

Start	Finish	Thursday 10 August	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:15:00	09:30:00	CSLX - Training sessions	3	00:45:00	02:15:00
		Interval			00:30:00
10:00:00	19:00:00	CSL - Training sessions	12	00:45:00	09:00:00
19:00:00	19:45:00	CSL - Free Training session	1	00:45:00	00:45:00
19:45:00	20:30:00	Forerunners	1	00:45:00	00:45:00
20:30:00	20:35:00	Water off	1	00:05:00	00:05:00
Start	Finish	Friday 11 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	07:45:00	Forerunners	1	00:45:00	00:45:00
07:45:00	08:30:00	CSL - Free Training session	1	00:45:00	00:45:00
08:30:00	17:30:00	CSL - Training sessions	12	00:45:00	09:00:00
		Interval			00:30:00
18:00:00	20:15:00	CSLX - Training sessions	3	00:45:00	02:15:00
20:15:00	20:20:00	Water off	1	00:05:00	00:05:00
Start	Finish	Saturday 12 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:15:00	09:30:00	CSLX - Training sessions	3	00:45:00	02:15:00
		Interval			00:30:00
10:00:00	19:00:00	CSL - Training sessions	12	00:45:00	09:00:00
19:00:00	19:45:00	CSL - Free Training session	1	00:45:00	00:45:00
19:45:00	20:30:00	Forerunners	1	00:45:00	00:45:00
20:30:00	20:35:00	Water off	1	00:05:00	00:05:00
TEAM LEADERS MEETING					
19:15:00	20:45:00	CSL - Team Leaders Meeting	1	01:30:00	01:30:00
Start	Finish	Sunday 13 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	07:30:00	Forerunners	1	00:30:00	00:30:00
07:30:00	16:30:00	CSL - Training sessions	12	00:45:00	09:00:00
16:30:00	16:35:00	Water off	1	00:05:00	00:05:00
OPENING CEREMONY					
17:30:00	18:30:00	Opening ceremony	1	01:00:00	01:00:00

