

Friday 24 June 2022 - Training Day 3							
Start	Finish	Event	Phase	Heat		Duration	Location
07:45:00	17:30:00	Sport Information & Accreditation Office Open				09:45:00	Sport Info & Accreditation Office
08:00:00	17:00:00	Official Training				09:00:00	Twin Waves & Top Pool
10:00:00	17:00:00	Open Training (booked through Sport Info)				07:00:00	Below Jaws
10:00:00	17:00:00	ICF Development Camp				07:00:00	Raft Lounge & course
16:00:00	16:30:00	ICF-HOC Daily Meeting				00:30:00	ICF Office Course Side
17:00:00	21:00:00	Festival - World Freestyle League				04:00:00	Inlet
20:00:00	00:00:00	Open Training (booked through venue)				04:00:00	Twin Waves

Saturday 25 June 2022 - Training Day 4							
Start	Finish	Event	Phase	Heat		Duration	Location
07:45:00	17:30:00	Sport Information & Accreditation Office Open				09:45:00	Sport Info & Accreditation Office
08:00:00	17:00:00	Official Training				09:00:00	Twin Waves & Top Pool
10:00:00	17:00:00	ICF Development Camp				07:00:00	Raft Lounge, Inlet & Looping Pool to Bottom Bridge
10:00:00	17:30:00	Festival - Young Guns				07:30:00	Pyramid Pool to Bottom Bridge
16:00:00	16:30:00	ICF-HOC Daily Meeting				00:30:00	ICF Office Course Side
18:30:00	19:30:00	Opening Ceremony Rehearsal				01:00:00	Nottingham Castle
20:00:00	21:00:00	Team Leaders Meeting				01:00:00	Parklands Room (Main Centre Building) or Regatta Grandstand

Sunday 26 June 2022 - Training Day 5							
Start	Finish	Event	Phase	Heat		Duration	Location
07:30:00	17:30:00	Sport Information & Accreditation Office Open				10:00:00	Sport Info & Accreditation Office
08:00:00	10:00:00	Official Training				02:00:00	Twin Waves & Top Pool
09:30:00	09:45:00	Announcers Briefing				00:15:00	ICF Office Courseside
10:00:00	17:00:00	ICF Development Camp				07:00:00	Raft Lounge, Inlet & Looping Pool to Bottom Bridge
10:00:00	12:00:00	Competition Rehearsal - Squirt Boat				02:00:00	Top Pool
10:00:00	17:30:00	Festival - Young Guns				07:30:00	Pyramid Pool to Bottom Bridge
12:00:00	15:00:00	Official Training				02:00:00	Twin Waves & Top Pool
15:00:00	17:00:00	Competition Rehearsal - Surface Boat				02:00:00	Twin Waves
17:15:00	17:45:00	ICF-HOC Daily Meeting				00:30:00	ICF Office Courseside
18:45:00	19:45:00	Opening Ceremony				01:00:00	Castle

Monday 27 June 2022 - Competition Day 1							
Start	Finish	Event	Phase	Heat		Duration	Location
07:30:00	18:00:00	Sport Information & Accreditation Office Open				10:30:00	Sport Info & Accreditation Office
08:00:00	08:50:00	Open Training				00:50:00	Inlet, Twin Waves & Top Pool
09:00:00	09:25:00	Women's Kayak Squirt	Preliminaries	H1	5	00:25:00	Top Pool
09:25:00	09:50:00			H2	6	00:25:00	
10:00:00	17:00:00	Open Training				07:00:00	Below Jaws (depending on Festival events)
09:50:00	10:00:00	Break				00:10:00	Twin Waves & Top Pool
10:00:00	10:25:00	Men's Kayak Squirt	Preliminaries	H1	5	00:25:00	Top Pool
10:25:00	10:50:00			H2	5	00:25:00	
10:50:00	11:15:00			H3	4	00:25:00	
11:15:00	12:00:00	Break				00:45:00	Twin Waves & Top Pool
12:00:00	12:25:00	Women's Canoe	Preliminaries	H1	5	00:25:00	Twin Waves
12:25:00	12:50:00			H2	4	00:25:00	
12:50:00	13:15:00			H3	4	00:25:00	
13:15:00	13:45:00	Break				00:30:00	Twin Waves
13:45:00	14:15:00	Open Canoe	Preliminaries	H1	5	00:30:00	Twin Waves
14:15:00	14:45:00			H2	6	00:30:00	
14:45:00	14:55:00	Break				00:10:00	Twin Waves
14:55:00	15:20:00	Women's Kayak Junior	Preliminaries	H1	5	00:25:00	Twin Waves
15:20:00	15:45:00			H2	5	00:25:00	
15:45:00	16:10:00			H3	5	00:25:00	
16:10:00	16:35:00			H4	5	00:25:00	
16:45:00	17:15:00	ICF-HOC Daily Meeting				00:30:00	ICF Office (Red Brick Building)
16:45:00	18:45:00	Open Training				02:00:00	Twin Waves & Top Pool
18:00:00	19:00:00	Medal Ceremony Rehearsal				01:00:00	
19:00:00	21:00:00	Freestyle, Moving Forward Athlete Forum				02:00:00	Parklands Room (Main Centre Building) or Regatta Grandstand

