

2nd & 3rd July 2022
Saturday

07:30	Course opens						
07:45	Warm-up period opens						
08:15	Start gate practise opens at 200m						
08:45	Start gate practise and warm-up closes						
1	09:00	Boys U16	K1	1000	H1		
2	09:03	Boys U16	K1	1000	H2		
3	09:06	Boys U16	K1	1000	H3		
4	09:09	Boys U16	K1	1000	H4		
5	09:15	Boys U18	K1	1000	H1		
6	09:18	Boys U18	K1	1000	H2		
7	09:21	Boys U18	K1	1000	H3		
8	09:24	Men U23	K1	1000	H1		
9	09:27	Men U23	K1	1000	H2		
10	09:33	Canoe Boys U18/U16	C1	1000	F		
11	09:36	Canoe Men U23	C1	1000	F		
12	09:39	WMasters C/D	K2	1000	F		
13	09:42	Boys U14	K2	1000	H1		
14	09:45	Boys U14	K2	1000	H2		
15	09:57	Girls U14	K1	500	H1		
16	10:00	Girls U14	K1	500	H2		
17	10:03	Girls U16	K1	500	H1		
18	10:06	Girls U16	K1	500	H2		
19	10:09	Girls U16	K1	500	H3		
20	10:15	Girls U18	K1	500	H1		
21	10:18	Girls U18	K1	500	H2		
22	10:21	Girls U18	K1	500	H3		
23	10:24	Women U23	K1	500	H1		
24	10:27	Women U23	K1	500	H2		
25	10:30	Masters C/D	K1	500	H1		
26	10:33	Masters C/D	K1	500	H2		
27	10:39	Men A/B	K1	500	F		
28	10:42	Men C/D	K1	500	F		
29	10:45	Paddle-Ability 500m R1 (Sat)	K1	500	F		
30	10:57	Boys U14	K2	1000	F		
31	11:00	Boys U16	K1	1000	F1		
32	11:03	Boys U16	K1	1000	F2		
33	11:06	Boys U18	K1	1000	F1		
34	11:09	Boys U18	K1	1000	F2		
35	11:12	Men U23	K1	1000	F		
36	11:24	Women A/B/C/D + WMasters A/B	K1	500	F		
37	11:27	WMasters C/D	K1	500	F		
38	11:30	Men A + Masters A/B	K2	500	F		
39	11:33	Canoe Men A-D/Women A-D	C1	500	F		
40	11:36	Girls U14	K1	500	F		
41	11:39	Girls U16	K1	500	F1		
42	11:42	Girls U16	K1	500	F2		
43	11:48	Girls U18	K1	500	F1		
44	11:51	Girls U18	K1	500	F2		
45	11:57	Women U23	K1	500	F		
46	12:00	Masters C/D	K1	500	F		
47	12:03	Boys Intermediate	K1	500	F		
48	12:15	Para Men KL2/3 R1 (Sat)	K1	200	F		
49	12:18	Para Women KL2/3 R1 (Sat)	K1	200	F		
50	12:21	Canoe Girls U18/U16	C1	200	F		
51	12:24	Canoe Women U23	C1	200	F		
52	12:30	Lightning A	K1	200	H1		
53	12:33	Lightning A	K1	200	H2		
54	12:36	Lightning B	K1	200	H1		
55	12:39	Lightning B	K1	200	H2		
56	12:48	Girls Intermediate	K1	500	F		
57	12:51	Boys U14	K1	500	H1		
58	12:54	Boys U14	K1	500	H2		
59	12:57	Boys U14	K1	500	H3		
60	13:03	Boys U16	K1	500	H1		
61	13:06	Boys U16	K1	500	H2		
62	13:09	Boys U16	K1	500	H3		
63	13:12	Boys U16	K1	500	H4		
64	13:15	Boys U16	K1	500	H5		
65	13:18	Boys U16	K1	500	H6		
66	13:24	Boys U18	K1	500	H1		
67	13:27	Boys U18	K1	500	H2		
68	13:30	Boys U18	K1	500	H3		
69	13:33	Boys U18	K1	500	H4		
70	13:39	Men U23	K1	500	H1		
71	13:42	Men U23	K1	500	H2		
72	13:45	Men U23	K1	500	H3		
73	13:48	Masters C/D	K2	500	F		
74	13:57	Girls U18	K1	200	H1		
75	14:00	Girls U18	K1	200	H2		
76	14:03	Girls U18	K1	200	H3		
77	14:06	Women U23	K1	200	H1		
78	14:09	Women U23	K1	200	H2		
79	14:12	Girls U14	K1	200	H1		
80	14:15	Girls U14	K1	200	H2		
81	14:18	Girls U14	K1	200	H3		
82	14:21	Girls U16	K1	200	H1		
83	14:24	Girls U16	K1	200	H2		
84	14:30	Para Men KL2/3 R2 (Sat)	K1	200	F		
85	14:33	Para Women VL2/3 + Men VL2 R1	V1	200	F		
86	14:36	Canoe Men A-D/Women A-D	C1	200	F		
87	14:39	Paddle-Ability 200m R1 (Sat)	K1	200	F		
88	14:51	Boys U14	K1	500	F1		
89	14:54	Boys U14	K1	500	F2		
90	14:57	Boys U16	K1	500	F1		
91	15:00	Boys U16	K1	500	F2		
92	15:03	Boys U16	K1	500	F3		
93	15:06	Canoe Boys U18/U16	C1	500	F		
94	15:09	Canoe Men/Women U23	C1	500	F		
95	15:12	Masters A/B	K1	500	F		
96	15:15	Boys U18	K1	500	F1		
97	15:18	Boys U18	K1	500	F2		
98	15:21	Men U23	K1	500	F1		
99	15:24	Men U23	K1	500	F2		
100	15:39	Girls U14	K1	200	F1		
101	15:42	Girls U14	K1	200	F2		
102	15:45	Girls U16	K1	200	F		
103	15:48	Girls U18	K1	200	F1		
104	15:51	Girls U18	K1	200	F2		
105	15:54	Women U23	K1	200	F		
106	15:57	Women A/B/C/D	K1	200	F		
107	16:00	WMasters C/D	K1	200	F		
108	16:03	Para Men VL2 R2 (Sat)	V1	200	F		

