

Start	Finish	Saturday 01 October	Number of heats	Interval	Elapsed Time
<b>ACCREDITATION POWER HOUSE</b>					
<b>09:00:00</b>	16:00:00	Accreditation open / close	1	07:00:00	07:00:00
<b>TRAINING AMBUSH</b>					
<b>12:00:00</b>	12:45:00	Water on / water level stabilized	1	00:45:00	00:45:00
<b>12:45:00</b>	16:00:00	CFR - Free training	3	01:05:00	03:15:00
<b>16:00:00</b>	16:05:00	Water off	1	00:05:00	00:05:00
Start	Finish	Sunday 02 October	Number of heats	Interval	Elapsed Time
<b>ACCREDITATION POWER HOUSE</b>					
<b>09:00:00</b>	16:00:00	Accreditation open / close	1	07:00:00	07:00:00
<b>TRAINING AMBUSH</b>					
<b>12:00:00</b>	12:45:00	Water on / water level stabilized	1	00:45:00	00:45:00
<b>12:45:00</b>	16:00:00	CFR - Free training	3	01:05:00	03:15:00
<b>16:00:00</b>	16:05:00	Water off	1	00:05:00	00:05:00
<b>TEAM LEADERS MEETING POWERHOUSE</b>					
<b>16:30:00</b>	17:30:00	Team Leaders Meeting	1	01:00:00	01:00:00

Start	Finish	Monday 03 October	Number of heats	Interval	Elapsed Time
10:00:00	10:45:00	Water on / water level stabilized	1	00:45:00	00:45:00
<b>CFR COMPETITION AMBUSH</b>					
10:45:00	12:50:00	CFR - MK1 Preliminaries (1-5)	5	00:25:00	02:05:00
		Interval			00:20:00
13:10:00	14:50:00	CFR - MK1 Preliminaries (6-9)	4	00:25:00	01:40:00
		Interval			00:20:00
15:10:00	16:35:00	CFR - WK1 Preliminaries (1-3)	3	00:30:00	01:30:00
16:35:00	17:50:00	CFR - MK1 Junior Preliminaries (1-3)	3	00:25:00	01:15:00
17:50:00	18:15:00	CFR - XOC1 Preliminaries (1)	1	00:25:00	00:25:00
19:00:00	19:05:00	Water off	1	00:05:00	00:05:00
Start	Finish	Tuesday 04 October	Number of heats	Interval	Elapsed Time
11:00:00	11:45:00	Water on / water level stabilized	1	00:45:00	00:45:00
<b>CFR COMPETITION AMBUSH</b>					
11:45:00	12:10:00	CFR - WK1 Junior Preliminaries (1)	1	00:25:00	00:25:00
12:10:00	13:00:00	CFR - MC1 Preliminaries (1-2)	2	00:25:00	00:50:00
13:00:00	13:25:00	CFR - WC1 Preliminaries (1)	1	00:25:00	00:25:00
		Interval			00:10:00
13:35:00	16:35:00	CFR - MK1 Quarters	4	00:45:00	03:00:00
		Interval			00:10:00
16:45:00	17:45:00	CFR - WK1 Semi	2	00:30:00	01:00:00
17:45:00	18:45:00	CFR - MK1 Junior Semi	2	00:30:00	01:00:00
19:00:00	19:05:00	Water off	1	00:05:00	00:05:00
Start	Finish	Wednesday 05 October	Number of heats	Interval	Elapsed Time
11:00:00	11:45:00	Water on / water level stabilized	1	00:45:00	00:45:00
<b>CFR COMPETITION AMBUSH</b>					
11:45:00	12:45:00	CFR - MK1 Semi	2	00:30:00	01:00:00
		Interval			00:15:00
13:00:00	13:30:00	CFR - XOC1 Final	1	00:30:00	00:30:00
13:30:00	14:10:00	CFR - WC1 Final	1	00:40:00	00:40:00
14:10:00	14:50:00	CFR - MC1 Final	1	00:40:00	00:40:00
		Interval			00:10:00
15:00:00	15:40:00	CFR - WK1 Junior Final	1	00:40:00	00:40:00
15:40:00	16:20:00	CFR - MK1 Junior Final	1	00:40:00	00:40:00
16:20:00	17:00:00	CFR - WK1 Final	1	00:40:00	00:40:00
17:00:00	17:40:00	CFR - MK1 Final	1	00:40:00	00:40:00
		Interval			00:20:00
18:00:00	18:05:00	Water off	1	00:05:00	00:05:00
<b>CFR MEDAL CEREMONY AMBUSH</b>					
17:45:00	18:06:00	Medal ceremony	7	00:03:00	00:21:00
<b>TEAM LEADERS MEETING POWERHOUSE</b>					
18:30:00	19:30:00	Team Leaders Meeting	1	01:00:00	01:00:00

