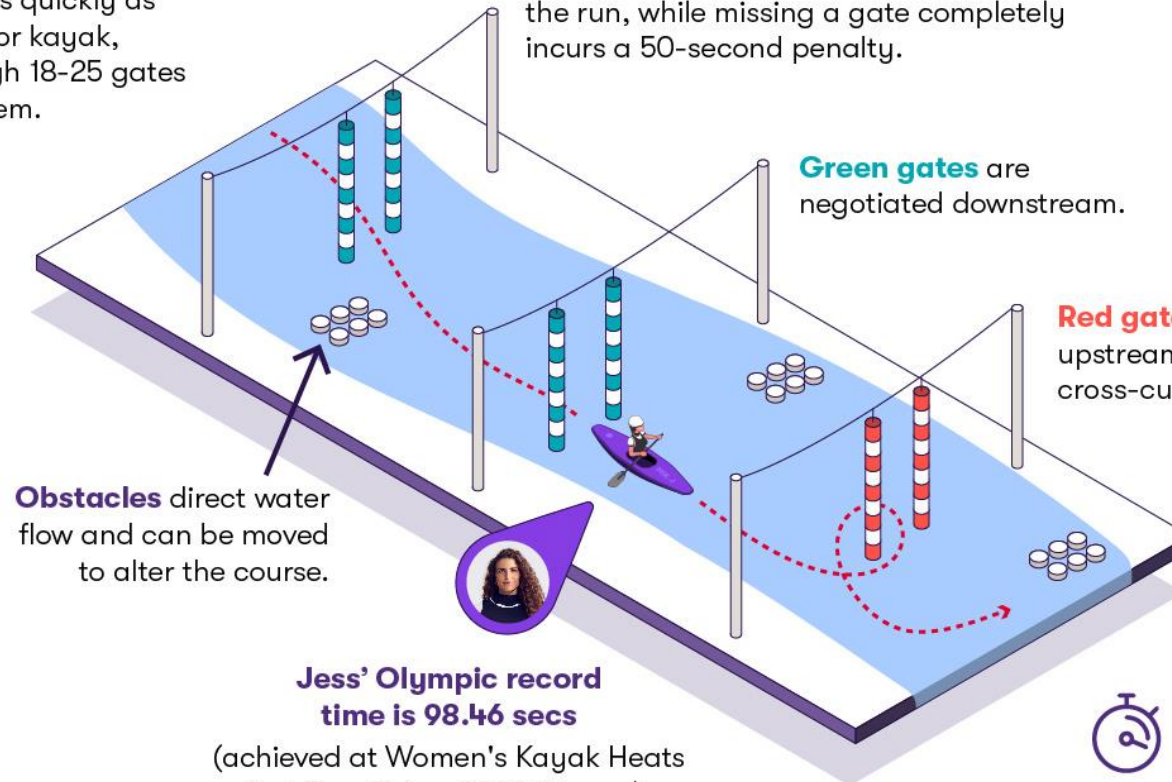




**The goal** is to complete the whitewater course as quickly as possible in a canoe or kayak, manoeuvring through 18-25 gates without touching them.

**Gates** consist of two striped poles suspended above the water. Touching a gate adds a two-second time penalty to the run, while missing a gate completely incurs a 50-second penalty.



**Green gates** are negotiated downstream.

**Red gates** must be negotiated upstream and require challenging cross-current moves.

**Obstacles** direct water flow and can be moved to alter the course.

**Jess' Olympic record time is 98.46 secs**

(achieved at Women's Kayak Heats 2nd Run, Tokyo 2020 Games).



**Time** taken to run the course in seconds is added to penalty seconds incurred to give the overall time. **The competitor with the best combined time wins gold.**

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