Tuesday 28 June 2022 - Competition Day 2							
Start	Finish	Event	Phase	Heat		Duration	Location
07:30:00	19:30:00	Sport Information & Accreditation Office Open				12:00:00	Sport Info & Accreditation Office
08:00:00	08:50:00	Open Training				00:50:00	Inlet, Twin Waves & Top Pool
09:00:00	09:30:00	Women's Canoe	Semi Finals	SF1	5	00:30:00	Twin Waves
09:30:00	10:00:00			SF2	5	00:30:00	
10:00:00	10:10:00	Break				00:10:00	Twin Waves
10:00:00	17:00:00	Open Training				07:00:00	Below Jaws (depending on Festival events)
10:00:00	12:00:00	Festival - Flatwater Freestyle				02:00:00	Winfield Pool
10:10:00	10:35:00	Men's Kayak	Preliminaries	H1	5	00:25:00	Twin Waves
10:35:00	11:00:00			H2	5	00:25:00	
11:00:00	11:25:00			H3	5	00:25:00	
11:25:00	11:50:00			H4	5	00:25:00	
11:50:00	12:05:00	Break				00:15:00	Twin Waves
12:05:00	12:30:00	Men's Kayak	Preliminaries	H5	5	00:25:00	Twin Waves
12:30:00	12:55:00			H6	5	00:25:00	
12:55:00	13:20:00			H7	5	00:25:00	
13:20:00	13:45:00			H8	5	00:25:00	
13:45:00	14:15:00	Break				00:30:00	Twin Waves
14:00:00	16:00:00	Festival - Flatwater Freestyle				02:00:00	Winfield Pool
14:15:00	14:40:00	Men's Kayak	Preliminaries	H9	5	00:25:00	Twin Waves
14:40:00	15:05:00			H10	4	00:25:00	
15:05:00	15:30:00			H11	4	00:25:00	
15:30:00	15:55:00			H12	4	00:25:00	
15:55:00	16:40:00	Break				00:45:00	Twin Waves
16:40:00	17:10:00	Women's Kayak Squirt	Semi Finals	SF1	5	00:30:00	Top Pool
17:10:00	17:40:00			SF2	5	00:30:00	
17:40:00	18:10:00	Men's Kayak Squirt	Semi Finals	SF1	5	00:30:00	Top Pool
18:10:00	18:40:00			SF2	5	00:30:00	
18:50:00	20:50:00	Open Training				02:00:00	Twin Waves & Top Pool
18:50:00	19:20:00	ICF-HOC Daily Meeting				00:30:00	ICF Office (Red Brick Building)

