | |  |  |  |  |  |  |  |
| 4- EN LA PREPARACION ESPECIAL Y COMPETITIVA SE EVALUAN LAS DISTANCIAS DE COMPETENCIA (200m-500m). | | | | | | |  |  |  |  |
| 5- SE EVALUAN SEGÚN LA ESPECIALIDAD DEL ATLETA (K1.K2.K4). | | | | | |  |  |  |  |  |
| 6- SE ANALIZARA POR LOS ENTRENADORES Y EL METODOLOGO LOS CAMBIOS PERTINENTES. | | | | | |  |  |  |  |  |

**ANEXO 11**

**SOBRE LAS MEDIDAS DE LAS PALAS**

**KAYAK MASCULINO**

El largo de la pala oscila entre 2,16 a 2,23. Esto es válido para todas las categorías.

Medidas de las paletas:

Para la categoría 10-12 desde 45.0 a 49.0 de largo y de 15.8 a 16.8 de ancho.

Para la categoría 13-15 desde 49.0 a 50.0 de largo y de 14.4 a 15.8 de ancho.

Para la categoría 16-18 desde 50.0 a 51.6 de largo y de 16.8 a 17.0 de ancho.

Para la categoría Mayor hasta 52.0 de largo y hasta 17.5 de ancho.

KAYAK FEMENINO

El largo de la pala oscila entre 2.10 a 2,14. Esto es válido para todas las categorías.

Medidas de la paleta:

Para la categoría 10-12 desde 45.0 a 45.3 de largo y de 14.4 a 15.1 de ancho.

Para la categoría 13-15 desde 45.3 a 49.0 de largo y de 14.4 a 15.8 de ancho.

Para la categoría 16-18 desde 49.0 a 49.5 de largo y de 15.8 a 16.3 de ancho.

Para la categoría Mayor hasta 50.0 de largo y hasta 16.8 de ancho.

En el caso del kayak, el largo de la pala se determinará en dependencia de la estatura del atleta. (Tener en cuenta la talla del atleta sentado y la braza).

CANOA

El largo de la pala está determinado por la estatura del atleta y se medirá parando el atleta frente a la pala y el mango quedará sobre las cejas del atleta.

**Medidas de la paleta:**

Para la categoría 10-12 desde 47 a 50 de largo y de 16.0 a 18.5 de ancho.

Para la categoría 13-15 desde 48 a 50 de largo y de 18.5 a 22 de ancho.

Para la categoría 16-18, 50 de largo y de 22 a 23 de ancho.

Para la categoría Mayor, 50 de largo y hasta 24 de ancho.

**ANEXO 12**

SOBRE EL TRABAJO DE LA FUERZA GENERAL

**F-1**

**MÁXIMO NUMERO DE REPET.**

95-100 % 1 - 2

90-94 % 2 - 3

85-89 % 4 - 5

80-84 % 6 - 7

75-79% 8 - 10

70-74 % 11 - 12

60-69 % 13 - 20

**F-2**

**INTENSIDAD TRABAJO EFECTIVO**

80-100 % 1- Máxima fuerza

2- Hipertrofia

60-80 % 1- Hipertrofia

2- Máxima fuerza

3- Resistencia anaeróbica

4- Fuerza explosiva

30-50 % 1- Resistencia aeróbica

2- Fuerza explosiva

3- Fuerza rápida

**FRECUENCIA Y DURACIÓN DEL PROGRAMA DE ENTRENAMIENTO (SUPER COMPENSACIÓN)**

1. 3 a 4 sesiones/semana
2. +- 48 hrs
3. Duración del período, óptima efectividad 6-8 semanas

**INTERVALO % ESTIMULO**

**AGUA**

RG 6 a 8 HORAS

**Z1** -½ a ¾ días - 12 a 18 horas **Z2** - 1 a 1 ½ días – 24 a 36 horas

**Z3** – 1 ½a 3 días – 36 a 72 horas **Z4** - 2 a 3 días – 48 a 72 horas

**Z5** - + de 3días - + 72 horas **Z6** - 1 a 3 días - 24 a 72 horas

**TIERRA**

**Fzamax**- 3 días – 60 a 96 horas

**Fza. Resis**. – 2 a 2 ½ días – 48 a 60 horas

**Fza. Hipert.** – 1a 1 ½ días – 24 a 36 horas

**Fza. Explos.** – 2 a 2 ½ días – 48 a 60 horas

**Carrera**- 2 a 2 ½ días – 48 a 60 horas

**Flexivil**. – 1 a 2 días – 24 a 48 horas

**Capac. Coord**. – 1 a 2 días – 24 a 48 horas

**Trote compensatório** – 6 a 12 horas