

TIME		Wednesday 29 June 2022	Number of sessions / Boats	Interval	Elapsed Time
6:30:00	6:50:00	Water on / water level stabilized	1	0:20:00	0:20:00
OFFICIAL TRAINING					
7:00:00	7:45:00	Forerunners	1	0:45:00	0:45:00
		Interval			0:00:00
7:45:00	8:45:00	CSL - Free Training session	1	1:00:00	1:00:00
		Interval			0:00:00
8:45:00	18:30:00	CSL - Training sessions	13	0:45:00	9:45:00
		Interval			0:15:00
18:45:00	20:15:00	CSLX - Training sessions	2	0:45:00	1:30:00
20:15:00	21:00:00	Reset CSL and CSLX gates	1	0:45:00	0:45:00
21:00:00	21:00:00	Water off	0	0:30:00	0:00:00
TIME		Thursday 30 June 2022	Number of sessions / Boats	Interval	Elapsed Time
6:30:00	6:50:00	Water on / water level stabilized	1	0:20:00	0:20:00
OFFICIAL TRAINING					
7:00:00	7:45:00	Forerunners	1	0:45:00	0:45:00
		Interval			0:00:00
7:45:00	8:45:00	CSL - Free Training session	1	1:00:00	1:00:00
		Interval			0:00:00
8:45:00	18:30:00	CSL - Training sessions	13	0:45:00	9:45:00
		Interval			0:15:00
18:45:00	20:15:00	CSLX - Training sessions	2	0:45:00	1:30:00
20:15:00	21:00:00	Reset CSL and CSLX gates	1	0:45:00	0:45:00
21:00:00	21:00:00	Water off	0	0:30:00	0:00:00
TIME		Friday 01 July 2022	Number of sessions / Boats	Interval	Elapsed Time
6:30:00	6:50:00	Water on / water level stabilized	1	0:20:00	0:20:00
OFFICIAL TRAINING					
7:00:00	7:45:00	Forerunners	1	0:45:00	0:45:00
		Interval			0:00:00
7:45:00	8:45:00	CSL - Free Training session	1	1:00:00	1:00:00
		Interval			0:00:00
8:45:00	18:30:00	CSL - Training sessions	13	0:45:00	9:45:00
		Interval			0:15:00
18:45:00	20:15:00	CSLX - Training sessions	2	0:45:00	1:30:00
20:15:00	21:00:00	Reset CSL and CSLX gates	1	0:45:00	0:45:00
21:00:00	21:00:00	Water off	0	0:30:00	0:00:00
TIME		Saturday 02 July 2022	Number of sessions / Boats	Interval	Elapsed Time
6:30:00	6:50:00	Water on / water level stabilized	1	0:20:00	0:20:00
OFFICIAL TRAINING					
7:00:00	7:45:00	Forerunners	1	0:45:00	0:45:00
		Interval			0:00:00
7:45:00	8:45:00	CSL - Free Training session	1	1:00:00	1:00:00
		Interval			0:00:00
8:45:00	18:30:00	CSL - Training sessions	13	0:45:00	9:45:00
		Interval			0:15:00
18:45:00	20:15:00	CSLX - Training sessions	2	0:45:00	1:30:00
		Interval			0:30:00
19:00:00	20:15:00	Team Leaders Meeting (VIP area at the venue)	1	1:15:00	1:15:00
20:15:00	21:00:00	Reset CSL and CSLX gates	1	0:45:00	0:45:00
21:00:00	21:00:00	Water off	0	0:30:00	0:00:00
TIME		Sunday 03 July 2022	Number of sessions / Boats	Interval	Elapsed Time
6:30:00	6:50:00	Water on / water level stabilized	1	0:20:00	0:20:00
OFFICIAL TRAINING					
7:00:00	16:45:00	CSL - Training sessions	13	0:45:00	9:45:00
		Interval			0:00:00
16:45:00	18:15:00	CSLX - Training sessions	2	0:45:00	1:30:00
		Interval			0:00:00
18:15:00	19:00:00	Reset CSL and CSLX gates and water off	1	0:45:00	0:45:00
		Interval			0:15:00
19:00:00	20:00:00	Opening Ceremony at Venue	1	1:00:00	1:00:00
