

Day	20.09	21.09	22.09	23.09	24.09	25.09	26.09	27.09	28.09	29.09	30.09	01.10	02.10	03.10	04.10	
Timing	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Timing
Course Design	AUS	ICF	FRA	GBR	ICF	BRA	ICF	ICF	ICF	ICF	ICF	ICF	ICF	ICF	ICF	
06:00				Free session	Forerunner	Forerunner	Free session	Free session	Forerunner							06:00
06:15			Free session													06:15
06:30																06:30
06:45																06:45
07:00			C	G	E	A	D	H	B	KC Settings						07:00
07:15	Forerunner															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						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																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	Women Bibs <=30						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 KC Round 1 only	13:10-13:55 KC Round 1 only	12:55-13:55 KC Round 1 only			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		KC-1														14:30
14:45																14:45
15:00	H	KC-2	KC Settings	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