

Start	Finish	Wednesday 04 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
TRAINING GOODWAVE					
10:15:00	15:15:00	CFR - Training	5	01:00:00	05:00:00
15:15:00	15:45:00	Water off	1	00:30:00	00:30:00
Start	Finish	Thursday 05 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
TRAINING GOODWAVE					
10:15:00	15:15:00	CFR - Training	5	01:00:00	05:00:00
15:15:00	15:45:00	Water off	1	00:30:00	00:30:00
Start	Finish	Friday 06 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
TRAINING GOODWAVE					
10:15:00	15:15:00	CFR - Training	5	01:00:00	05:00:00
15:15:00	15:45:00	Water off	1	00:30:00	00:30:00
Start	Finish	Saturday 07 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
TEAM LEADERS MEETING					
08:30:00	10:00:00	CFR - Team Leaders Meeting	1	01:30:00	01:30:00
TRAINING GOODWAVE					
10:15:00	15:15:00	CFR - Training	5	01:00:00	05:00:00
15:15:00	15:45:00	Water off	1	00:30:00	00:30:00
OPENING CEREMONY					
18:00:00	19:00:00	Opening ceremony	1	01:00:00	01:00:00
Start	Finish	Sunday 08 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
TRAINING GOODWAVE					
10:15:00	15:15:00	CFR - Training	5	01:00:00	05:00:00
15:15:00	15:45:00	Water off	1	00:30:00	00:30:00

Start	Finish	Monday 09 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
CFR SQUIRT COMPETITION LOVE TRIANGLE					
10:15:00	11:15:00	Women's S squirt Heats	2	00:30:00	01:00:00
11:15:00	12:15:00	Men's S squirt Heats	2	00:30:00	01:00:00
		Interval	1	00:05:00	00:05:00
12:20:00	13:10:00	Women's S squirt Semi Final	2	00:25:00	00:50:00
13:10:00	14:00:00	Men's S squirt Semi Final	2	00:25:00	00:50:00
		Interval	1	00:10:00	00:10:00
14:10:00	14:45:00	Women's S squirt Final	1	00:35:00	00:35:00
14:45:00	15:20:00	Men's S squirt Final	1	00:35:00	00:35:00
		Interval	1	00:10:00	00:10:00
15:30:00	16:00:00	Water off	1	00:30:00	00:30:00
MEDALS CEREMONY					
15:50:00	15:56:00	Women's S squirt - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
15:57:00	16:03:00	Men's S squirt- Medals ceremony	1	00:06:00	00:06:00
COMMUNITY MEETING					
19:00:00	20:30:00	FUTURE OF FREESTYLE at the Powerhouse	1	01:30:00	01:30:00
Start	Finish	Tuesday 10 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
CFR COMPETITION GOODWAVE					
10:15:00	11:25:00	CFR - MC1 Heats	2	00:35:00	01:10:00
11:25:00	13:45:00	CFR - WK1 Heats	4	00:35:00	02:20:00
13:45:00	14:25:00	CFR - MC1 Semi	2	00:20:00	00:40:00
14:25:00	15:00:00	CFR - WC1 Heats	1	00:35:00	00:35:00
		Interval	1	00:05:00	00:05:00
15:05:00	15:35:00	Water off	1	00:30:00	00:30:00
Start	Finish	Wednesday 11 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
CFR COMPETITION GOODWAVE					
10:15:00	10:45:00	CFR - XOC1 Heats	1	00:30:00	00:30:00
10:45:00	14:15:00	CFR - MK1 Heats	6	00:35:00	03:30:00
		Interval	1	00:05:00	00:05:00
14:15:00	14:55:00	CFR - XOC1 Final	1	00:40:00	00:40:00
		Interval	1	00:05:00	00:05:00
15:00:00	15:30:00	Water off	1	00:30:00	00:30:00
MEDALS CEREMONY					
16:00:00	16:06:00	XOC1 - Medals ceremony	1	00:06:00	00:06:00

Start	Finish	Thursday 12 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
CFR COMPETITION GOODWAVE					
10:15:00	11:30:00	CFR - WK1 Junior Heats	2	00:37:30	01:15:00
11:30:00	13:15:00	CFR - MK1 Junior Heats	3	00:35:00	01:45:00
		Interval	1	00:10:00	00:10:00
13:25:00	13:55:00	CFR - WC1 Final	1	00:30:00	00:30:00
		Interval	1	00:05:00	00:05:00
14:00:00	14:40:00	CFR - MC1 Final	1	00:40:00	00:40:00
		Interval	1	00:05:00	00:05:00
14:45:00	15:15:00	Water off	1	00:30:00	00:30:00
MEDALS CEREMONY					
16:00:00	16:06:00	WC1 - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:07:00	16:13:00	MC1- Medals ceremony	1	00:06:00	00:06:00
Start	Finish	Friday 13 October	Number of groups	Interval	Elapsed Time
09:00:00	10:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
CFR COMPETITION GOODWAVE					
10:15:00	10:55:00	CFR - WK1 Junior Semi	2	00:20:00	00:40:00
10:55:00	11:35:00	CFR - MK1 Junior Semi	2	00:20:00	00:40:00
11:35:00	13:05:00	CFR - WK1 Quarters	2	00:45:00	01:30:00
13:05:00	14:35:00	CFR - MK1 Quarters	2	00:45:00	01:30:00
		Interval	1	00:05:00	00:05:00
14:40:00	15:10:00	CFR - WK1 Junior Final	1	00:30:00	00:30:00
		Interval	1	00:05:00	00:05:00
15:15:00	15:50:00	CFR - MK1 Junior Final	1	00:35:00	00:35:00
		Interval	1	00:05:00	00:05:00
15:55:00	16:25:00	Water off	1	00:30:00	00:30:00
MEDALS CEREMONY					
16:30:00	16:36:00	WK1 Junior - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:37:00	16:43:00	MK1 Junior- Medals ceremony	1	00:06:00	00:06:00
Start	Finish	Saturday 14 October	Number of groups	Interval	Elapsed Time
10:30:00	11:45:00	Water on / water level stabilized	1	01:15:00	01:15:00
CFR COMPETITION GOODWAVE					
11:45:00	12:35:00	CFR - WK1 Semi	2	00:25:00	00:50:00
12:35:00	13:25:00	CFR - MK1 Semi	2	00:25:00	00:50:00
		Interval	1	00:20:00	00:20:00
13:45:00	14:30:00	CFR - WK1 Final	1	00:45:00	00:45:00
		Interval	1	00:05:00	00:05:00
14:35:00	15:20:00	CFR - MK1 Final	1	00:45:00	00:45:00
		Interval	1	00:10:00	00:10:00
15:30:00	16:00:00	Water off	1	00:30:00	00:30:00
MEDALS CEREMONY					
15:50:00	15:59:00	The Danny O' Brian Award	1	00:09:00	00:09:00
		Interval			00:01:00
16:00:00	16:06:00	WK1- Medals ceremony	1	00:06:00	00:06:00
16:00:00	16:06:00	MK1- Medals ceremony	1	00:06:00	00:06:00