

15th & 16th April 2023
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 B	K1	1000	H1
2	09:04 Boys B	K1	1000	H2
3	09:08 Boys B	K1	1000	H3
4	09:12 Boys B	K1	1000	H4
5	09:16 Boys A	K1	1000	H1
6	09:20 Boys A	K1	1000	H2
7	09:28 Senior Men	K1	1000	H1
8	09:32 Senior Men	K1	1000	H2
9	09:36 Senior Men	K1	1000	H3
10	09:40 Men B + Masters A	K1	1000	F
11	09:44 Men C + Masters B	K1	1000	F
12	09:52 Girls B	K1	1000	H1
13	09:56 Girls B	K1	1000	H2
14	10:00 Girls D	K2	1000	H1
15	10:04 Girls D	K2	1000	H2
16	10:08 Boys C	K2	1000	F
17	10:12 Boys D	K2	1000	F
18	10:16 Boys B	K1	1000	F1
19	10:20 Boys B	K1	1000	F2
20	10:24 Boys A	K1	1000	F
21	10:36 Senior Women	K1	500	H1
22	10:40 Senior Women	K1	500	H2
23	10:44 Senior Women	K1	500	H3
24	10:48 Girls A	K1	500	H1
25	10:52 Girls A	K1	500	H2
26	10:56 Boys Intermediate	K1	500	H1
27	11:00 Boys Intermediate	K1	500	H2
28	11:12 Girls B	K1	1000	F
29	11:16 Girls C	K2	1000	F
30	11:20 Girls D	K2	1000	F
31	11:24 Senior Men	C1	1000	F
32	11:28 Men C/D + Masters B-D	K4	1000	F
33	11:36 Boys A/B	K2	1000	H1
34	11:40 Boys A/B	K2	1000	H2
35	11:44 Boys A/B	K2	1000	H3
36	11:48 Senior Men	K1	1000	F1
37	11:52 Senior Men	K1	1000	F2
38	12:04 Girls A	K1	500	F
39	12:08 Boys Intermediate	K1	500	F
40	12:12 Girls Intermediate	K1	500	F
41	12:16 Senior Women	K1	500	F1
42	12:20 Senior Women	K1	500	F2
43	12:24 Girls B	K1	500	H1
44	12:28 Girls B	K1	500	H2
45	12:32 Girls C	K4	500	F
46	12:36 Girls D	K4	500	F
47	12:40 Paddle-Ability - Sat R1	K1	500	F
48	12:52 Men D + Masters C/D	K2	1000	F
49	12:56 Boys A/B	K2	1000	F1
50	13:00 Boys A/B	K2	1000	F2

51	13:04 Girls A	K1	1000	F
52	13:36 Senior Women	C1	200	F
53	13:40 Junior A-D	C1	200	F
54	13:48 Para Men KL2/3 R1	K1	200	F
55	13:52 Para Women KL1/2/3 R1	K1	200	F
56	14:00 Women C/D + WMasters B-D	K1	200	F
57	14:04 Boys C	K1	200	H1
58	14:08 Boys C	K1	200	H2
59	14:12 Boys D	K1	200	H1
60	14:16 Boys D	K1	200	H2
61	14:20 Boys D	K1	200	H3
62	14:28 Mini Kayak + Lightning A	K1	200	F
63	14:32 Lightning B	K1	200	F
64	14:40 Paddle-Ability - Sat R1	K1	200	F
65	14:52 Senior Men	K2	500	H1
66	14:56 Senior Men	K2	500	H2
67	15:00 Girls B	K1	500	F
68	15:04 Boys A/B	K2	500	H1
69	15:08 Boys A/B	K2	500	H2
70	15:12 Boys A/B	K2	500	H3
71	15:20 Girls C	K1	500	H1
72	15:24 Girls C	K1	500	H2
73	15:28 Girls D	K1	500	H1
74	15:32 Girls D	K1	500	H2
75	15:36 Girls D	K1	500	H3
76	15:40 Women D + WMasters C/D	K2	500	F
77	16:04 Boys C	K1	200	F
78	16:08 Boys D	K1	200	F1
79	16:12 Boys D	K1	200	F2
80	16:16 Para Men KL2/3 R2	K1	200	F
81	16:20 Para Women KL1/2/3 R2	K1	200	F
82	16:28 Women B + WMasters A	K1	200	F
83	16:32 Paddle-Ability - Sat R2	K1	200	F
84	16:48 Boys A/B	K2	500	F1
85	16:52 Boys A/B	K2	500	F2
86	16:56 Girls C	K1	500	F
87	17:00 Girls D	K1	500	F1
88	17:04 Girls D	K1	500	F2
89	17:08 Canoe	C2	500	F
90	17:16 Senior Women	K2	500	F
91	17:20 Senior Men	K2	500	F
92	17:24 Girls A/B	K4	500	F
93	17:32 Boys C	K2	500	F
94	17:36 Boys D	K2	500	F
95	17:40 Men C/D + Masters B-D	K2	500	F
96	17:44 Women C/D + WMasters B-D	K1	500	F
97	17:48 Paddle-Ability - Sat R2	K1	500	F
98	18:04 Para Men KL2/3 R3	K1	200	F
99	18:08 Para Women KL1/2/3 R3	K1	200	F

