

Start	Finish	Thursday 10 August	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	07:30:00	Forerunners	1	00:30:00	00:30:00
07:30:00	19:30:00	CSL - Training sessions	12	01:00:00	12:00:00
19:30:00	20:30:00	CSLX- Automatic startgate session / CSL - Free Training session below the middle bridge	1	01:00:00	01:00:00
20:30:00	20:35:00	Water off	1	00:05:00	00:05:00
Start	Finish	Friday 11 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	07:30:00	Forerunners	1	00:30:00	00:30:00
07:30:00	16:30:00	CSL - Training sessions	12	00:45:00	09:00:00
		Interval - CSLX Forerunners			01:00:00
17:30:00	20:30:00	CSLX - Training sessions U23 Only	3	01:00:00	03:00:00
20:30:00	20:35:00	Water off	1	00:05:00	00:05:00
Start	Finish	Saturday 12 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	10:00:00	CSLX Forerunners- Training sessions U18 Only	3	01:00:00	03:00:00
		Interval - CSL Forerunners			00:45:00
10:45:00	19:45:00	CSL - Training sessions	12	00:45:00	09:00:00
19:45:00	20:30:00	CSL - Free Training session	1	00:45:00	00:45:00
20:30:00	20:35:00	Water off	1	00:05:00	00:05:00
TEAM LEADERS MEETING					
20:00:00	21:30:00	CSL - Team Leaders Meeting	1	01:30:00	01:30:00
Start	Finish	Sunday 13 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	07:30:00	Forerunners	1	00:30:00	00:30:00
07:30:00	16:30:00	CSL - Training sessions	12	00:45:00	09:00:00
16:30:00	16:35:00	Water off	1	00:05:00	00:05:00
OPENING CEREMONY					
17:30:00	18:30:00	Opening ceremony	1	01:00:00	01:00:00
Start	Finish	Monday 14 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	15:00:00	CSL - Training sessions	12	00:40:00	08:00:00
ITO MEETING					
14:30:00	#VALEURI	First ITO Meeting	1	01:00:00	01:00:00
TEAM EVENTS COURSE CONSTRUCTION					
15:30:00	17:30:00	Course construction	1	02:00:00	02:00:00
16:30:00	17:30:00	Course Tuning with demonstration runners	1	01:00:00	01:00:00
		Interval			00:10:00
17:40:00	17:50:00	Course approval	1	00:10:00	00:10:00
		Interval			00:25:00
18:15:00	18:31:00	Full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			00:44:00
19:15:00	19:15:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Tuesday 15 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
TEAM EVENTS - GROUP 1					
09:00:00	09:05:00	Forerunners	2	00:02:30	00:05:00
		Interval			00:10:00
09:15:00	09:47:30	WK1 U23 Teams	13	00:02:30	00:32:30
		Interval			00:05:00
09:52:30	10:25:00	WK1 JUN Teams	13	00:02:30	00:32:30
		Interval			00:04:30
10:29:30	11:27:00	MK1 U23 Teams	23	00:02:30	00:57:30
		Interval			00:05:00
11:32:00	12:22:00	MK1 JUN Teams	20	00:02:30	00:50:00
		Interval			01:23:00
TEAM EVENTS - GROUP 2					
13:45:00	13:50:00	Forerunners	2	00:02:30	00:05:00
		Interval			00:10:00
14:00:00	14:40:00	MC1 U23 Teams	16	00:02:30	00:40:00
		Interval			00:07:00
14:47:00	15:19:30	MC1 JUN Teams	13	00:02:30	00:32:30
		Interval			00:08:00
15:27:30	15:52:30	WC1 U23 Teams	10	00:02:30	00:25:00
		Interval			00:05:00
15:57:30	16:20:00	WC1 JUN Teams	9	00:02:30	00:22:30
		Interval			00:10:00
TEAM EVENTS - MEDALS CEREMONIES					
16:30:00	16:36:00	WK1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:37:00	16:43:00	WK1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:44:00	16:50:00	MK1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:51:00	16:57:00	MK1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:58:00	17:04:00	WC1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:05:00	17:11:00	WC1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:12:00	17:18:00	MC1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:19:00	17:25:00	MC1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
HEATS COURSE CONSTRUCTION					
16:30:00	18:30:00	Course construction	1	02:00:00	02:00:00
17:30:00	18:30:00	Course Tuning with demonstration runners	1	01:00:00	01:00:00
		Interval			00:10:00
18:40:00	18:50:00	Course approval	1	00:10:00	00:10:00
		Interval			00:25:00
19:15:00	19:31:00	Full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			00:44:00
