

**Updated on 17/03/2022**

Start	Finish	Tuesday 19 July	Number of Slots	Interval	Elapsed Time
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00
Start	Finish	Wednesday 20 July	Number of Slots	Interval	Elapsed Time
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00
Start	Finish	Thursday 21 July	Number of Slots	Interval	Elapsed Time
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00
Start	Finish	Friday 22 July	Number of Slots	Interval	Elapsed Time
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00
Start	Finish	Saturday 23 July	Number of Slots	Interval	Elapsed Time
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00

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Start	Finish		Number of Slots	Interval	Elapsed Time
<b>Sunday 24 July</b>					
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00
<b>Monday 25 July</b>					
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	18:00:00	CSL - Training slots (10 NF groups)	10	01:00:00	10:00:00
		Interval			00:15:00
18:15:00	19:30:00	CSLX - Training slots - 1 group	1	01:15:00	01:15:00
19:30:00	20:00:00	CSL gate setting and Water off	1	00:30:00	00:30:00
<b>TEAM LEADERS MEETING</b>					
18:15:00	19:15:00	Team Leaders Meeting	1	01:00:00	01:00:00
<b>Tuesday 26 July</b>					
06:45:00	07:00:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>OFFICIAL TRAINING</b>					
07:15:00	08:00:00	CSL - Free Training & Forerunners	1	00:45:00	00:45:00
08:00:00	15:30:00	CSL - Training slots (10 NF groups)	10	00:45:00	07:30:00
<b>1ST ITOs MEETING</b>					
14:00:00	15:00:00	1st CSL ITOs Meeting	1	01:00:00	01:00:00
<b>TEAM EVENTS COURSE</b>					
16:00:00	18:00:00	Team events - Course construction	1	02:00:00	02:00:00
<b>OPENING CEREMONY</b>					
19:00:00	20:00:00	Opening Ceremony	1	01:00:00	01:00:00
21:00:00	21:00:00	Water off			

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Start	Finish	Wednesday 27 July	Number of Boats	Interval	Elapsed Time
<b>07:00:00</b>	07:15:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>WEDNESDAY 27 - CANOE SLALOM - TEAM EVENTS COURSE</b>					
<b>09:00:00</b>	09:45:00	Team events - Course tuning with demonstration runners	1	00:45:00	00:45:00
09:45:00	09:57:00	Team events - Demonstration run 1 & rehearsal (full length runs - 3 teams)	3	00:04:00	00:12:00
09:57:00	10:07:00	Team events - Course approval	1	00:10:00	00:10:00
		Interval			<b>00:13:00</b>
10:20:00	10:32:00	Team events - Demonstration run 2 & rehearsal (full length runs - 3 teams)	3	00:04:00	00:12:00
		Interval			<b>00:58:00</b>
<b>CANOE SLALOM - TEAM EVENTS</b>					
<b>11:30:00</b>	11:37:30	Forerunners Team	3	00:02:30	00:07:30
		Interval			<b>00:07:30</b>
<b>11:45:00</b>	12:30:00	Women's Kayak Team	18	00:02:30	00:45:00
		Interval			00:05:00
12:35:00	13:47:30	Men's Kayak Team	29	00:02:30	01:12:30
		Interval			00:05:00
13:52:30	14:25:00	Women's Canoe Team	13	00:02:30	00:32:30
		Interval			00:05:00
14:30:00	15:15:00	Men's Canoe Team	18	00:02:30	00:45:00
		Interval			00:05:00
15:20:00	15:50:00	Gate Removal	1	00:30:00	00:30:00
		Interval			<b>00:10:00</b>
<b>CANOE SLALOM - AWARDS</b>					
<b>16:00:00</b>	16:07:00	Women's Kayak Team - Awards	1	00:07:00	00:07:00
16:07:00	16:14:00	Men's Kayak Team - Awards	1	00:07:00	00:07:00
16:14:00	16:21:00	Women's Canoe Team - Awards	1	00:07:00	00:07:00
16:21:00	16:28:00	Men's Canoe Team - Awards	1	00:07:00	00:07:00
<b>WEDNESDAY 27 - CANOE SLALOM - HEATS COURSE</b>					
<b>16:00:00</b>	17:30:00	Heats - Course construction and course setting	1	01:30:00	01:30:00
		Interval			<b>00:05:00</b>
17:35:00	18:05:00	Heats - Course tuning with demonstration runners	1	00:30:00	00:30:00
		Interval			<b>00:10:00</b>
18:15:00	18:31:00	Heats - full length demo run 1	8	00:02:00	00:16:00
18:31:00	18:41:00	Heats - Course approval	1	00:10:00	00:10:00
		Interval			<b>00:14:00</b>
18:55:00	19:11:00	Heats - full length demo run 2 & rehearsal	8	00:02:00	00:16:00
		Interval			<b>00:49:00</b>
<b>20:00:00</b>	20:00:00	Water off	1	00:00:00	00:00:00