20:00:00	20:45:00	Reset CSL and CSLX gates	1	0:45:00	0:45:00

TIME		Monday 04 July 2022	Number of sessions / Boats	Interval	Elapsed Time
6:30:00	6:50:00	Water on / water level stabilized	1	0:20:00	0:20:00
OFFICIAL TRAINING					
7:00:00	7:30:00	Forerunners	1	0:30:00	0:30:00
		Interval			0:00:00
7:30:00	14:00:00	CSL - Training sessions	13	0:30:00	6:30:00
		Interval			0:15:00
14:15:00	15:00:00	CSLX - Training sessions	1	0:45:00	0:45:00
		Interval			0:00:00
TEAM EVENTS COURSE					
15:00:00	16:45:00	Team events - Course construction	1	1:45:00	1:45:00
16:00:00	16:45:00	Team events - Course Tuning with demonstration runners	1	0:45:00	0:45:00
		Interval		0:15:00	
17:00:00	17:12:00	Team events - full length demo run 1	4	0:03:00	0:12:00
17:12:00	17:22:00	Team events - Course approval	1	0:10:00	0:10:00
		Interval			0:08:00
17:30:00	17:42:00	Team events - full length demo run 2 & rehearsal	4	0:03:00	0:12:00
		Interval			1:18:00
19:00:00	19:00:00	Water off	0	0:30:00	0:00:00
TIME		Tuesday 05 July 2022	Number of sessions / Boats	Interval	Elapsed Time
6:55:00	7:15:00	Water on / water level stabilized	1	0:20:00	0:20:00
TEAM EVENTS - GROUP 1					
9:00:00	9:05:00	Forerunners	2	0:02:30	0:05:00
		Interval			0:10:00
9:15:00	9:50:00	WK1 U23 Teams	14	0:02:30	0:35:00
		Interval			0:05:00
9:55:00	10:22:30	WK1 JUN Teams	11	0:02:30	0:27:30
		Interval			0:05:00
10:27:30	11:22:30	MK1 U23 Teams	22	0:02:30	0:55:00
		Interval			0:05:00
11:27:30	12:22:30	MK1 JUN Teams	22	0:02:30	0:55:00
		Interval			1:37:30
TEAM EVENTS - GROUP 2					
14:00:00	14:05:00	Forerunners	2	0:02:30	0:05:00
		Interval			0:10:00
14:15:00	14:47:30	MC1 U23 Teams	13	0:02:30	0:32:30
		Interval			0:05:00
14:52:30	15:20:00	MC1 JUN Teams	11	0:02:30	0:27:30
		Interval			0:05:00
15:25:00	15:50:00	WC1 U23 Teams	10	0:02:30	0:25:00
		Interval			0:05:00
15:55:00	16:20:00	WC1 JUN Teams	10	0:02:30	0:25:00
		Interval			0:10:00
TEAM EVENTS - MEDALS CEREMONIES					
16:30:00	16:36:00	WK1 U23 Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
16:37:00	16:43:00	WK1 JUN Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
16:44:00	16:50:00	MK1 U23 Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
16:51:00	16:57:00	MK1 JUN Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
16:58:00	17:04:00	WC1 U23 Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
17:05:00	17:11:00	WC1 JUN Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
17:12:00	17:18:00	MC1 U23 Teams - Medals ceremony	1	0:06:00	0:06:00
		Interval			0:01:00
17:19:00	17:25:00	MC1 JUN Teams - Medals ceremony	1	0:06:00	0:06:00
HEATS COURSE					
16:30:00	18:45:00	Heats - Course construction	1	2:15:00	2:15:00
18:00:00	18:45:00	Heats - Course Tuning with demonstration runners	1	0:45:00	0:45:00
		Interval			0:15:00
19:00:00	19:16:00	Heats - full length demo run 1	8	0:02:00	0:16:00
19:16:00	19:26:00	Heats - Course approval	1	0:10:00	0:10:00
		Interval			0:14:00