Wednesday 29 June 2022 - Competition Day 3							
Start	Finish	Event	Phase	Heat		Duration	Location
07:30:00	19:30:00	Sport Information & Accreditation Office Open				12:00:00	Sport Info & Accreditation Office
08:00:00	08:50:00	Open Training				00:50:00	Inlet, Twin Waves & Top Pool
09:00:00	09:25:00	Men's Canoe	Preliminaries	H1	5	00:25:00	Twin Waves
09:25:00	09:50:00			H2	5	00:25:00	
09:50:00	10:00:00	Break				00:10:00	
10:00:00	10:25:00	Men's Canoe	Preliminaries	H3	5	00:25:00	
10:25:00	10:50:00			H4	6	00:25:00	
10:00:00	17:00:00	Open Training				07:00:00	Below Jaws
10:00:00	12:00:00	Festival - Flatwater Freestyle				02:00:00	Winfield Pool
10:50:00	11:00:00	Break				00:10:00	Twin Waves
11:00:00	11:25:00	Women's Kayak	Preliminaries	H1	5	00:25:00	Twin Waves
11:25:00	11:50:00			H2	5	00:25:00	
11:50:00	12:15:00			H3	5	00:25:00	
12:15:00	12:40:00			H4	5	00:25:00	
12:40:00	13:10:00	Break				00:30:00	Twin Waves
14:00:00	16:00:00	Festival - Flatwater Freestyle				02:00:00	Winfield Pool
13:10:00	13:35:00	Women's Kayak	Preliminaries	H5	5	00:25:00	Twin Waves
13:35:00	14:00:00			H6	6	00:25:00	
14:00:00	14:25:00			H7	6	00:25:00	
14:25:00	14:35:00	Break				00:10:00	Twin Waves
14:35:00	15:05:00	Open Canoe	Semi Finals	SF1	5	00:30:00	Twin Waves
15:05:00	15:35:00			SF2	5	00:30:00	
15:35:00	16:00:00	Break				00:25:00	Twin Waves
16:00:00	16:50:00	Women's Kayak Squirt	Final	F1	5	00:50:00	Top Pool
16:50:00	17:40:00	Men's Kayak Squirt	Final	F1	5	00:50:00	Top Pool
17:45:00	18:00:00	Medal Ceremonies				00:15:00	
18:10:00	20:10:00	Open Training				02:00:00	Twin Waves & Top Pool
18:10:00	18:40:00	ICF-HOC Daily Meeting				00:30:00	ICF Office (Red Brick Building)

Thursday 30 June 2022 - Competition Day 4							
Start	Finish	Event	Phase	Heat		Duration	Location
07:30:00	21:00:00	Sport Information & Accreditation Office Open				13:30:00	Sport Info & Accreditation Office
08:00:00	08:50:00	Open Training				00:50:00	Twin Waves & Top Pool
09:00:00	17:00:00	Masters World Championships	Event 1 Heats			08:00:00	Inlet
09:00:00	09:25:00	Men's Kayak Junior	Preliminaries	H1	5	00:25:00	Twin Waves
09:25:00	09:50:00			H2	5	00:25:00	
09:50:00	10:15:00			H3	5	00:25:00	
10:00:00	12:00:00	Festival - Downriver Freestyle				02:00:00	Pyramid Pool to Looping Pool
10:15:00	10:30:00	Break				00:15:00	Twin Waves
10:30:00	10:55:00	Men's Kayak Junior	Preliminaries	H4	5	00:25:00	Twin Waves
10:55:00	11:20:00			H5	5	00:25:00	
11:20:00	11:45:00			H6	6	00:25:00	
11:45:00	12:15:00	Break				00:30:00	Twin Waves
12:15:00	13:00:00	Women's Kayak	Quarter Finals	QF1	5	00:45:00	Twin Waves
13:00:00	13:45:00			QF2	5	00:45:00	
13:45:00	14:30:00			QF3	5	00:45:00	
14:30:00	15:15:00			QF4	5	00:45:00	
15:15:00	15:25:00	Break				00:10:00	
15:25:00	16:10:00	Men's Kayak	Quarter Finals	QF1	5	00:45:00	Twin Waves
16:10:00	16:55:00			QF2	5	00:45:00	
16:55:00	17:40:00			QF3	5	00:45:00	
17:40:00	18:25:00			QF4	5	00:45:00	
14:00:00	16:00:00	Festival - Downriver Freestyle				02:00:00	Pyramid Pool to Looping Pool
18:25:00	18:45:00	Break				00:20:00	Twin Waves
18:45:00	19:30:00	Open Canoe	Final	F1		00:45:00	Twin Waves
19:35:00	19:50:00	Medal Ceremony				00:15:00	
20:00:00	22:00:00	Open Training				02:00:00	Twin Waves & Top Pool
20:00:00	20:30:00	ICF-HOC Daily Meeting				00:30:00	ICF Office (Red Brick Building)

