

TIME		Training Day 1	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish	Wednesday 10 July			
07:30:00	19:30:00	Official training	12	01:00:00	12:00:00
TIME		Training Day 2	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish	Thursday 11 July			
07:30:00	19:30:00	Official training	12	01:00:00	12:00:00
TIME		Training Day 3	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish	Friday 12 July			
07:30:00	19:30:00	Official training	12	01:00:00	12:00:00
TIME		Training Day 4	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish	Saturday 13 July			
07:30:00	19:30:00	Official training	12	01:00:00	12:00:00
19:30:00	20:15:00	Extreme Canoe Slalom - official training	1	00:45:00	00:45:00
19:45:00	20:45:00	Team leaders meeting	1	01:00:00	01:00:00
TIME		Training Day 5	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish	Sunday 14 July			
07:30:00	17:30:00	Official training	12	00:50:00	10:00:00
17:30:00	18:10:00	Extreme Canoe Slalom - official training	1	00:40:00	00:40:00
19:30:00	20:30:00	Opening Ceremony	1	01:00:00	01:00:00

TIME		Training Day 6 Monday 15 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
07:30:00	15:30:00	Official training	12	00:40:00	08:00:00
14:00:00	15:00:00	First ITOs meeting	1	01:00:00	01:00:00
MONDAY 15 JULY / TEAM EVENTS COURSE					
15:30:00	17:30:00	Team events - Course construction	1	02:00:00	02:00:00
17:00:00	17:45:00	Team events - Course Tuning with demonstration runners	1	00:45:00	00:45:00
17:45:00	18:05:00	Team events - Demo Run by sections	1	00:20:00	00:20:00
18:05:00	18:15:00	Team events - Course approval	1	00:10:00	00:10:00
		Interval			00:15:00
18:30:00	18:46:00	Team events - full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			01:14:00
20:00:00	20:00:00	Water OFF	1	00:00:00	00:00:00

TIME		Day 1 Tuesday 16 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
TEAM EVENTS - GROUP 1					
07:00:00	07:20:00	WATER ON	1	00:20:00	00:20:00
08:45:00	08:52:30	Forerunners	3	00:02:30	00:07:30
		Interval			00:07:30
09:00:00	09:37:30	MC1 U23 Teams	15	00:02:30	00:37:30
		Interval			00:05:00
09:42:30	10:12:30	MC1 JUN Teams	12	00:02:30	00:30:00
		Interval			00:05:00
10:17:30	10:52:30	WK1 U23 Teams	14	00:02:30	00:35:00
		Interval			00:05:00
10:57:30	11:37:30	WK1 JUN Teams	16	00:02:30	00:40:00
		Interval			01:22:30
TEAM EVENTS - GROUP 2					
13:00:00	13:07:30	Forerunners	3	00:02:30	00:07:30
		Interval			00:07:30
13:15:00	13:42:30	WC1 U23 Teams	11	00:02:30	00:27:30
		Interval			00:05:00
13:47:30	14:10:00	WC1 JUN Teams	9	00:02:30	00:22:30
		Interval			00:05:00
14:15:00	15:15:00	MK1 U23 Teams	24	00:02:30	01:00:00
		Interval			00:05:00
15:20:00	16:10:00	MK1 JUN Teams	20	00:02:30	00:50:00
		Interval			00:10:00
TEAM EVENTS - MEDALS CEREMONIES					
16:20:00	16:25:00	MC1 U23 Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:26:00	16:31:00	MC1 JUN Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:32:00	16:37:00	WK1 U23 Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:38:00	16:43:00	WK1 JUN Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:44:00	16:49:00	WC1 U23 Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:50:00	16:55:00	WC1 JUN Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
16:56:00	17:01:00	MK1 U23 Teams - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:02:00	17:07:00	MK1 JUN Teams - Medals ceremony	1	00:05:00	00:05:00
TUESDAY 16 JULY - HEATS COURSE					
16:15:00	18:15:00	Heats - Course construction	1	02:00:00	02:00:00
17:45:00	18:30:00	Heats - Course Tuning with demonstration runners	1	00:45:00	00:45:00
18:30:00	18:50:00	Heats - Demo Run by sections	1	00:20:00	00:20:00
18:50:00	19:00:00	Heats - Course approval	1	00:10:00	00:10:00
		Interval			00:15:00
19:15:00	19:31:00	Heats - full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			01:14:00
20:45:00	20:45:00	Water OFF	1	00:00:00	00:00:00