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Start	Finish	Thursday 28 July	Number of Boats	Interval	Elapsed Time
07:00:00	07:15:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>CANOE SLALOM - FORERUNNERS - Group 1</b>					
09:00:00	09:04:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
<b>CANOE SLALOM - GROUP 1 - Heats run 1</b>					
09:15:00	10:41:00	Women's Kayak - Heats run 1	85	00:01:00	01:25:00
		Interval			00:04:00
10:45:00	12:40:00	Men's Kayak - Heats run 1	115	00:01:00	01:55:00
		Interval			01:35:00
<b>CANOE SLALOM - GROUP 1 - Heats run 2</b>					
14:15:00	15:20:00	Women's Kayak - Heats run 2	65	00:01:00	01:05:00
		Interval			00:04:00
15:24:00	16:49:00	Men's Kayak - Heats run 2	85	00:01:00	01:25:00
		Interval			00:15:00
17:04:00	17:04:00	Water OFF	1	00:00:00	00:00:00

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Start	Finish	Friday 29 July	Number of Boats	Interval	Elapsed Time
<b>07:00:00</b>	07:15:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>CANOE SLALOM - FORERUNNERS - Group 2</b>					
<b>09:00:00</b>	09:04:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
<b>CANOE SLALOM - GROUP 2 - Heats run 1</b>					
<b>09:15:00</b>	10:30:00	Women's Canoe - Heats run 1	75	00:01:00	01:15:00
		Interval			00:04:00
10:34:00	12:00:00	Men's Canoe - Heats run 1	85	00:01:00	01:25:00
		Interval			02:00:00
<b>CANOE SLALOM - GROUP 2 - Heats run 2</b>					
<b>14:00:00</b>	14:55:00	Women's Canoe - Heats run 2	55	00:01:00	00:55:00
		Interval			00:04:00
14:59:00	16:04:00	Men's Canoe - Heats run 2	65	00:01:00	01:05:00
		Interval			00:11:00
<b>FRIDAY 29 - SEMI FINAL / FINAL COURSE</b>					
<b>16:15:00</b>	17:15:00	Semi final / Final - Course construction	1	01:00:00	01:00:00
		Interval			00:05:00
17:20:00	18:05:00	Semi final / Final - Course tuning with demonstration runners	1	00:45:00	00:45:00
		Interval			00:10:00
18:15:00	18:31:00	Semi final / Final - full length demo run 1	8	00:02:00	00:16:00
18:31:00	18:41:00	Semi final / Final - Course approval	1	00:10:00	00:10:00
		Interval			00:14:00
18:55:00	19:11:00	Semi final / Final - full length demo run 2 & rehearsal	8	00:02:00	00:16:00
		Interval			00:34:00
19:45:00	19:45:00	Water OFF	1	00:00:00	00:00:00

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Start	Finish	Saturday 30 July	Number of Boats	Interval	Elapsed Time
07:00:00	07:15:00	Water on / water level stabilised	1	00:15:00	00:15:00
<b>CANOE SLALOM - FORERUNNERS - Group 1</b>					
08:45:00	08:53:00	Forerunners	4	00:02:00	00:08:00
		Interval			00:10:00
<b>Canoe Slalom - Group 1 - Semi finals</b>					
09:00:00	09:03:00	International TV feed ON	1	00:03:00	00:03:00
09:03:00	10:03:00	Women's Kayak - Semi final	30	00:02:00	01:00:00
		Interval			00:05:00
10:08:00	11:28:00	Men's Kayak - Semi final	40	00:02:00	01:20:00
11:28:00	11:30:00	International TV feed OFF	1	00:02:00	00:02:00
		Interval			00:30:00
<b>Canoe Slalom - Group 1 - Finals &amp; Medals</b>					
12:00:00	12:05:00	International TV feed ON	1	00:05:00	00:05:00
12:05:00	12:36:30	Women's Kayak - Final (1 minute 30" break after the 5th)	10	00:03:00	00:31:30
		Interval			00:05:00
12:41:30	13:13:00	Men's Kayak - Final (2 minutes break after the 5th)	10	00:03:00	00:31:30
		Interval			00:04:00
13:17:00	13:23:00	Women's Kayak - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
13:24:00	13:30:00	Men's Kayak - Medals ceremony	1	00:06:00	00:06:00
13:30:00	13:35:00	International TV feed OFF	1	00:05:00	00:05:00
		Interval			00:07:00
13:20:00	13:50:00	CSL Course removal	1	00:30:00	00:30:00
		Interval			00:05:00
<b>EXTREME CANOE SLALOM - COURSE SETTING</b>					
13:55:00	15:20:00	CSLX - Course Setting	1	01:25:00	01:25:00
		Interval			00:30:00
<b>EXTREME CANOE SLALOM - TIME TRIALS</b>					
15:50:00	15:51:40	Forerunners	2	00:00:50	00:01:40
		Interval			00:08:20
16:00:00	16:45:50	Women's Extreme Canoe Slalom - Time trials	55	00:00:50	00:45:50
		Interval			00:06:00
16:51:50	18:02:40	Men's Extreme Canoe Slalom - Time trials	85	00:00:50	01:10:50
		Interval			00:12:20
<b>CANOE SLALOM - FINAL COURSE</b>					
18:15:00	19:45:00	Course setting	1	01:30:00	01:30:00
20:00:00	20:00:00	Water off	1	00:00:00	00:00:00

