

Day	20.09	21.09	22.09	23.09	24.09	25.09	26.09	27.09	28.09	29.08	03.10	04.10	
Timing	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Friday	Saturday	Timing
Course Design	AUS	ICF	FRA	GBR	ICF	BRA	ICF	ICF	ICF	ICF	ICF	ICF	
06:00				Free session	Forerunner	Forerunner	Free session	Free session	Forerunner				06:00
06:15													06:15
06:30			Free session										06:30
06:45													06:45
07:00	Forerunner		C	G	E	A	D	H	B	KC Settings			07:00
07:15													07:15
07:30													07:30
07:45													07:45
08:00	A		D	H	F	B	C	G	A	KC Forerunners			08:00
08:15													08:15
08:30													08:30
08:45													08:45
09:00	B		E	A	C	G	F	B	C	Men Bibs >40		KC Round1 only	09:00
09:15													09:15
09:30													09:30
09:45													09:45
10:00	C		F	B	D	H	E	A	F	Men Bibs <=40			10:00
10:15													10:15
10:30													10:30
10:45				Channel 9						Women Bibs >30			10:45
11:00	D		G	C	A	E	H	D	H	Women Bibs <=30			11:00
11:15													11:15
11:30													11:30
11:45													11:45
12:00	E		H	D	B	F	G	C	G				12:00
12:15													12:15
12:30													12:30
12:45													12:45
13:00	F		A	E	G	C	B	F					13:00
13:15													13:15
13:30													13:30
13:45													13:45
14:00	G	KC Forerunners	B	F	H	D	A	E					14:00
14:15													14:15
14:30													14:30
14:45													14:45
15:00	H	KC-2	KC Settings	KC Settings	KC Settings	KC Settings	KC Settings						15:00
15:15													15:15
15:30													15:30
15:45													15:45
16:00	KC Settings	KC-3	KC-1	KC-3	KC-2	KC-4	KC-1	KC-3					16:00
16:15													16:15
16:30													16:30
16:45													16:45
17:00		KC-4	CSL Settings for next	KC-4	CSL Settings for next	CSL Settings for next	CSL Settings for next	CSL Settings for next			KC Round1 only		17:00
17:15													17:15
17:30													17:30
17:45													17:45
18:00													18:00
18:15													18:15
18:30													18:30
18:45													18:45

Canoe and Kayak		Kayak Cross	
A	28	KC-1	36
BRAZIL	7	ANDORRA	1
FRANCE	12	AUSTRIA	3
UNITED STATES OF AMERICA	8	BELGIUM	2
COLOMBIA	1	CROATIA	1
B	28	GERMANY	6
CHILE	1	JAPAN	4
CHINESE TAIPEI	7	PEOPLES REPUBLIC OF CHINA	5
REPUBLIC OF UZBEKISTAN	2	SPAIN	6
SLOVAKIA	9	MEXICO	2
SLOVENIA	9	INDIVIDUAL NEUTRAL ATHLETES	6
C	28	KC-2	39
AUSTRIA	3	ARGENTINA	1
BELGIUM	2	NEW ZEALAND	5
CROATIA	2	REPUBLIC OF NORTH MACEDONIA	1
GERMANY	9	SWITZERLAND	4
PEOPLES REPUBLIC OF CHINA	12	KOSOVO	1
D	28	SOUTH AFRICA	1
ANDORRA	1	KENYA	4
JAPAN	6	LATVIA	1
SPAIN	11	INDIA	4
INDIVIDUAL NEUTRAL ATHLETES	10	PARAGUAY	0
E	28	CZECHIA	6
REPUBLIC OF NORTH MACEDONIA	1	THAILAND	6
KOSOVO	1	PORTUGAL	3
SOUTH AFRICA	1	SINGAPORE	1
KENYA	4	TURKIYE	1
LATVIA	1	KC-3	31
INDIA	4	AUSTRALIA	6
PARAGUAY	2	CANADA	3
THAILAND	9	GREAT BRITAIN	6
PORTUGAL	3	IRELAND	3
SINGAPORE	1	ITALY	3
TURKIYE	1	NETHERLANDS	1
F	28	POLAND	6
ARGENTINA	1	UKRAINE	3
NEW ZEALAND	9	KC-4	34
SWITZERLAND	5	BRAZIL	5
MEXICO	3	CHILE	1
CZECHIA	10	CHINESE TAIPEI	4
G	29	FRANCE	6
CANADA	5	REPUBLIC OF UZBEKISTAN	1
GREAT BRITAIN	11	SLOVAKIA	6
POLAND	10	SLOVENIA	4
UKRAINE	3	UNITED STATES OF AMERICA	6
H	28	COLOMBIA	1
AUSTRALIA	10		
IRELAND	7		
ITALY	9		
NETHERLANDS	2		

Athletes who are competing only in Kayak Cross (14 in total - orange training bibs) are allowed to train everyday as follows
For those athletes in KC2 session they can access KC3 sessions and vice versa
For those athletes in KC1 sessions they can access KC4 sessions and vice versa