TIME		Day 2 Wednesday 17 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
07:00:00	07:20:00	WATER ON	1	00:20:00	00:20:00
HEATS - U23 - GROUP 1					
08:45:00	08:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
09:00:00	09:47:00	MC1 U23 - 1st Run	47	00:01:00	00:47:00
		Interval			00:05:00
09:52:00	10:48:00	WK1 U23 - 1st Run	56	00:01:00	00:56:00
		Interval			00:10:00
10:58:00	11:25:00	MC1 U23 - 2nd Run	27	00:01:00	00:27:00
		Interval			00:05:00
11:30:00	12:06:00	WK1 U23 - 2nd Run	36	00:01:00	00:36:00
		Interval			00:05:00
12:11:00	12:25:00	XC2 JUN - Semi-final	14	00:01:00	00:14:00
		Interval			01:20:00
HEATS - U23 - GROUP 1					
13:45:00	13:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
14:00:00	14:45:00	WC1 U23 - 1st Run	45	00:01:00	00:45:00
		Interval			00:05:00
14:50:00	16:07:00	MK1 U23 - 1st Run	77	00:01:00	01:17:00
		Interval			00:10:00
16:17:00	16:42:00	WC1 U23 - 2nd Run	25	00:01:00	00:25:00
		Interval			00:05:00
16:47:00	17:34:00	MK1 U23 - 2nd Run	47	00:01:00	00:47:00
		Interval			00:05:00
17:39:00	17:54:00	XC2 JUN - Final	10	00:01:30	00:15:00
18:20:00	18:20:00	WATER OFF	1	00:20:00	00:20:00

TIME		Day 3 Thursday 18 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
07:00:00	07:20:00	WATER ON	1	00:20:00	00:20:00
HEATS - Junior - GROUP 1					
08:45:00	08:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
09:00:00	09:49:00	MC1 Junior - 1st Run	49	00:01:00	00:49:00
		Interval			00:05:00
09:54:00	10:52:00	WK1 Junior - 1st Run	58	00:01:00	00:58:00
		Interval			00:10:00
11:02:00	11:31:00	MC1 Junior - 2nd Run	29	00:01:00	00:29:00
		Interval			00:05:00
11:36:00	12:14:00	WK1 Junior - 2nd Run	38	00:01:00	00:38:00
		Interval			00:05:00
12:19:00	12:31:00	XC2 U23 - Semi-final	12	00:01:00	00:12:00
		Interval			00:59:00
HEATS - Junior - GROUP 2					
13:30:00	13:34:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
13:45:00	14:22:00	WC1 Junior - 1st Run	37	00:01:00	00:37:00
		Interval			00:05:00
14:27:00	15:44:00	MK1 Junior - 1st Run	77	00:01:00	01:17:00
		Interval			00:10:00
15:54:00	16:11:00	WC1 Junior - 2nd Run	17	00:01:00	00:17:00
		Interval			00:05:00
16:16:00	17:03:00	MK1 Junior - 2nd Run	47	00:01:00	00:47:00
		Interval			00:05:00
17:08:00	17:23:00	XC2 U23 - Final	10	00:01:30	00:15:00
SEMI FINAL & FINAL COURSE					
17:45:00	19:15:00	1/2 finals and finals - Course construction	1	01:30:00	01:30:00
18:45:00	19:30:00	1/2 finals and finals - Course Tuning with demonstration runners	1	00:45:00	00:45:00
19:30:00	19:50:00	1/2 finals and finals - Demo Run by sections	1	00:20:00	00:20:00
19:50:00	20:00:00	1/2 finals and finals - Course approval	1	00:10:00	00:10:00
		Interval			00:15:00
20:15:00	20:31:00	1/2 finals and finals - full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			01:14:00
21:45:00	21:45:00	Water OFF	1	00:00:00	00:00:00

TIME		Day 4 Friday 19 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
07:00:00	07:20:00	WATER ON	1	00:20:00	00:20:00
SEMI FINAL & FINAL - U23 - GROUP 1					
08:45:00	08:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
09:00:00	09:45:00	MC1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
09:50:00	10:35:00	WK1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
11:20:00	11:40:00	MC1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
11:45:00	12:05:00	WK1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
MEDALS CEREMONIES - U23 - GROUP 1					
12:10:00	12:15:00	MC1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:16:00	12:21:00	WK1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:22:00	12:27:00	XC2 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			01:18:00
SEMI FINAL & FINAL - JUNIOR - GROUP 1					
13:45:00	13:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
14:00:00	14:45:00	MC1 Junior - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
14:50:00	15:35:00	WK1 Junior - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
16:20:00	16:40:00	MC1 Junior Final	10	00:02:00	00:20:00
		Interval			00:02:00
16:42:00	17:02:00	WK1 Junior Final	10	00:02:00	00:20:00
		Interval			00:03:00
MEDALS CEREMONIES - JUNIOR - GROUP 1					
17:05:00	17:10:00	MC1 Junior - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:11:00	17:16:00	WK1 Junior - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:17:00	17:22:00	XC2 Junior - Medals ceremony	1	00:05:00	00:05:00
17:30:00	17:30:00	Water OFF	1	00:00:00	00:00:00

