

<b>Time</b>	<b>Event</b>	<b>Details</b>
9:00	Check-In / Registration	All paddlers requested to check in before racing
9:45	Briefing - All races	
10:00	C4/K4 Heat 1 & 2	4 boats per race
10:10	200m Sprint Heats	4 paddlers per heat. Heats start every 2.5 minutes. Heats arranged by sprint ranking / race groupings
12:15	C4/K4 Heat 3 & 4	4 boats per race
12:30	200m Handicap Relay Heat 1 - 4	4 paddlers per team. 4 teams per race. This will be a handicap race, with team starts staggered based on 200m sprint times!
13:00	C4/K4 Heat 5 & 6	4 boats per race
13:15	200m Handicap Relay Heat 5 - 8	4 paddlers per team. 4 teams per race. This will be a handicap race, with team starts staggered based on 200m sprint times!
13:45	C4/K4 Heat 7 & 8	4 boats per race
14:00	Lightening K4 Final	Straight final for Juniors in a K4 Rocket race
14:10	200m Sprint Finals	All paddlers from 200m heats compete in finals. Finals are grouped based on paddler race time in heats
16:20	C4/K4 Final 1 & 2	Final of K4/C4
16:30	2000m Lightening Marathon	All paddlers start at the same time. Medals for 1st, 2nd, 3rd.
16:50	4000m Marathon	Canoes & kayak (canoe start 6 min ahead of kayaks).
17:30	Medals & Prizes	Prize giving with the GB Team. Great photo opportunity!
18:00	Finish	