19:40:00	19:56:00	Heats - full length demo run 2 & rehearsal	8	0:02:00	0:16:00

changed day & times

changed day and times

		Interval			0:34:00	char
20:30:00	20:30:00	Water OFF	1	0:00:00	0:00:00	
TIME		Wednesday 06 July 2022	Number of sessions / Boats	Interval	Elapsed Time	
6:55:00	7:15:00	Water on / water level stabilized	1	0:20:00	0:20:00	
HEATS - GROUP 1 - WK1 & MK1 - U23						
9:00:00	9:04:00	Forerunners	4	0:01:00	0:04:00	
		Interval			0:11:00	
9:15:00	10:37:00	MK1 U23 - 1st Run	82	0:01:00	1:22:00	
		Interval			0:05:00	
10:42:00	11:33:00	WK1 U23 - 1st Run	51	0:01:00	0:51:00	
		Interval			0:15:00	
11:48:00	12:40:00	MK1 U23 - 2nd Run	52	0:01:00	0:52:00	
		Interval			0:05:00	
12:45:00	13:16:00	WK1 U23 - 2nd Run	31	0:01:00	0:31:00	
		Interval			1:29:00	
HEATS - GROUP 2 - MC1 & WC1- U23						
14:45:00	14:49:00	Forerunners	4	0:01:00	0:04:00	
		Interval			0:11:00	
15:00:00	15:46:00	MC1 U23 - 1st Run	46	0:01:00	0:46:00	
		Interval			0:05:00	
15:51:00	16:42:00	WC1 U23 - 1st Run	51	0:01:00	0:51:00	
		Interval			0:15:00	
16:57:00	17:23:00	MC1 U23 - 2nd Run	26	0:01:00	0:26:00	
		Interval			0:05:00	
17:28:00	17:59:00	WC1 U23 - 2nd Run	31	0:01:00	0:31:00	
		Interval			0:16:00	
18:15:00	18:35:00	WATER OFF	1	0:20:00	0:20:00	
TIME		Thursday 07 July 2022	Number of sessions / Boats	Interval	Elapsed Time	
6:55:00	7:15:00	Water on / water level stabilized	1	0:20:00	0:20:00	
HEATS - GROUP 3 - WK1 & MK1 - JUNIOR						
8:45:00	8:49:00	Forerunners	4	0:01:00	0:04:00	
		Interval			0:11:00	
9:00:00	10:19:00	MK1 Junior - 1st Run	78	0:01:00	1:18:00	
		Interval			0:05:00	
10:24:00	11:13:00	WK1 Junior - 1st Run	49	0:01:00	0:49:00	
		Interval			0:15:00	
11:28:00	12:17:00	MK1 Junior - 2nd Run	48	0:01:00	0:48:00	
		Interval			0:05:00	
12:22:00	12:51:00	WK1 Junior - 2nd Run	29	0:01:00	0:29:00	
		Interval			0:54:00	
HEATS - GROUP 4 - MC1 & WC1 JUNIOR						
13:45:00	13:49:00	Forerunners	4	0:01:00	0:04:00	
		Interval			0:11:00	
14:00:00	14:51:00	MC1 Jun - 1st Run	51	0:01:00	0:51:00	
		Interval			0:05:00	
14:57:00	15:33:00	WC1 Junior - 1st Run	35	0:01:00	0:35:00	
		Interval			0:15:00	
15:48:00	16:19:00	MC1 Junior - 2nd Run	31	0:01:00	0:31:00	
		Interval			0:05:00	
16:24:00	16:40:00	WC1 Junior - 2nd Run	15	0:01:00	0:15:00	
		Interval			0:05:00	
Thursday 7 July - SEMI FINAL & FINAL COURSE						
16:45:00	19:00:00	1/2 finals and finals - Course construction	1	2:15:00	2:15:00	
18:30:00	19:15:00	1/2 finals and finals - Course Tuning with demonstration runner	1	0:45:00	0:45:00	
		Interval			0:00:00	
19:15:00	19:31:00	1/2 finals and finals - full length demo run 1	8	0:02:00	0:16:00	
19:31:00	19:41:00	1/2 finals and finals - Course approval	1	0:10:00	0:10:00	
		Interval			0:09:00	
19:50:00	20:06:00	1/2 finals and finals - full length demo run 2 & rehearsal	8	0:02:00	0:16:00	
		Interval			0:54:00	
21:00:00	21:00:00	Water OFF	1	0:00:00	0:00:00	
