\*\*Pre-Paid Admission recommended \*\*

#### Wednesday July 27th:

Coaches Meeting: at 21:00- Room 159 Spruce Ridge School

#### Thursday July 28th

Event #	Time	Event #	Boat	Male /	(Heat	
				Female	/Final)	
	8:30	Opening Ceremonies				
1	9:00	1000m	K1	Female	Heat 1	
2	9:15	1000m	K2	Male	Heat 1	
3	9:30	1000m	C2	Female	Heat 1	
4	9:45	1000m	K1	Female	Heat 2	
5	10:00	1000m	K2	Male	Heat 2	
6	10:15	1000m	C2	Female	Heat 2	
7	10:30	1000m	K1	Male	Heat 1	
8	10:45	1000m	K2	Female	Heat 1	
9	11:00	1000m	C2	Male	Heat 1	
10	11:15	1000m	K1	Male	Heat 2	
11	11:30	1000m	K2	Female	Heat 2	
12	11:45	1000m	C2	Male	Heat 2	
13	12:00	1000m	K1	Female	Heat 3	
14	12:15	1000m	K1	Male	Heat 3	
		LUNCH				
15	13:15	4000m	C2	Mixed	Final	
16	14:20	1000m	K2	Female	Final	
17	14:35	1000m	C2	Male	Final	
		COURSE BREAK				
18	15:10	4000m	K2	Male	Final	
19	16:10	4000m	C2	Female	Final	
		Medal Presentation				

# **CANOE/KAYAK SCHEDULE:**

### Friday July 29th

Event #	Time	Event (Heat #/Final)	Boat	Male / Female	Heat / Final
20	8:30	1000m	K2	Mixed	Heat 1
21	8:45	1000m	C2	Mixed	Heat 1
22	9:00	1000m	K2	Mixed	Heat 2
23	9:15	1000m	C2	Mixed	Heat 2
		COURSE BREAK			
24	10:00	1000m	K2	Mixed	Final
25	10:15	1000m	C2	Mixed	Final
26	10:30	200m	C2	Female	Heat 1
27	10:40	200m	K2	Mixed	Heat 1
28	10:50	200m	C2	Female	Heat 2
29	11:00	200m	K2	Mixed	Heat 2
30	11:10	200m	C2	Female	Final
31	11:20	200m	K2	Mixed	Final
		Lunch			
32	12:15	1000m	K1	Male	Final
33	12:30	1000m	K1	Female	Final
34	12:45	4000m	K1	Male	Final
35	13:45	4000m	K2	Female	Final
36	14:45	4000m	C2	Male	Final
37	15:45	4000m	K1	Female	Final
38	16:45	1000m	K2	Male	Final
39	17:00	1000m	C2	Female	Final
40	17:15	1000m	C4	Mixed	Final
		Medal Presentation			

# CANOE/KAYAK SCHEDULE:

### Saturday July 30th:

Event #	Time	Event (Heat #/Final)	Boat	Male / Female	Heat / Final
41	8:30	200m	K1	Male	Heat 1
42	8:40	200m	K1	Female	Heat 1
43	8:50	200m	K1	Male	Heat 2
44	9:00	200m	K1	Female	Heat 2
45	9:10	200m	K1	Male	Heat 3
46	9:20	200m	K1	Female	Heat 3
		COURSE BREAK			
47	9:50	RELAY	K1	Mixed	Final
48	10:00	200m	K1	Male	FINAL
49	10:10	200m	K1	Female	FINAL
40	10:20	RELAY	K1	Male	FINAL
51	10:30	RELAY	K1	Female	FINAL
52	10:40	200m	C2	Male	Heat 1
53	10:50	200m	K2	Female	Heat 1
54	11:00	200m	K2	Male	Heat 1
55	11:10	200m	C2	Male	Heat 2
56	11:20	200m	K2	Female	Heat 2
57	11:30	200m	K2	Male	Heat 2
58	11:40	200m	C4	Mixed	Final
		LUNCH			
58	12:30	200m	C2	Male	Final
59	12:40	200m	K2	Female	Final
60	12:50	200m	K2	Male	Final
_	-	Medal Presentations			