

3rd & 4th June 2023 Updated
Championship Finals & Paracanoe Finals
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	Men U23	K1	1000	H1
2	09:04	Men U23	K1	1000	H2
3	09:08	Boys U18	K1	1000	H1
4	09:12	Boys U18	K1	1000	H2
5	09:16	Boys U18	K1	1000	H3
6	09:24	Boys U16	K1	1000	H1
7	09:28	Boys U16	K1	1000	H2
8	09:32	Boys U16	K1	1000	H3
9	09:36	Boys U16	K1	1000	H4
10	09:40	Boys U14	K1	1000	H1
11	09:44	Boys U14	K1	1000	H2
12	09:48	Boys U14	K1	1000	H3
13	10:00	Women U23	K1	500	F
14	10:04	Girls U18	K1	500	H1
15	10:08	Girls U18	K1	500	H2
16	10:12	Girls U16	K1	500	H1
17	10:16	Girls U16	K1	500	H2
18	10:20	Girls U16	K1	500	H3
19	10:24	Girls U14	K1	500	H1
20	10:28	Girls U14	K1	500	H2
21	10:40	Men U23	K1	1000	F
22	10:44	Boys U18	K1	1000	F1
23	10:48	Boys U18	K1	1000	F2
24	10:52	Boys U16	K1	1000	F1
25	10:56	Boys U16	K1	1000	F2
26	11:04	Boys U14	K1	1000	F1
27	11:08	Boys U14	K1	1000	F2
28	11:12	Canoe Boys U18/U16	C1	1000	F
29	11:12	Canoe Men U23	C1	1000	F
30	11:24	Women U23	K4	500	F
31	11:28	Girls U18	K1	500	F
32	11:32	Girls U16	K1	500	F1
33	11:36	Girls U16	K1	500	F2
34	11:40	Mini Kayak + Lightning A	K1	500	H1
35	11:44	Mini Kayak + Lightning A	K1	500	H2
36	11:48	Lightning B	K1	500	H1
37	11:52	Lightning B	K1	500	H2
45	11:56	Boys Intermediate	K1	500	F
38	12:00	Men D + Masters C/D	K1	500	H1
39	12:04	Men D + Masters C/D	K1	500	H2
40	12:08	Boys U18/U16	K2	500	H1
41	12:12	Boys U18/U16	K2	500	H2
42	12:16	Boys U18/U16	K2	500	H3
43	12:20	Paddle-Ability (Sat) R1	K1	500	F
44	12:28	Girls Intermediate	K1	500	F
46	12:36	Girls U14	K1	500	F
47	12:44	Boys U14	K2	500	H1
48	12:48	Boys U14	K2	500	H2
49	12:52	Men A/B + Masters A	K1	500	F

50	12:56	Men U23	K2	500	F
51	13:00	Girls U18/U16	K4	500	F
52	13:04	Men D + Masters C/D	K1	500	F
53	13:12	Men C + Masters B	K1	500	F
54	13:16	Mini Kayak + Lightning A	K1	500	F
55	13:20	Lightning B	K1	500	F
56	13:28	Boys U18/U16	K2	500	F1
57	13:32	Boys U18/U16	K2	500	F2
58	13:48	Para Men KL2/3 R1	K1	200	F
59	13:52	Para Women KL1/2/3 R1	K1	200	F
60	13:56	Paddle-Ability (Sat) R1	K1	200	F
61	14:16	Men D + Masters C/D	K2	500	F
62	14:20	Boys U14	K2	500	F
63	14:28	Mixed U23	K2	500	F
64	14:32	Mixed U18/U16	K2	500	H1
65	14:36	Mixed U18/U16	K2	500	H2
66	14:44	Paddle-Ability (Sat) R2	K1	500	F
67	14:52	Canoe Boys U18/U16	C2	500	F
68	14:52	Canoe Men U23	C2	500	F
69	15:04	Para Men KL2/3 R2	K1	200	F
70	15:12	Para Women KL1/2/3 R2	K1	200	F
71	15:28	Women D + WMasters C/D	K1	500	F
72	15:32	Mixed U18/U16	K2	500	F1
73	15:36	Mixed U18/U16	K2	500	F2
74	15:40	Men B + Masters A + Canoe A-D	K2	500	F
75	16:08	Women U23	K1	1000	F
76	16:12	Men U23	K2	1000	F
77	16:16	Boys U14	K2	1000	F
78	16:20	Girls U14	K2	1000	F
79	16:28	Girls U18	K1	1000	H1
80	16:32	Girls U18	K1	1000	H2
81	16:36	Girls U16	K1	1000	H1
82	16:40	Girls U16	K1	1000	H2
83	16:44	Boys U18/U16	K2	1000	H1
84	16:48	Boys U18/U16	K2	1000	H2
85	16:52	Boys U18/U16	K2	1000	H3
86	17:08	Para Men KL2/3 R3	K1	200	F
87	17:16	Para Women KL1/2/3 R3	K1	200	F
88	17:24	Paddle-Ability (Sat) R2	K1	200	F
89	17:36	Girls U18	K1	1000	F
90	17:44	Girls U16	K1	1000	F
91	17:52	Boys U18/U16	K2	1000	F1
92	17:56	Boys U18/U16	K2	1000	F2