TIME		Friday 08 July 2022	Number of sessions / Boats	Interval	Elapsed Time	
6:55:00	7:15:00	Water on / water level stabilized	1	0:20:00	0:20:00	
SEMI FINAL & FINAL - U23 - GROUP 1						
8:45:00	8:51:00	Forerunners	4	0:01:30	0:06:00	

		Interval			0:09:00
9:00:00	10:00:00	MK1 U23 - Semi-final	40	0:01:30	1:00:00
		Interval			0:05:00
10:05:00	10:50:00	WK1 U23 - Semi-final	30	0:01:30	0:45:00
		Interval			0:45:00
11:35:00	11:55:00	MK1 U23 Final	10	0:02:00	0:20:00
		Interval			0:05:00
12:00:00	12:20:00	WK1 U23 Final	10	0:02:00	0:20:00
		Interval			0:10:00
MEDALS CEREMONIES - U23 - GROUP 1					
12:30:00	12:35:00	MK1 U23 - Medals ceremony	1	0:05:00	0:05:00
		Interval			0:01:00
12:36:00	12:41:00	WK1 U23 - Medals ceremony	1	0:05:00	0:05:00
		Interval			1:04:00
SEMI FINAL & FINAL - JUNIOR - GROUP 1					
13:45:00	13:51:00	Forerunners	4	0:01:30	0:06:00
		Interval			0:09:00
14:00:00	14:45:00	MC1 Junior - Semi-final	30	0:01:30	0:45:00
		Interval			0:05:00
14:50:00	15:35:00	WC1 Junior - Semi-final	30	0:01:30	0:45:00
		Interval			0:45:00
16:20:00	16:40:00	MC1 Junior Final	10	0:02:00	0:20:00
		Interval			0:02:00
16:42:00	17:02:00	WC1 Junior Final	10	0:02:00	0:20:00
		Interval			0:08:00
MEDALS CEREMONIES - JUNIOR - GROUP 1					
17:10:00	17:15:00	MC1 Junior - Medals ceremony	1	0:05:00	0:05:00
		Interval			0:01:00
17:16:00	17:21:00	WC1 Junior - Medals ceremony	1	0:05:00	0:05:00
17:30:00	17:30:00	Water OFF	1	0:00:00	0:00:00
17:45:00	18:15:00	Team leaders meeting - Extreme Canoe Slalom	1	0:30:00	0:30:00
TIME	Saturday 09 July 2022		Number of sessions / Boats	Interval	Elapsed Time
6:55:00	7:15:00	Water on / water level stabilized	1	0:20:00	0:20:00
SEMI FINAL & FINAL - JUN - GROUP 2					
8:45:00	8:51:00	Forerunners	4	0:01:30	0:06:00
		Interval			0:09:00
9:00:00	9:45:00	MC1 U23 - Semi-final	30	0:01:30	0:45:00
		Interval			0:05:00
9:50:00	10:35:00	WC1 U23 - Semi-final	30	0:01:30	0:45:00
		Interval			0:45:00
11:20:00	11:40:00	MC1 U23 Final	10	0:02:00	0:20:00
		Interval			0:05:00
11:45:00	12:05:00	WC1 U23 Final	10	0:02:00	0:20:00
		Interval			0:20:00
MEDALS CEREMONIES - JUN - GROUP 2					
12:25:00	12:30:00	MC1 U23 - Medals ceremony	1	0:05:00	0:05:00
		Interval			0:01:00
12:31:00	12:36:00	WC1 U23 - Medals ceremony	1	0:05:00	0:05:00
		Interval			1:40:00
SEMI FINAL & FINAL - U23 - GROUP 2					
13:45:00	13:51:00	Forerunners	4	0:01:30	0:06:00
		Interval			0:09:00
14:00:00	15:00:00	MK1 Jun - Semi-final	40	0:01:30	1:00:00
		Interval			0:05:00
15:05:00	15:50:00	WK1 Jun - Semi-final	30	0:01:30	0:45:00
		Interval			0:45:00
16:35:00	16:55:00	MK1 Jun Final	10	0:02:00	0:20:00
		Interval			0:05:00
17:00:00	17:20:00	WK1 Jun Final	10	0:02:00	0:20:00
		Interval			0:05:00
MEDALS CEREMONIES - U23 - GROUP 2					
17:25:00	17:30:00	MK1 Jun - Medals ceremony	1	0:05:00	0:05:00
		Interval			0:01:00
17:31:00	17:36:00	WK1 Jun - Medals ceremony	1	0:05:00	0:05:00
		Interval			0:09:00
