

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 Prelims	1	00:30:00	00:30:00
14:30:00	15:00:00	Men's Squirt Prelims	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 GOODWAVE</b>					
09:15:00	11:30:00	CFR - MK1 Junior Preliminaries (1-3)	3	00:45:00	02:15:00
		Interval			00:10:00
11:40:00	14:50:00	CFR - MK1 Preliminaries (1-4)	4	00:45:00	03:00:00
		Interval			00:10:00
15:00:00	18:00:00	CFR - MK1 Preliminaries (5-8)	4	00:45:00	03:00:00
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 GOODWAVE</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
08:00:00	09:30:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>CFR COMPETITION GOODWAVE</b>					
09:30:00	10:30:00	CFR - MK1 Junior Semi	2	00:30:00	01:00:00
10:30:00	11:30:00	CFR - WK1 Semi	2	00:30:00	01:00:00
11:30:00	12:30:00	CFR - MK1 Semi	2	00:30:00	01:00:00
		Interval			00:15:00
12:45:00	13:20:00	CFR - XOC1 Final	1	00:35:00	00:35:00
13:20:00	13:55:00	CFR - WC1 Final	1	00:35:00	00:35:00
13:55:00	14:40:00	CFR - MC1 Final	1	00:45:00	00:45:00
		Interval			00:20:00
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>					
18:20:00	19:02:00	Medal ceremony	7	00:06:00	00:42:00