TIME		Day 5 Saturday 20 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
07:00:00	07:20:00	WATER ON	1	00:20:00	00:20:00
SEMI FINAL & FINAL - U23 - GROUP 2					
08:45:00	08:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
09:00:00	09:45:00	WC1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
09:50:00	10:50:00	MK1 U23 - Semi-final	40	00:01:30	01:00:00
		Interval			00:45:00
11:35:00	11:55:00	WC1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
12:00:00	12:20:00	MK1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
MEDALS CEREMONIES - U23 - GROUP 2					
12:25:00	12:30:00	WC1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:31:00	12:36:00	MK1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			01:25:00
SEMI FINAL & FINAL - JUNIOR - GROUP 2					
13:45:00	13:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
14:00:00	14:45:00	WC1 Junior - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
14:50:00	15:50:00	MK1 Junior - Semi-final	40	00:01:30	01:00:00
		Interval			00:45:00
16:35:00	16:55:00	WC1 Junior Final	10	00:02:00	00:20:00
		Interval			00:05:00
17:00:00	17:20:00	MK1 Junior Final	10	00:02:00	00:20:00
		Interval			00:00:00
MEDALS CEREMONIES - JUNIOR - GROUP 2					
17:20:00	17:25:00	WC1 Junior - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:26:00	17:31:00	MK1 Junior - Medals ceremony	1	00:05:00	00:05:00
17:45:00	20:45:00	Extreme Canoe Slalom - official training	1	03:00:00	03:00:00
17:45:00	20:45:00	Extreme Canoe Slalom - Course construction (gate on the bank)	1	03:00:00	03:00:00
20:50:00	20:50:00	Water OFF	1	00:00:00	00:00:00

TIME		Day 6 Sunday 21 July	Number of Slots / Boats	Interval	Elapsed Time
Start	Finish				
EXTREME SLALOM - TIME TRIALS					
07:30:00	08:45:00	Extreme Canoe Slalom - official training	1	01:15:00	01:15:00
09:00:00	09:20:00	MCSLX-U23	40	00:00:30	00:20:00
		Interval			00:03:00
09:23:00	09:43:00	MCSLX-Junior	40	00:00:30	00:20:00
		Interval			00:03:00
09:46:00	10:01:00	WCSLX-U23	30	00:00:30	00:15:00
		Interval			00:03:00
10:04:00	10:19:00	WCSLX-Junior	30	00:00:30	00:15:00
		Interval			00:03:00
EXTREME SLALOM - COURSE CONSTRUCTION					
10:20:00	11:20:00	Course setting	1	01:00:00	01:00:00
		Interval			00:05:00
11:25:00	11:30:00	Rehearsal / Demonstration	1	00:05:00	00:05:00
		Interval			00:30:00
EXTREME CANOE SLALOM - Heats					
12:00:00	12:32:00	MCSLX-U23 - heats	8	00:04:00	00:32:00
		Interval			00:00:00
12:32:00	13:04:00	MCSLX-Junior - heats	8	00:04:00	00:32:00
		Interval			00:00:00
13:04:00	13:36:00	WCSLX-U23 - heats	8	00:04:00	00:32:00
		Interval			00:00:00
13:36:00	14:08:00	WCSLX-Junior - heats	8	00:04:00	00:32:00
		Interval			00:32:00
EXTREME CANOE SLALOM - Quarterfinal					
14:40:00	14:56:00	MCSLX-U23 - Quarterfinal	4	00:04:00	00:16:00
		Interval			00:00:00
14:56:00	15:12:00	MCSLX-Junior - Quarterfinal	4	00:04:00	00:16:00
		Interval			00:00:00
15:12:00	15:28:00	WCSLX-U23 - Quarterfinal	4	00:04:00	00:16:00
		Interval			00:00:00
15:28:00	15:44:00	WCSLX-Junior - Quarterfinal	4	00:04:00	00:16:00
		Interval			00:06:00
EXTREME CANOE SLALOM - Semi final					
15:50:00	15:58:00	MCSLX-U23 - Semi-final	2	00:04:00	00:08:00
		Interval			00:01:00
15:59:00	16:07:00	MCSLX-Junior - Semi-final	2	00:04:00	00:08:00
		Interval			00:01:00
16:08:00	16:16:00	WCSLX-U23 - Semi-final	2	00:04:00	00:08:00
		Interval			00:01:00
16:17:00	16:25:00	WCSLX-Junior - Semi-final	2	00:04:00	00:08:00
		Interval			00:00:00
EXTREME CANOE SLALOM - Final					
16:25:00	16:29:00	MCSLX-U23 - Final	1	00:04:00	00:04:00
		Interval			00:00:00
16:29:00	16:33:00	MCSLX-Junior - Final	1	00:04:00	00:04:00
		Interval			00:00:00
16:33:00	16:37:00	WCSLX-U23 - Final	1	00:04:00	00:04:00
		Interval			00:00:00
16:37:00	16:41:00	WCSLX-Junior - Final	1	00:04:00	00:04:00
		Interval			00:04:00
MEDALS CEREMONIES - EXTREME CANOE SLALOM & CLOSING CEREMONY					
16:45:00	16:54:00	Closing speeches (HOC, NF, ICF)	3	00:03:00	00:09:00
		Interval			00:01:00
16:55:00	17:00:00	MCSLX-U23 - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:01:00	17:06:00	MCSLX-Junior - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:07:00	17:12:00	WCSLX-U23 - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:13:00	17:18:00	WCSLX-Junior - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:19:00	17:22:00	NATIONS CUP & CLOSING CEREMONY	1	00:03:00	00:03:00