20:15:00	20:15:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Wednesday 16 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
HEATS - GROUP 1 - WK1 & MK1 - U23					
09:00:00	09:04:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
09:15:00	10:26:00	MK1 U23 - 1st Run	71	00:01:00	01:11:00
		Interval			00:09:00
10:35:00	11:21:00	WK1 U23 - 1st Run	46	00:01:00	00:46:00
		Interval			00:15:00
11:36:00	12:17:00	MK1 U23 - 2nd Run	41	00:01:00	00:41:00
		Interval			00:05:00
12:22:00	12:48:00	WK1 U23 - 2nd Run	26	00:01:00	00:26:00
		Interval			01:57:00
HEATS - GROUP 2 - MC1 & WC1- U23					
14:45:00	14:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
15:00:00	15:49:00	MC1 U23 - 1st Run	49	00:01:00	00:49:00
		Interval			00:05:00
15:54:00	16:32:00	WC1 U23 - 1st Run	38	00:01:00	00:38:00
		Interval			00:15:00
16:47:00	17:16:00	MC1 U23 - 2nd Run	29	00:01:00	00:29:00
		Interval			00:05:00
17:21:00	17:39:00	WC1 U23 - 2nd Run	18	00:01:00	00:18:00
		Interval			00:16:00
17:55:00	17:55:00	WATER OFF	1	00:20:00	00:20:00
Start	Finish	Thursday 17 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
HEATS - GROUP 3 - WK1 & MK1 - JUNIOR					
08:30:00	08:34:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
08:45:00	10:03:00	MK1 Junior - 1st Run	77	00:01:00	01:17:00
		Interval			00:05:00
10:08:00	10:57:00	WK1 Junior - 1st Run	49	00:01:00	00:49:00
		Interval			00:11:00
11:08:00	11:56:00	MK1 Junior - 2nd Run	47	00:01:00	00:47:00
		Interval			00:05:00
12:01:00	12:30:00	WK1 Junior - 2nd Run	29	00:01:00	00:29:00
		Interval			01:15:00
HEATS - GROUP 4 - MC1 & WC1 JUNIOR					
13:45:00	13:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
14:00:00	14:48:00	MC1 Jun - 1st Run	48	00:01:00	00:48:00
		Interval			00:05:00
14:54:00	15:32:00	WC1 Junior - 1st Run	37	00:01:00	00:37:00
		Interval			00:15:00
15:47:00	16:15:00	MC1 Junior - 2nd Run	28	00:01:00	00:28:00
		Interval			00:05:00
16:20:00	16:38:00	WC1 Junior - 2nd Run	17	00:01:00	00:17:00
		Interval			00:07:00
SEMI FINAL & FINAL COURSE MODIFICATION					
16:45:00	18:45:00	Course construction	1	02:00:00	02:00:00
17:45:00	18:45:00	Course Tuning with demonstration runners	1	01:00:00	01:00:00
		Interval			00:10:00
18:55:00	19:05:00	Course approval	1	00:10:00	00:10:00
		Interval			00:25:00
19:30:00	19:46:00	Full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			00:44:00
20:30:00	20:30:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Friday 18 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
SEMI FINAL & FINAL - U23 - GROUP 1					
08:45:00	08:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
09:00:00	10:00:00	MK1 U23 - Semi-final	40	00:01:30	01:00:00
		Interval			00:05:00
10:05:00	10:50:00	WK1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
11:35:00	11:55:00	MK1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
12:00:00	12:20:00	WK1 U23 Final	10	00:02:00	00:20:00
		Interval			00:10:00
MEDALS CEREMONIES - U23 - GROUP 1					
12:30:00	12:35:00	MK1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:36:00	12:41:00	WK1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			01:04:00
SEMI FINAL & FINAL - JUNIOR - GROUP 1					
13:45:00	13:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
14:00:00	14:45:00	MC1 Junior - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
14:50:00	15:35:00	WC1 Junior - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
16:20:00	16:40:00	MC1 Junior Final	10	00:02:00	00:20:00
		Interval			00:02:00
16:42:00	17:02:00	WC1 Junior Final	10	00:02:00	00:20:00
		Interval			00:08:00
MEDALS CEREMONIES - JUNIOR - GROUP 1					
17:10:00	17:15:00	MC1 Junior - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:16:00	17:21:00	WC1 Junior - Medals ceremony	1	00:05:00	00:05:00
17:30:00	17:30:00	Water OFF	1	00:00:00	00:00:00
Start	Finish	Saturday 19 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
SEMI FINAL & FINAL - U23 - GROUP 2					
08:15:00	08:21:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