Start	Finish	Thursday 06 October	Number of heats	Interval	Elapsed Time
<b>TRAINING GOODWAVE</b>					
12:00:00	13:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
13:15:00	18:45:00	CFR - Free training	11	00:30:00	05:30:00
<b>CFR SQUIRT COMPETITION LOVE TRIANGLE</b>					
14:00:00	14:30:00	Women's Squirt Semi final	1	00:30:00	00:30:00
14:30:00	15:00:00	Men's Squirt Semi final	1	00:30:00	00:30:00
15:00:00	15:45:00	Women's Squirt Final	1	00:45:00	00:45:00
15:45:00	16:30:00	Men's Squirt Final	1	00:45:00	00:45:00
18:30:00	19:15:00	Water off	1	00:45:00	00:45:00
<b>CFR MEDAL CEREMONY LOVE TRIANGLE</b>					
16:45:00	16:57:00	Medal ceremony	2	00:06:00	00:12:00
Start	Finish	Friday 07 October	Number of heats	Interval	Elapsed Time
08:00:00	09:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
<b>CFR COMPETITION GODDWAVE</b>					
09:15:00	13:00:00	CFR - MK1 Preliminaries (1-5)	5	00:45:00	03:45:00
		Interval			00:10:00
13:10:00	16:10:00	CFR - MK1 Preliminaries (6-9)	4	00:45:00	03:00:00
		Interval			00:10:00
16:20:00	18:35:00	CFR - MK1 Junior Preliminaries (1-3)	3	00:45:00	02:15:00
18:30:00	19:15:00	Water off	1	00:45:00	00:45:00
Start	Finish	Saturday 08 October	Number of heats	Interval	Elapsed Time
07:00:00	08:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
<b>CFR COMPETITION GODDWAVE</b>					
08:15:00	11:15:00	CFR - WK1 Preliminaries (1-4)	4	00:45:00	03:00:00
11:15:00	12:00:00	CFR - WK1 Junior Preliminaries (1)	1	00:45:00	00:45:00
		Interval			00:15:00
12:15:00	13:45:00	CFR - MC1 Preliminaries (1-2)	2	00:45:00	01:30:00
13:45:00	14:30:00	CFR - WC1 Preliminaries (1)	1	00:45:00	00:45:00
14:30:00	15:15:00	CFR - XOC1 Preliminaries (1)	1	00:45:00	00:45:00
		Interval			00:15:00
15:30:00	18:30:00	CFR - MK1 Quarters	4	00:45:00	03:00:00
		Interval			00:00:00
18:30:00	19:15:00	Water off	1	00:45:00	00:45:00

Start	Finish	Sunday 09 October	Number of heats	Interval	Elapsed Time
07:00:00	08:15:00	Water on / water level stabilized	1	01:15:00	01:15:00
<b>CFR COMPETITION GODDWAVE</b>					
08:15:00	09:15:00	CFR - MK1 Junior Semi	2	00:30:00	01:00:00
09:15:00	10:15:00	CFR - WK1 Semi	2	00:30:00	01:00:00
10:15:00	11:15:00	CFR - MK1 Semi	2	00:30:00	01:00:00
		Interval			01:15:00
12:30:00	13:15:00	CFR - XOC1 Final	1	00:45:00	00:45:00
13:15:00	14:00:00	CFR - WC1 Final	1	00:45:00	00:45:00
14:00:00	14:45:00	CFR - MC1 Final	1	00:45:00	00:45:00
		Interval			00:15:00
15:00:00	15:45:00	CFR - WK1 Junior Final	1	00:45:00	00:45:00
15:45:00	16:30:00	CFR - MK1 Junior Final	1	00:45:00	00:45:00
		Interval			00:15:00
16:45:00	17:30:00	CFR - WK1 Final	1	00:45:00	00:45:00
17:30:00	18:15:00	CFR - MK1 Final	1	00:45:00	00:45:00
		Interval			00:15:00
18:30:00	19:15:00	Water off	1	00:45:00	00:45:00
<b>CFR MEDAL CEREMONY GOODWAVE</b>					
18:15:00	18:57:00	Medal ceremony	7	00:06:00	00:42:00