Sunday

07:00	Course opens			
07:15	Warm-up period opens			
07:45	Warm-up closes			
100	08:00 Mixed Boys + Girls C/D 500m	K2	500	H1

101	08:04	Mixed Boys + Girls C/D	K2	500	H2	150	12:16	Men B + Masters A	K1	200	F
102	08:08	Mixed Boys + Girls A/B	K2	500	H1	151	12:20	Men C + Masters B	K1	200	F
103	08:12	Mixed Boys + Girls A/B	K2	500	H2	152	12:24	Men D + Masters C/D	K1	200	F
104	08:16	Senior Men	K1	500	H1	153	12:32	Para Men VL2/3 R2	V1	200	F
105	08:20	Senior Men	K1	500	H2	154	12:40	Para Women VL2/3 R2	V1	200	F
106	08:24	Senior Men	K1	500	H3	155	12:48	Women D + WMasters C/D	K2	1000	F
107	08:28	Senior Men	K1	500	H4	156	12:52	Senior Women	K1	1000	F
108	08:32	Men B + Masters A	K1	500	F	157	13:04	Senior Men	K4	500	F
109	08:36	Men C + Masters B	K1	500	H1	158	13:08	Boys A	K1	500	H1
110	08:40	Men C + Masters B	K1	500	H2	159	13:12	Boys A	K1	500	H2
111	08:44	Men D + Masters C/D	K1	500	H1	160	13:16	Boys A	K1	500	H3
112	08:48	Men D + Masters C/D	K1	500	H2	161	13:20	Boys B	K1	500	H1
113	08:56	Junior A-D	C1	500	F	162	13:24	Boys B	K1	500	H2
114	09:04	Mini Kayak + Lightning A/B	K2	500	F	163	13:28	Boys B	K1	500	H3
115	09:08	Intermediate	K2	500	F	164	13:32	Boys B	K1	500	H4
116	09:12	Mixed Boys + Girls C/D	K2	500	F	165	13:36	Boys C	K1	500	H1
117	09:16	Mixed Boys + Girls A/B	K2	500	F	166	13:40	Boys C	K1	500	H2
118	09:20	Paddle-Ability - Sun R1	K1	500	F	167	13:44	Boys D	K1	500	H1
119	09:28	Senior Women	C1	500	F	168	13:48	Boys D	K1	500	H2
120	09:32	Senior Men	C1	500	F	169	13:52	Boys D	K1	500	H3
121	09:36	Senior Women	K4	500	F	170	13:56	Girls D	K2	500	H1
122	09:44	Men C + Masters B	K1	500	F	171	14:00	Girls D	K2	500	H2
123	09:48	Men D + Masters C/D	K1	500	F	172	14:08	Mixed Men D/Masters C/D + Women			
124	09:56	Senior Men	K1	500	F1			D/WMAsters C/D	K2	500	F
125	10:00	Senior Men	K1	500	F2	173	14:12	Mixed MenA/B/Masters A + Women			
126	10:08	Boys C	K4	500	F			A/B/WMAsters A	K2	500	F
127	10:12	Boys D	K4	500	F	174	14:16	Mini Kayak + Lightning A/B	K4	500	F
128	10:28	Para Men VL2/3 R1	V1	200	F	175	14:20	Paddle-Ability - Sun R2	K1	500	F
129	10:32	Para Women VL2/3 R1	V1	200	F	176	14:28	Boys A	K1	500	F1
130	10:40	Girls B	K1	200	H1	177	14:32	Boys A	K1	500	F2
131	10:44	Girls B	K1	200	H2	178	14:36	Boys B	K1	500	F1
132	10:48	Girls D	K1	200	H1	179	14:40	Boys B	K1	500	F2
133	10:52	Girls D	K1	200	H2	180	14:44	Boys C	K1	500	F
134	10:56	Girls D	K1	200	H3	181	14:48	Boys D	K1	500	F1
135	11:00	Men B + Masters A	K1	200	H1	182	14:52	Boys D	K1	500	F2
136	11:04	Men B + Masters A	K1	200	H2	183	14:56	Girls A/B	K2	500	H1
137	11:08	Men C + Masters B	K1	200	H1	184	15:00	Girls A/B	K2	500	H2
138	11:12	Men C + Masters B	K1	200	H2	185	15:04	Girls C	K2	500	F
139	11:16	Men D + Masters C/D	K1	200	H1	186	15:08	Girls D	K2	500	F
140	11:20	Men D + Masters C/D	K1	200	H2	187	15:20	Para Men VL2/3 R3	V1	200	F
141	11:24	Intermediate	K2	200	F	188	15:24	Para Women VL2/3 R3	V1	200	F
142	11:32	Senior Women	K1	1000	H1	189	15:36	Boys A/B	K4	500	H1
143	11:36	Senior Women	K1	1000	H2	190	15:40	Boys A/B	K4	500	H2
144	11:52	Girls A	K1	200	F	191	15:52	Senior Men	K1	5000	F
145	11:56	Girls B	K1	200	F	192	15:54	Senior Women	K1	5000	F
146	12:00	Girls C	K1	200	F	193	16:04	Senior Men	C1	5000	F
147	12:04	Girls D	K1	200	F1	194	16:04	Senior Women	C1	5000	F
148	12:08	Girls D	K1	200	F2	195	16:36	Girls A/B	K2	500	F
149	12:12	Men A	K1	200	F	196	16:40	Boys A/B	K4	500	F

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