17:45:00	19:45:00	Extreme Canoe Slalom - official training n Groups from Official Training period	1	2:00:00	2:00:00
19:45:00	21:15:00	Extreme Canoe Slalom - Course construction & setting	1	1:30:00	1:30:00
21:30:00	21:30:00	Water OFF	1	0:00:00	0:00:00

TIME		Sunday 10 July 2022	Number of sessions / Boats	Interval	Elapsed Time
6:55:00	7:15:00	Water on / water level stabilized	1	0:20:00	0:20:00
		Interval			1:45:00
EXTREME SLALOM - TIME TRIALS					
8:45:00	16:45:00	Forerunners	4	2:00:00	8:00:00
		Interval			0:06:00
9:00:00	10:00:45	MCSLX-U23 Time Trials	81	0:00:45	1:00:45
		Interval			0:05:00
10:05:45	11:06:30	MCSLX-Junior Time Trials	81	0:00:45	1:00:45
		Interval			0:05:00
11:11:30	11:49:45	WCSLX-U23 Time Trials	51	0:00:45	0:38:15
		Interval			0:05:00
11:54:45	12:33:00	WCSLX-Junior Time Trials	51	0:00:45	0:38:15
		Interval			0:42:00
EXTREME CANOE SLALOM - Heats					
13:15:00	13:18:30	Forerunners	1	0:03:30	0:03:30
		Interval			0:00:00
13:30:00	13:58:00	MCSLX-U23 - heats	8	0:03:30	0:28:00
		Interval			0:01:00
13:59:00	14:27:00	MCSLX-Junior - heats	8	0:03:30	0:28:00
		Interval			0:01:00
14:28:00	14:56:00	WCSLX-U23 - heats	8	0:03:30	0:28:00
		Interval			0:01:00
14:57:00	15:25:00	WCSLX-Junior - heats	8	0:03:30	0:28:00
		Interval			0:10:00
EXTREME CANOE SLALOM - Quarterfinal					
15:35:00	15:47:00	MCSLX-U23 - Quarterfinal	4	0:03:00	0:12:00
		Interval			0:01:00
15:48:00	16:00:00	MCSLX-Junior - Quarterfinal	4	0:03:00	0:12:00
		Interval			0:01:00
16:01:00	16:13:00	WCSLX-U23 - Quarterfinal	4	0:03:00	0:12:00
		Interval			0:01:00
16:14:00	16:26:00	WCSLX-Junior - Quarterfinal	4	0:03:00	0:12:00
		Interval			0:09:00
EXTREME CANOE SLALOM - Semi final					
16:35:00	16:41:00	MCSLX-U23 - Semi-final	2	0:03:00	0:06:00
		Interval			0:01:00
16:42:00	16:48:00	MCSLX-Junior - Semi-final	2	0:03:00	0:06:00
		Interval			0:01:00
16:49:00	16:55:00	WCSLX-U23 - Semi-final	2	0:03:00	0:06:00
		Interval			0:01:00
16:56:00	17:02:00	WCSLX-Junior - Semi-final	2	0:03:00	0:06:00
		Interval			0:03:00
EXTREME CANOE SLALOM - Final					
17:05:00	17:08:00	MCSLX-U23 - Final	1	0:03:00	0:03:00
		Interval			0:00:00
17:08:00	17:11:00	MCSLX-Junior - Final	1	0:03:00	0:03:00
		Interval			0:00:00
17:11:00	17:14:00	WCSLX-U23 - Final	1	0:03:00	0:03:00
		Interval			0:00:00
17:14:00	17:17:00	WCSLX-Junior - Final	1	0:03:00	0:03:00
		Interval			0:13:00
MEDALS CEREMONIES - EXTREME CANOE SLALOM & CLOSING CEREMONY					
17:30:00	17:35:00	MCSLX-U23 - medals presentation	1	0:05:00	0:05:00
		Interval			0:01:00
17:36:00	17:41:00	MCSLX-Junior - medals presentation	1	0:05:00	0:05:00
		Interval			0:01:00
17:42:00	17:47:00	WCSLX-U23 - medals presentation	1	0:05:00	0:05:00
		Interval			0:01:00
17:48:00	17:53:00	WCSLX-Junior - medals presentation	1	0:05:00	0:05:00
		Interval			0:01:00
17:54:00	17:57:00	NATIONS CUP & CLOSING CEREMONY	1	0:03:00	0:03:00
18:15:00	18:15:00	Water OFF	1	0:00:00	0:00:00