08:30:00	09:15:00	MC1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
09:20:00	10:05:00	WC1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
10:50:00	11:10:00	MC1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
11:15:00	11:35:00	WC1 U23 Final	10	00:02:00	00:20:00
		Interval			00:20:00
MEDALS CEREMONIES - U23 - GROUP 2					
11:55:00	12:00:00	MC1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:01:00	12:06:00	WC1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			01:10:00
SEMI FINAL & FINAL - JUNIOR - GROUP 2					
12:45:00	12:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
13:00:00	14:00:00	MK1 Jun - Semi-final	40	00:01:30	01:00:00
		Interval			00:05:00
14:05:00	14:50:00	WK1 Jun - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
15:35:00	15:55:00	MK1 Jun Final	10	00:02:00	00:20:00
		Interval			00:05:00
16:00:00	16:20:00	WK1 Jun Final	10	00:02:00	00:20:00
		Interval			00:20:00
MEDALS CEREMONIES - JUNIOR - GROUP 2					
16:40:00	16:45:00	MK1 Jun - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:46:00	16:51:00	WK1 Jun - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:39:00
KAYAK CROSS COURSE CONSTRUCTION					
16:30:00	17:30:00	KAYAK CROSS - Course construction & setting	1	01:00:00	01:00:00
OFFICIAL TRAINING					
17:30:00	19:45:00	KAYAK CROSS Official training	3	00:45:00	02:15:00
19:45:00	19:45:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Sunday 20 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
		Interval			01:45:00
KAYAK CROSS - TIME TRIALS					
08:45:00	16:45:00	Forerunners	4	02:00:00	08:00:00
		Interval			00:06:00
09:00:00	09:46:40	MCSLX-U23 Time Trials	70	00:00:40	00:46:40
		Interval			00:04:15
09:50:55	10:44:15	MCSLX-Junior Time Trials	80	00:00:40	00:53:20
		Interval			00:05:00
10:49:15	11:21:55	WCSLX-U23 Time Trials	49	00:00:40	00:32:40
		Interval			00:04:30
11:26:25	11:57:45	WCSLX-Junior Time Trials	47	00:00:40	00:31:20
		Interval			01:17:15
KAYAK CROSS - HEATS					
13:15:00	13:22:00	Forerunners	2	00:03:30	00:07:00
		Interval			00:00:00
13:30:00	13:58:00	MCSLX-U23 - heats	8	00:03:30	00:28:00
		Interval			00:01:00
13:59:00	14:27:00	MCSLX-Junior - heats	8	00:03:30	00:28:00
		Interval			00:01:00
14:28:00	14:56:00	WCSLX-U23 - heats	8	00:03:30	00:28:00
		Interval			00:01:00
14:57:00	15:25:00	WCSLX-Junior - heats	8	00:03:30	00:28:00
		Interval			00:10:00
KAYAK CROSS - QUARTERFINALS					
15:35:00	15:47:00	MCSLX-U23 - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:01:00
15:48:00	16:00:00	MCSLX-Junior - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:01:00
16:01:00	16:13:00	WCSLX-U23 - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:01:00
16:14:00	16:26:00	WCSLX-Junior - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:09:00
KAYAK CROSS - SEMIFINALS					
16:35:00	16:41:00	MCSLX-U23 - Semi-final	2	00:03:00	00:06:00
		Interval			00:01:00
16:42:00	16:48:00	MCSLX-Junior - Semi-final	2	00:03:00	00:06:00
		Interval			00:01:00
16:49:00	16:55:00	WCSLX-U23 - Semi-final	2	00:03:00	00:06:00
		Interval			00:01:00
16:56:00	17:02:00	WCSLX-Junior - Semi-final	2	00:03:00	00:06:00
		Interval			00:03:00
KAYAK CROSS - FINALS					
17:05:00	17:08:00	MCSLX-U23 - Final	1	00:03:00	00:03:00
		Interval			00:00:00
17:08:00	17:11:00	MCSLX-Junior - Final	1	00:03:00	00:03:00
		Interval			00:00:00
17:11:00	17:14:00	WCSLX-U23 - Final	1	00:03:00	00:03:00
		Interval			00:00:00
17:14:00	17:17:00	WCSLX-Junior - Final	1	00:03:00	00:03:00
		Interval			00:13:00
MEDALS CEREMONIES -KAYAK CROSS & CLOSING CEREMONY					
17:30:00	17:35:00	MCSLX-U23 - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:36:00	17:41:00	MCSLX-Junior - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:42:00	17:47:00	WCSLX-U23 - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:48:00	17:53:00	WCSLX-Junior - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:54:00	17:57:00	NATIONS CUP & CLOSING CEREMONY	1	00:03:00	00:03:00
18:15:00	18:15:00	Water OFF	1	00:00:00	00:00:00