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Start	Finish	Sunday 31 July	Number of Boats	Interval	Elapsed Time
<b>07:00:00</b>	07:15:00	Water on / water level stabilized	1	00:15:00	00:15:00
<b>CANOE SLALOM - FORERUNNERS - Group 2</b>					
<b>08:45:00</b>	08:53:00	Forerunners	4	00:02:00	00:08:00
		Interval			00:10:00
<b>Group 2 - Semi finals</b>					
<b>09:00:00</b>	09:03:00	International TV feed ON	1	00:03:00	00:03:00
09:03:00	10:03:00	Women's Canoe Semi final	30	00:02:00	01:00:00
		Interval			00:05:00
10:08:00	11:08:00	Men's Canoe Semi final	30	00:02:00	01:00:00
<b>11:08:00</b>	<b>11:10:00</b>	International TV feed OFF	1	00:02:00	00:02:00
		Interval			00:22:00
<b>Group 2 - Finals &amp; Medals</b>					
<b>11:30:00</b>	11:35:00	International TV feed ON	1	00:05:00	00:05:00
11:35:00	12:06:30	Women's Canoe Final (1 minute 30 " break after the 5th)	10	00:03:00	00:31:30
		Interval			00:05:00
12:11:30	12:43:00	Men's Canoe Final (1 minute 30" break after the 5th)	10	00:03:00	00:31:30
		Interval			00:04:00
12:47:00	12:53:00	Women's Canoe - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
12:54:00	13:00:00	Men's Canoe - Medals ceremony	1	00:06:00	00:06:00
13:00:00	<b>13:05:00</b>	International TV feed OFF	1	00:05:00	00:05:00
<b>EXTREME CANOE SLALOM - COURSE SETTING</b>					
<b>12:45:00</b>	14:00:00	Extreme Slalom - Course construction	1	01:15:00	01:15:00
14:00:00	14:45:00	Extreme Slalom - Course observation	1	00:45:00	00:45:00
<b>EXTREME CANOE SLALOM - HEATS PHASE</b>					
<b>14:45:00</b>	14:48:00	Extreme Slalom - Forerunners	1	00:03:00	00:03:00
		Interval			00:12:00
<b>15:00:00</b>	15:24:00	Women's Extreme Canoe Slalom - Heats	8	00:03:00	00:24:00
15:24:00	15:48:00	Men's Extreme Canoe Slalom - Heats	8	00:03:00	00:24:00
		Interval			00:12:00
<b>EXTREME CANOE SLALOM - FINAL PHASES</b>					
<b>16:00:00</b>	16:03:00	International TV feed ON	1	00:03:00	00:03:00
16:03:00	16:21:00	Women's Extreme Canoe Slalom - Quarterfinal	4	00:04:30	00:18:00
16:21:00	16:39:00	Men's Extreme Canoe Slalom - Quarterfinal	4	00:04:30	00:18:00
16:39:00	16:48:00	Women's Extreme Canoe Slalom - Semi final	2	00:04:30	00:09:00
16:48:00	16:57:00	Men's Extreme Canoe Slalom - Semi final	2	00:04:30	00:09:00
		Interval			00:02:00
16:59:00	17:03:30	Women's Extreme Canoe Slalom - Final	1	00:04:30	00:04:30
		Interval			00:02:00
17:05:30	17:10:00	Men's Extreme Canoe Slalom - Final	1	00:04:30	00:04:30
		Interval			00:05:00
17:15:00	17:21:00	Women's Extreme Canoe Slalom - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:22:00	17:28:00	Men's Extreme Canoe Slalom - Medals ceremony	1	00:06:00	00:06:00
17:28:00	<b>17:30:00</b>	International TV feed OFF	1	00:02:00	00:02:00
<b>CLOSING CEREMONY</b>					
<b>17:30:00</b>	17:36:00	CSL Nation Cups & Closing ceremony	1	00:06:00	00:06:00