Friday 1 July 2022 - Competition Day 5							
Start	Finish	Event	Phase	Heat		Duration	Location
07:30:00	20:00:00	Sport Information & Accreditation Office Open				12:30:00	Sport Info & Accreditation Office
08:00:00	09:00:00	Open Training				01:00:00	Inlet, Twin Waves & Top Pool
09:00:00	17:00:00	Masters World Championships	Event 2 Heats			08:00:00	Pyramid Pool to Looping Pool
10:00:00	17:00:00	Open Training				07:00:00	Looping Pool to Bottom Bridge
10:00:00	12:00:00	Festival - World's Biggest Loop				02:00:00	Inlet
09:00:00	09:30:00	Men's Canoe	Semi Finals	SF1		00:30:00	Twin Waves
09:30:00	10:00:00			SF2		00:30:00	
10:00:00	10:10:00	Break				00:10:00	Twin Waves
10:10:00	11:50:00	Open Training				01:40:00	Twin Waves
11:50:00	12:00:00	Break				00:10:00	Twin Waves
12:00:00	12:30:00	Women's Kayak	Semi Finals	SF1		00:30:00	Twin Waves
12:30:00	13:00:00			SF2		00:30:00	
13:00:00	13:15:00	Break				00:15:00	Twin Waves
13:15:00	13:45:00	Men's Kayak	Semi Finals	SF1		00:30:00	Twin Waves
13:45:00	14:15:00			SF2		00:30:00	
14:15:00	14:30:00	Break				00:15:00	Twin Waves
14:30:00	15:00:00	Women's Kayak Junior	Semi Finals	SF1		00:30:00	Twin Waves
15:00:00	15:30:00			SF2		00:30:00	
15:30:00	15:45:00	Break				00:15:00	Twin Waves
15:45:00	16:15:00	Men's Kayak Junior	Semi Finals	SF1		00:30:00	Twin Waves
16:15:00	16:45:00			SF2		00:30:00	
14:00:00	16:00:00	Festival - World's Biggest Loop				02:00:00	Inlet
16:45:00	17:00:00	Break				00:15:00	Twin Waves
17:00:00	17:40:00	Women's Canoe	Final	F1		00:40:00	Twin Waves
17:40:00	18:20:00	Men's Canoe	Final	F1		00:40:00	Twin Waves
18:25:00	18:40:00	Medal Ceremonies				00:15:00	
18:50:00	19:20:00	ICF-HOC Daily Meeting				00:30:00	ICF Office (Red Brick Building)

Saturday 2 July 2022 - Competition Day 6							
Start	Finish	Event	Phase	Heat		Duration	Location
08:30:00	21:00:00	Sport Information & Accreditation Office Open				12:30:00	Sport Info & Accreditation Office
09:00:00	09:50:00	Festival - Rough Waters SUP Training				00:50:00	Looping Pool to Bottom Bridge
10:00:00	10:50:00	Masters Finals Training	Semi Finals	SF1		00:50:00	Twin Waves
10:00:00	12:00:00	Festival - Syncro Freestyle	Heats			02:00:00	Inlet
10:00:00	12:00:00	Festival - Downriver Freestyle	Heats			02:00:00	Pyramid Pool to Looping Pool
10:00:00	12:00:00	Festival - Rough Waters SUP Training	Heats			02:00:00	Looping Pool to Bottom Bridge
10:50:00	11:50:00	Junior Finalists Training				01:00:00	Twin Waves
12:00:00	12:50:00	Masters World Championships	Finals	F1		00:50:00	Twin Waves
13:00:00	13:50:00	Women's Kayak Junior	Final	F1		00:50:00	Twin Waves
13:50:00	14:40:00	Men's Kayak Junior	Final	F1		00:50:00	Twin Waves
14:45:00	15:00:00	Medal Ceremonies				00:15:00	
15:00:00	17:00:00	Festival - Syncro Freestyle	Heats			02:00:00	Inlet
15:00:00	17:15:00	Festival - Downriver Freestyle	Heats & Final			02:15:00	Pyramid Pool to Looping Pool
15:00:00	17:00:00	Festival - Rough Waters SUP Training	Heats			02:00:00	Looping Pool to Bottom Bridge
15:10:00	16:00:00	WK & MK Finalists Training				00:50:00	Twin Waves
16:00:00	16:30:00	ICF-HOC Daily Meeting				00:30:00	ICF Office (Red Brick Building)
16:00:00	17:30:00	Cavalcade				00:50:00	Inlet to Twin Waves
17:30:00	18:00:00	Finals Show Warm Up				00:30:00	Twin Waves
18:00:00	18:10:00	Women's Kayak Introductions				00:10:00	Twin Waves
18:10:00	18:55:00	Women's Kayak	Final	F1		01:00:00	Twin Waves
19:00:00	19:10:00	Men's Kayak Introductions				00:10:00	Twin Waves
19:10:00	19:55:00	Men's Kayak	Final	F1		01:00:00	Twin Waves
20:05:00	20:25:00	Medal Ceremonies & Closing Ceremony				00:20:00	
20:30:00	02:00:00	Party				05:30:00	Party Marquee