109	16:06	Lightning A	K1	200	F	153	09:30	Girls U18	K2	500	F
110	16:09	Lightning B	K1	200	F	154	09:33	Women U23	K2	500	F
111	16:15	Paddle-Ability 200m R2 (Sat)	K1	200	F	155	09:36	Canoe Girls U18/U16	C2	500	F
112	16:24	Boys U14	K2	500	H1	156	09:39	Paddle-Ability 500m R1 (Sun)	K1	500	F
113	16:27	Boys U14	K2	500	H2	157	09:48	Boys U16	K1	200	F1
114	16:30	Boys U16	K2	500	H1	158	09:51	Boys U16	K1	200	F2
115	16:33	Boys U16	K2	500	H2	159	09:54	Boys U16	K1	200	F3
116	16:36	Canoe Girls U18/U16	C1	500	F	160	10:00	Boys U14	K1	200	F1
117	16:39	Men U23	K2	500	H1	161	10:03	Boys U14	K1	200	F2
118	16:42	Men U23	K2	500	H2	162	10:06	Masters C/D	K1	200	F
119	16:45	Men A + Masters A/B/C/D	K4	500	F	163	10:09	Para Men VL3 R1 (Sun)	V1	200	F
120	16:48	Canoe Boys U18/U16	C4	500	F	164	10:12	Masters A/B	K1	200	F
121	16:57	Girls U16	K1	1000	H1	165	10:15	Men A/B	K1	200	F
122	17:00	Girls U16	K1	1000	H2	166	10:18	Men C/D	K1	200	F
123	17:03	Girls U18	K1	1000	H1	167	10:24	Girls U14	K2	500	F
124	17:06	Girls U18	K1	1000	H2	168	10:27	Girls U16	K2	500	F
125	17:09	Women U23	K1	1000	F	169	10:39	Boys U18	K2	1000	F
126	17:39	Boys U14	K2	500	F	170	10:42	Men U23	K2	1000	F
127	17:42	Boys U16	K2	500	F	171	10:45	Canoe Boys U18/U16	C2	1000	F
128	17:45	Boys U18	K2	500	F	172	10:51	Boys U16	K2	1000	H1
129	17:48	Men U23	K2	500	F	173	10:54	Boys U16	K2	1000	H2
130	17:51	Paddle-Ability 500m R2 (Sat)	K1	500	F	174	11:03	Lightning A/B	K4	500	F
131	18:00	Girls U14	K2	1000	F	175	11:06	Women U23 + Girls U18	K4	500	F
132	18:03	Girls U16	K1	1000	F	176	11:09	Boys U14	K4	500	F
133	18:06	Girls U18	K1	1000	F	177	11:12	Paddle-Ability 500m R2 (Sun)	K1	500	F
						178	11:42	Men A/B/C + Masters A/B	K1	1000	F
						179	11:45	Men D + Masters C/D	K2	1000	F
						180	11:48	Boys U16	K2	1000	F
						181	11:57	Girls U14	K4	500	F
						182	12:00	Canoe Mixed Juniors/U23	C2	500	F
						183	12:06	Men + Women U23	K2	500	F
						184	12:39	Kayak Mixed Juniors	K2	500	H1
						185	12:42	Kayak Mixed Juniors	K2	500	H2
						186	12:45	Kayak Mixed Juniors	K2	500	H3
						187	13:09	Men U23	K1	200	H1
						188	13:12	Men U23	K1	200	H2
						189	13:15	Men U23	K1	200	H3
						190	13:18	Para Men VL3 R2 (Sun)	V1	200	F
						191	13:45	Kayak Mixed Juniors	K2	500	F1
						192	13:48	Kayak Mixed Juniors	K2	500	F2
						193	13:57	Canoe Boys U18/U16	C1	5000	F
						194	14:36	Men U23	K1	200	F1
						195	14:39	Men U23	K1	200	F2
						196	14:42	Boys U18	K1	200	H1
						197	14:45	Boys U18	K1	200	H2
						198	14:51	Boys U16	K4	500	F
						199	14:54	Girls U16	K4	500	F
						200	15:03	Women U23	K1	5000	F
						201	15:09	Girls U18	K1	5000	F
						202	15:39	Boys U18	K1	200	F
						203	15:57	Men U23	K1	5000	F
						204	16:30	Boys U18	K1	5000	F

