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**IX SIMPÒSIUM
INTERNACIONAL
DE CAIAC DE MAR
2023**

SATURDAY, April 1st

Timing	Workshop	Level
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8:45 a 9:30	Briefing	Everybody
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All day		
10:00 a 17:00	Incidence Management	Intermediate / advanced
10:00 a 17:00	Group Leadership	Intermediate / advanced
10:00 a 17:00	Storm rolls	Intermediate / advanced

Morning		
10:00 a 13:00	Forward paddling	Beginner / Intermediate
10:00 a 13:00	Control your kayak, improve your edging	Beginner / Intermediate
10:00 a 13:00	Techniques and manoeuvres GRE paddle	Intermediate
10:00 a 13:00	Techniques and manoeuvres EUR paddle	Intermediate
10:00 a 13:00	Rescues and self-rescues	Intermediate
10:00 a 13:00	Towing and contact tows	Intermediate
10:00 a 13:00	Experimenting with GRE paddle	Intermediate
10:00 a 13:00	Rock-hopping	Intermediate / advanced
10:00 a 13:00	Techniques and manoeuvres GRE paddle	Intermediate / advanced
10:00 a 13:00	Techniques and manoeuvres EUR paddle	Intermediate / advanced
10:00 a 13:00	Paddling and techniques with storm paddle	Intermediate / advanced

Afternoon		
14:00 a 17:00	Introduction to rolling GRE paddle	Beginner
14:00 a 17:00	Introduction to rolling EUR paddle	Beginner
14:00 a 17:00	Surfski	Beginner
14:00 a 17:00	Perfecting your roll GRE paddle	Intermediate
14:00 a 17:00	Perfecting your roll EUR paddle	Intermediate
14:00 a 17:00	Improve your balance and confidence	Intermediate
14:00 a 17:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 a 17:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 a 17:00	Rescues and self-rescues	Intermediate
14:00 a 17:00	Self-rescues and rolls in conditions	Intermediate / advanced
14:00 a 17:00	Rock-hopping	Intermediate / advanced
14:00 a 17:00	Greenland rolling (different rolls)	Intermediate / advanced

17:30 a 18:00	Stretching	Everybody
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18:30	Inaugural Event	Everybody
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**IX SIMPÒSIUM
INTERNACIONAL
DE CAIAC DE MAR
2023**

SUNDAY, April 2nd

Timing	Workshop	Level
8:45 a 9:30	Briefing	Everybody

All day		
10:00 a 17:00	Incidence Management	Intermediate / advanced
10:00 a 17:00	Group Leadership	Intermediate / advanced

Morning		
10:00 a 13:00	Forward paddling	Beginner / Intermediate
10:00 a 13:00	Control your kayak, improve your edging	Beginner / Intermediate
10:00 a 13:00	Techniques and manoeuvres GRE paddle	Intermediate
10:00 a 13:00	Techniques and manoeuvres EUR paddle	Intermediate
10:00 a 13:00	Rescues and self-rescues	Intermediate
10:00 a 13:00	Towing and contact tows	Intermediate
10:00 a 13:00	Experimenting with GRE paddle	Intermediate
10:00 a 13:00	Rock-hopping	Intermediate / advanced
10:00 a 13:00	Techniques and manoeuvres GRE paddle	Intermediate / advanced
10:00 a 13:00	Techniques and manoeuvres EUR paddle	Intermediate / advanced
10:00 a 13:00	Paddling and techniques with storm paddle	Intermediate / advanced
10:00 a 13:00	Greenland rolling (different rolls)	Intermediate / advanced

Afternoon		
14:00 a 17:00	Introduction to rolling GRE paddle	Beginner
14:00 a 17:00	Introduction to rolling EUR paddle	Beginner
14:00 a 17:00	Surfski	Beginner
14:00 a 17:00	Perfecting your roll GRE paddle	Intermediate
14:00 a 17:00	Perfecting your roll EUR paddle	Intermediate
14:00 a 17:00	Improve your balance and confidence	Intermediate
14:00 a 17:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 a 17:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 a 17:00	Rescues and self-rescues	Intermediate
14:00 a 17:00	Self-rescues and rolls in conditions	Intermediate / advanced
14:00 a 17:00	Rock-hopping	Intermediate / advanced
14:00 a 17:00	Greenland rolling (different rolls)	Intermediate / advanced

18:00 a 18:45	Stretching	Everybody
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19:30	Dinner	Everybody
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**IX SIMPÒSIUM
INTERNACIONAL
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2023**

MONDAY, April 3rd

Timing	Workshop	Level
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8:45 a 9:30	Briefing	Everybody
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All day		
10:00 a 17:00	Incidence Management	Intermediate / advanced
10:00 a 17:00	Group Leadership	Intermediate / advanced
10:00 a 17:00	Storm rolls	Intermediate / advanced
10:00 a 17:00	Navigation - theory and practice	Everybody

Morning		
10:00 a 13:00	Forward paddling	Beginner / Intermediate
10:00 a 13:00	Control your kayak, improve your edging	Beginner / Intermediate
10:00 a 13:00	Techniques and manoeuvres GRE paddle	Intermediate
10:00 a 13:00	Techniques and manoeuvres EUR paddle	Intermediate
10:00 a 13:00	Rescues and self-rescues	Intermediate
10:00 a 13:00	Towing and contact tows	Intermediate
10:00 a 13:00	Experimenting with GRE paddle	Intermediate
10:00 a 13:00	Rock-hopping	Intermediate / advanced
10:00 a 13:00	Techniques and manoeuvres GRE paddle	Intermediate / advanced
10:00 a 13:00	Techniques and manoeuvres EUR paddle	Intermediate / advanced
10:00 a 13:00	Paddling and techniques with storm paddle	Intermediate / advanced
10:00 a 13:00	Expedition methodology	Everybody

Afternoon		
14:00 a 17:00	Introduction to rolling GRE paddle	Beginner
14:00 a 17:00	Introduction to rolling EUR paddle	Beginner
14:00 a 17:00	Perfecting your roll GRE paddle	Intermediate
14:00 a 17:00	Perfecting your roll EUR paddle	Intermediate
14:00 a 17:00	Improve your balance and confidence	Intermediate
14:00 a 17:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 a 17:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 a 17:00	Rescues and self-rescues	Intermediate
14:00 a 17:00	Self-rescues and rolls in conditions	Intermediate / advanced
14:00 a 17:00	Rock-hopping	Intermediate / advanced
14:00 a 17:00	Greenland rolling (different rolls)	Intermediate / advanced

18:00 a 18:45	Stretching	Everybody
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19:00	Presentation of the paddling week	Everybody
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