



7th – 9th June 2024

National Championship events

Friday

	12:45	Warm-up period closes			
1	13:00	Para Men KL3 R1	K1	200	F
2	13:05	Para Women KL3 R1	K1	200	F
3	13:10	Para Women KL1/2 R1	K1	200	F
4	13:15	Para Men VL3 R1	V1	200	F
5	15:00	Para Men KL3 R2	K1	200	F
6	15:05	Para Women KL3 R2	K1	200	F
7	15:10	Para Women KL1/2 R2	K1	200	F
8	15:15	Para Men VL3 R2	V1	200	F
9	17:00	Para Men KL3 R3	K1	200	F
10	17:05	Para Women KL3 R3	K1	200	F
11	17:10	Para Women KL1/2 R3	K1	200	F
12	17:15	Para Men VL3 R3	V1	200	F

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			
13	09:00	Boys U18/U16	K2	500	H1
14	09:04	Boys U18/U16	K2	500	H2
15	09:08	Boys U18/U16	K2	500	H3
16	09:12	Boys U18/U16	K2	500	H4
17	09:16	Mixed U14	K2	500	F
18	09:20	Intermediate Boys	K1	500	H1
19	09:24	Intermediate Boys	K1	500	H2
20	09:32	Men C/D	K2	500	F
21	09:32	Masters O64	K2	500	F
22	09:40	Girls U16	K1	500	H1
23	09:44	Girls U16	K1	500	H2
24	09:48	Girls U18	K1	500	H1
25	09:52	Girls U18	K1	500	H2
26	09:56	Women U23	K1	500	H1
27	10:00	Women U23	K1	500	H2
28	10:04	Paddle-Ability (Sat) R1	K1	500	F
29	10:16	W Masters O34	K1	500	F
30	10:16	W Masters O44	K1	500	F
31	10:16	W Masters O54	K1	500	F
32	10:24	Canoe A-D	C2	500	F
33	10:24	Canoe Men U23+U18/U16	C2	500	F
34	10:32	Boys U18/U16	K2	500	F1
35	10:36	Boys U18/U16	K2	500	F2
36	10:40	Men U23	K2	500	F
37	10:44	Men A/B	K2	500	F
38	10:52	Intermediate Boys	K1	500	F
39	10:56	Intermediate Girls	K1	500	F
40	11:00	Girls U14	K1	500	F
41	11:08	Girls U16	K1	500	F
42	11:12	Girls U18	K1	500	F
43	11:16	Women U23	K1	500	F
44	11:20	Women A/B	K1	500	F

45	11:24	Mini Sprint A	K1	500	H1
46	11:28	Mini Sprint A	K1	500	H2
47	11:32	Paddle-Ability (Sat) R2	K1	500	F
48	11:44	Masters O34 O44	K4	1000	F
49	11:48	Boys U14	K1	1000	F
50	11:52	W Masters O34	K2	1000	F
51	11:52	W Masters O44	K2	1000	F
52	11:52	W Masters O54	K2	1000	F
53	12:00	Boys U16	K1	1000	H1
54	12:04	Boys U16	K1	1000	H2
55	12:08	Boys U16	K1	1000	H3
56	12:12	Boys U16	K1	1000	H4
57	12:20	Boys U18	K1	1000	H1
58	12:24	Boys U18	K1	1000	H2
59	12:28	Boys U18	K1	1000	H3
60	12:32	Boys U18	K1	1000	H4
61	12:36	Men U23	K1	1000	H1
62	12:40	Men U23	K1	1000	H2
63	12:44	Men A/B	K1	1000	F
64	12:52	Girls U16	K1	1000	H1
65	12:56	Girls U16	K1	1000	H2
66	13:00	Girls U18	K1	1000	H1
67	13:04	Girls U18	K1	1000	H2
68	13:08	Girls U14	K2	1000	F
69	13:24	Para Women VL2/3 R1	C1	200	F
70	13:28	Masters O54	K1	200	H1
71	13:32	Masters O54	K1	200	H2
72	13:36	Masters O64	K1	200	F
73	13:40	Paddle-Ability (Sat) R1	K1	200	F
74	13:52	Boys U16	K1	1000	F1
75	13:56	Boys U16	K1	1000	F2
76	14:00	Boys U18	K1	1000	F1
77	14:04	Boys U18	K1	1000	F2
78	14:08	Girls U16	K1	1000	F
79	14:12	Girls U18	K1	1000	F
80	14:16	Women U23	K1	1000	F
81	14:16	Women A/B	K1	1000	F
82	14:24	Men U23	K1	1000	F
83	14:28	Canoe Men U23+U18/U16	C1	1000	F
84	15:00	Mini Sprint A	K1	500	F
85	15:04	Mini Sprint B	K1	500	F
86	15:08	Girls U14	K4	500	F
87	15:08	Women C/D	K4	500	F
88	15:08	Masters O54/O64	K4	500	F
89	15:16	Mixed U18/U16	K2	500	H1
90	15:20	Mixed U18/U16	K2	500	H2
91	15:24	Mixed U18/U16	K2	500	H3
92	15:28	Mixed U23	K2	500	H1
93	15:32	Mixed U23	K2	500	H2
94	15:48	Masters O34	K1	200	F
95	15:52	Masters O44	K1	200	F
96	15:56	Masters O54	K1	200	F
97	16:00	Para Women VL2/3 R2	C1	200	F
98	16:04	Canoe A-D	C1	200	F
99	16:08	Paddle-Ability (Sat) R2	K1	200	F
100	16:20	Mixed U18/U16	K2	500	F1