Sunday

07:30 Course opens
07:45 Warm-up period opens
08:00 Start gate practise opens at 200m
08:15 Start gate practise and warm-up closes

134	08:30	Boys U16	K1	200	H1	186	12:45	Kayak Mixed Juniors	K2	500	H3
135	08:33	Boys U16	K1	200	H2	187	13:09	Men U23	K1	200	H1
136	08:36	Boys U16	K1	200	H3	188	13:12	Men U23	K1	200	H2
137	08:39	Boys U16	K1	200	H4	189	13:15	Men U23	K1	200	H3
138	08:42	Boys U16	K1	200	H5	190	13:18	Para Men VL3 R2 (Sun)	V1	200	F
139	08:45	Boys U14	K1	200	H1	191	13:45	Kayak Mixed Juniors	K2	500	F1
140	08:48	Boys U14	K1	200	H2	192	13:48	Kayak Mixed Juniors	K2	500	F2
141	08:51	Boys U14	K1	200	H3	193	13:57	Canoe Boys U18/U16	C1	5000	F
142	08:54	Masters C/D	K1	200	H1	194	14:36	Men U23	K1	200	F1
143	08:57	Masters C/D	K1	200	H2	195	14:39	Men U23	K1	200	F2
144	09:03	Girls U14	K2	500	H1	196	14:42	Boys U18	K1	200	H1
145	09:06	Girls U14	K2	500	H2	197	14:45	Boys U18	K1	200	H2
146	09:09	Girls U16	K2	500	H1	198	14:51	Boys U16	K4	500	F
147	09:12	Girls U16	K2	500	H2	199	14:54	Girls U16	K4	500	F
148	09:15	Men U23 + Boys U18	K4	500	F	200	15:03	Women U23	K1	5000	F
149	09:18	Canoe Boys U18/U16	C2	500	F	201	15:09	Girls U18	K1	5000	F
150	09:21	WMasters C/D	K2	500	F	202	15:39	Boys U18	K1	200	F
151	09:24	Lightning A	K2	500	F	203	15:57	Men U23	K1	5000	F
152	09:27	Lightning B	K2	500	F	204	16:30	Boys U18	K1	5000	F

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