Sunday

07:00 Course opens
07:15 Warm-up period opens
07:45 Warm-up period closes

93	08:00	Men U23	K1	500	H1
94	08:04	Men U23	K1	500	H2
95	08:08	Men U23	K1	500	H3
96	08:16	Girls U18/U16	K2	500	H1
97	08:20	Girls U18/U16	K2	500	H2
98	08:28	Boys U18	K1	500	H1

99	08:32	Boys U18	K1	500	H2	134	12:12	Girls U16	K1	200	H1
100	08:36	Boys U18	K1	500	H3	135	12:16	Girls U16	K1	200	H2
101	08:40	Boys U18	K1	500	H4	136	12:20	Girls U16	K1	200	H3
102	08:48	Boys U16	K1	500	H1	137	12:24	Girls U14	K1	200	F
103	08:52	Boys U16	K1	500	H2	138	12:28	Intermediate Crews	K2	200	F
104	08:56	Boys U16	K1	500	H3	139	12:40	Boys U18/U16	K4	500	H1
105	09:00	Boys U16	K1	500	H4	140	12:44	Boys U18/U16	K4	500	H2
106	09:08	Boys U14	K1	500	H1	141	12:52	Boys U14	K4	500	F
107	09:12	Boys U14	K1	500	H2	142	13:00	Canoe Boys U18/U16	C1	500	F
108	09:16	Boys U14	K1	500	H3	143	13:00	Canoe Men U23	C1	500	F
109	09:24	Men/Women D+Masters/WMasters C/D	K4	500	F	144	13:12	Men A/B + Masters A + Canoe A-D	K2	1000	F
110	09:28	Intermediate Crews	K2	500	F	145	13:16	Men D + Masters C/D	K2	1000	F
111	09:32	Mini Kayak + Lightning A	K2	500	F	146	13:20	Women D + WMasters C/D	K2	1000	F
112	09:36	Lightning B	K2	500	F	147	13:36	Para Men VL2/3 R2	V1	200	F
113	09:44	Men U23	K1	500	F1	148	13:44	Para Women VL2/3 R2	V1	200	F
114	09:48	Men U23	K1	500	F2	149	13:52	Women U23	K1	200	F
115	09:56	Women U23	K2	500	F	150	14:00	Girls U18	K1	200	F
116	10:04	Girls U18/U16	K2	500	F1	151	14:08	Girls U16	K1	200	F1
117	10:08	Girls U18/U16	K2	500	F2	152	14:12	Girls U16	K1	200	F2
118	10:16	Girls U14	K2	500	F	153	14:28	Boys U18/U16	K4	500	F
119	10:28	Boys U18	K1	500	F1	154	14:32	Lightning B	K4	500	F
120	10:32	Boys U18	K1	500	F2	155	14:36	Mini Kayak + Lightning A	K4	500	F
121	10:40	Boys U16	K1	500	F1	156	14:44	Canoe A-D	C1	500	F
122	10:44	Boys U16	K1	500	F2	157	14:48	Women D + WMasters C/D	K2	500	F
123	10:52	Boys U14	K1	500	F1	158	14:52	Paddle-Ability (Sun) R2	K1	500	F
124	10:56	Boys U14	K1	500	F2	159	15:12	Canoe Boys U18/U16	C1	5000	F
125	11:00	Paddle-Ability (Sun) R1	K1	500	F	160	15:16	Canoe Men U23	C1	5000	F
126	11:08	Men U23	K4	500	F	161	15:44	Para Men VL2/3 R3	V1	200	F
127	11:20	Men A/B + Masters A	K1	1000	F	162	15:48	Para Women VL2/3 R3	V1	200	F
128	11:24	Men C + Masters B	K1	1000	F	163	15:56	Women B + WMasters A + Canoe A-D	K1	200	F
129	11:28	Canoe Boys U18/U16	C2	1000	F	164	16:12	Girls U18	K1	5000	F
130	11:44	Para Men VL2/3 R1	V1	200	F	165	16:16	Women U23	K1	5000	F
131	11:52	Para Women VL2/3 R1	V1	200	F	166	16:44	Boys U18	K1	5000	F
132	12:00	Girls U18	K1	200	H1	167	17:12	Men U23	K1	5000	F
133	12:04	Girls U18	K1	200	H2						

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.

Hashtags #nottsregatta #canoesprintlegends