101	16:24	Mixed U18/U16	K2	500	F2
102	16:28	Mixed U23	K2	500	F
103	16:32	Boys U14	K2	500	F
104	16:40	W Masters O34	K2	500	F
105	16:40	W Masters O44	K2	500	F
106	16:40	W Masters O54	K2	500	F
107	16:48	Women C/D	K1	500	F
108	16:52	Women U23	K4	500	F
109	16:52	Women A/B	K4	500	F
110	16:52	Men A/B	K4	500	F
111	17:04	Para Women VL2/3 R3	C1	200	F
112	17:16	Girls U18/U16	K4	500	F
113	17:24	Boys U18/U16	K2	1000	H1
114	17:28	Boys U18/U16	K2	1000	H2
115	17:32	Boys U18/U16	K2	1000	H3
116	17:40	Boys U14	K2	1000	F
117	17:48	Men C/D	K1	1000	F
118	18:04	Masters O34	K1	1000	F
119	18:04	Masters O44	K1	1000	F
120	18:12	Masters O54	K1	1000	F
121	18:16	Men U23	K2	1000	F
122	18:24	Boys U18/U16	K2	1000	F1
123	18:28	Boys U18/U16	K2	1000	F2

Sunday

07:30 Course opens
07:45 Warm-up period opens
08:15 Warm-up period closes

124	08:32	Intermediate Crews	K2	500	F
125	08:36	Boys U14	K1	500	H1
126	08:40	Boys U14	K1	500	H2
127	08:48	Boys U16	K1	500	H1
128	08:52	Boys U16	K1	500	H2
129	08:56	Boys U16	K1	500	H3
130	09:00	Boys U16	K1	500	H4
131	09:08	Boys U18	K1	500	H1
132	09:12	Boys U18	K1	500	H2
133	09:16	Boys U18	K1	500	H3
134	09:20	Boys U18	K1	500	H4
135	09:28	Men U23	K1	500	H1
136	09:32	Men U23	K1	500	H2
137	09:36	Men U23	K1	500	H3
138	09:44	Girls U18/U16	K2	500	H1
139	09:48	Girls U18/U16	K2	500	H2
140	09:52	Masters O54	K1	500	H1
141	09:56	Masters O54	K1	500	H2
142	10:04	Mini Sprint A	K4	500	F
143	10:12	Women U23	K2	500	F

144	10:16	Men C/D	K1	500	H1
145	10:20	Men C/D	K1	500	H2
146	10:28	Masters O64	K1	500	F
147	10:32	Masters O44	K1	500	F
148	10:36	Masters O34	K1	500	F
149	10:40	Girls U14	K2	500	F
150	10:40	Women C/D	K2	500	F
151	10:48	Boys U14	K1	500	F
152	10:52	Boys U16	K1	500	F1
153	10:56	Boys U16	K1	500	F2
154	11:04	Boys U18	K1	500	F1
155	11:08	Boys U18	K1	500	F2
156	11:16	Men U23	K1	500	F1
157	11:20	Men U23	K1	500	F2
158	11:24	Men A/B	K1	500	F
159	11:32	Girls U18/U16	K2	500	F
160	11:36	Masters O54	K1	500	F
161	11:40	Men C/D	K1	500	F
162	11:48	Mini Sprint A	K2	500	F
163	11:52	Mini Sprint B	K2	500	F
164	11:56	Boys U14	K4	500	F
165	11:56	W Masters O34/O44	K4	500	F
166	12:04	Canoe A-D	C1	500	F
167	12:04	Canoe Men U23+U18/U16	C1	500	F
168	12:20	Girls U14	K1	200	F
169	12:28	Women U23	K1	200	H1
170	12:32	Women U23	K1	200	H2
171	12:36	Girls U16	K1	200	H1
172	12:40	Girls U16	K1	200	H2
173	12:44	Girls U18	K1	200	H1
174	12:48	Girls U18	K1	200	H2
175	12:56	Women C/D	K1	200	F
176	13:00	W Masters O44	K1	200	F
177	13:00	W Masters O54	K1	200	F
178	13:36	Intermediate Crews	K2	200	F
179	13:44	Women A/B	K1	200	F
180	13:48	Women U23	K1	200	F
181	13:52	Girls U16	K1	200	F
182	13:56	Girls U18	K1	200	F
183	14:08	Canoe A-D	C2	1000	F
184	14:08	Canoe Men U23+U18/U16	C2	1000	F
185	14:16	Men A/B	K2	1000	F
186	14:20	Masters O54	K2	1000	F
187	14:24	Masters O64	K2	1000	F
188	14:32	Men C/D	K2	1000	F
189	14:32	Women C/D	K2	1000	F
190	14:48	Masters O34	K2	500	F
191	14:52	Masters O44	K2	500	F
192	15:00	Boys U18/U16	K4	500	F
193	15:04	Men U23	K4	500	F

Social media

Why not subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we'll be sharing sprint-related photos and videos going forward.

Please use the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

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