Start	Finish	Monday 14 August 2023	Number of Slots	Interval	Elapsed Time
06:30:00	06:50:00	Water on / water level stabilized	1	00:20:00	00:20:00
OFFICIAL TRAINING					
07:00:00	07:30:00	Forerunners Training session	1	00:30:00	00:30:00
07:30:00	13:30:00	CSL - Training sessions	12	00:30:00	06:00:00
		Interval			00:30:00
14:00:00	15:30:00	CSLX - Training sessions	3	00:30:00	01:30:00
ITO MEETING					
14:30:00	#VALEUR!	First ITO Meeting	1	01:00:00	01:00:00
TEAM EVENTS COURSE CONSTRUCTION					
15:30:00	17:30:00	Course construction	1	02:00:00	02:00:00
16:30:00	17:30:00	Course Tuning with demonstration runners	1	01:00:00	01:00:00
		Interval			00:10:00
17:40:00	17:50:00	Course approval	1	00:10:00	00:10:00
		Interval			00:25:00
18:15:00	18:31:00	Full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			00:44:00
19:15:00	19:15:00	Water OFF	1	00:00:00	00:00:00
Start	Finish	Tuesday 15 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
TEAM EVENTS - GROUP 1					
09:00:00	09:05:00	Forerunners	2	00:02:30	00:05:00
		Interval			00:10:00
09:15:00	09:50:00	WK1 U23 Teams	14	00:02:30	00:35:00
		Interval			00:05:00
09:55:00	10:22:30	WK1 JUN Teams	11	00:02:30	00:27:30
		Interval			00:04:30
10:27:00	11:22:00	MK1 U23 Teams	22	00:02:30	00:55:00
		Interval			00:05:00
11:27:00	12:22:00	MK1 JUN Teams	22	00:02:30	00:55:00
		Interval			01:38:00
TEAM EVENTS - GROUP 2					
14:00:00	14:05:00	Forerunners	2	00:02:30	00:05:00
		Interval			00:10:00
14:15:00	14:45:00	MC1 U23 Teams	12	00:02:30	00:30:00
		Interval			00:07:00
14:52:00	15:17:00	MC1 JUN Teams	10	00:02:30	00:25:00
		Interval			00:08:00
15:25:00	15:45:00	WC1 U23 Teams	8	00:02:30	00:20:00
		Interval			00:05:00
15:50:00	16:10:00	WC1 JUN Teams	8	00:02:30	00:20:00
		Interval			00:20:00
TEAM EVENTS - MEDALS CEREMONIES					
16:30:00	16:36:00	WK1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:37:00	16:43:00	WK1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:44:00	16:50:00	MK1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:51:00	16:57:00	MK1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
16:58:00	17:04:00	WC1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:05:00	17:11:00	WC1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:12:00	17:18:00	MC1 U23 Teams - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:19:00	17:25:00	MC1 JUN Teams - Medals ceremony	1	00:06:00	00:06:00
HEATS COURSE CONSTRUCTION					
16:30:00	18:30:00	Course construction	1	02:00:00	02:00:00
17:30:00	18:30:00	Course Tuning with demonstration runners	1	01:00:00	01:00:00
		Interval			00:10:00
18:40:00	18:50:00	Course approval	1	00:10:00	00:10:00
		Interval			00:25:00
19:15:00	19:31:00	Full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			00:44:00
20:15:00	20:15:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Wednesday 16 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
HEATS - GROUP 1 - WK1 & MK1 - U23					
09:00:00	09:04:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
09:15:00	10:31:00	MK1 U23 - 1st Run	76	00:01:00	01:16:00
		Interval			00:09:00
10:40:00	11:30:00	WK1 U23 - 1st Run	50	00:01:00	00:50:00
		Interval			00:15:00
11:45:00	12:31:00	MK1 U23 - 2nd Run	46	00:01:00	00:46:00
		Interval			00:05:00
12:36:00	13:06:00	WK1 U23 - 2nd Run	30	00:01:00	00:30:00
		Interval			01:39:00
HEATS - GROUP 2 - MC1 & WC1 - U23					
14:45:00	14:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
15:00:00	15:44:00	MC1 U23 - 1st Run	44	00:01:00	00:44:00
		Interval			00:05:00
15:49:00	16:24:00	WC1 U23 - 1st Run	35	00:01:00	00:35:00
		Interval			00:15:00
16:39:00	17:03:00	MC1 U23 - 2nd Run	24	00:01:00	00:24:00
		Interval			00:05:00
17:08:00	17:23:00	WC1 U23 - 2nd Run	15	00:01:00	00:15:00
		Interval			00:16:00
17:39:00	17:39:00	WATER OFF	1	00:20:00	00:20:00
Start	Finish	Thursday 17 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
HEATS - GROUP 3 - WK1 & MK1 - JUNIOR					
08:45:00	08:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
09:00:00	10:18:00	MK1 Junior - 1st Run	77	00:01:00	01:17:00
		Interval			00:05:00
10:23:00	11:09:00	WK1 Junior - 1st Run	46	00:01:00	00:46:00
		Interval			00:11:00
11:20:00	12:08:00	MK1 Junior - 2nd Run	47	00:01:00	00:47:00
		Interval			00:05:00
12:13:00	12:39:00	WK1 Junior - 2nd Run	26	00:01:00	00:26:00
		Interval			01:06:00
HEATS - GROUP 4 - MC1 & WC1 JUNIOR					
13:45:00	13:49:00	Forerunners	4	00:01:00	00:04:00
		Interval			00:11:00
14:00:00	14:46:00	MC1 Jun - 1st Run	46	00:01:00	00:46:00
		Interval			00:05:00
14:52:00	15:25:00	WC1 Junior - 1st Run	32	00:01:00	00:32:00
		Interval			00:15:00
15:40:00	16:06:00	MC1 Junior - 2nd Run	26	00:01:00	00:26:00
		Interval			00:05:00
16:11:00	16:24:00	WC1 Junior - 2nd Run	12	00:01:00	00:12:00
		Interval			00:21:00
SEMI FINAL & FINAL COURSE MODIFICATION					
16:45:00	18:45:00	Course construction	1	02:00:00	02:00:00
17:45:00	18:45:00	Course Tuning with demonstration runners	1	01:00:00	01:00:00
		Interval			00:10:00
18:55:00	19:05:00	Course approval	1	00:10:00	00:10:00
		Interval			00:25:00
19:30:00	19:46:00	Full length demo run & rehearsal	8	00:02:00	00:16:00
		Interval			00:44:00
20:30:00	20:30:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Friday 18 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	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	10:00:00	MK1 U23 - Semi-final	40	00:01:30	01:00:00
		Interval			00:05:00
10:05:00	10:50:00	WK1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
11:35:00	11:55:00	MK1 U23 Final	10	00:02:00	00:20:00
		Interval			00:05:00
12:00:00	12:20:00	WK1 U23 Final	10	00:02:00	00:20:00
		Interval			00:10:00
MEDALS CEREMONIES - U23 - GROUP 1					
12:30:00	12:35:00	MK1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:36:00	12:41:00	WK1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			01:04:00
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	WC1 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	WC1 Junior Final	10	00:02:00	00:20:00
		Interval			00:08:00
MEDALS CEREMONIES - JUNIOR - GROUP 1					
17:10:00	17:15:00	MC1 Junior - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:16:00	17:21:00	WC1 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

Start	Finish	Saturday 19 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
SEMI FINAL & FINAL - JUN - 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	MC1 U23 - Semi-final	30	00:01:30	00:45:00
		Interval			00:05:00
09:50:00	10:35:00	WC1 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	WC1 U23 Final	10	00:02:00	00:20:00
		Interval			00:20:00
MEDALS CEREMONIES - JUN - GROUP 2					
12:25:00	12:30:00	MC1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
12:31:00	12:36:00	WC1 U23 - Medals ceremony	1	00:05:00	00:05:00
		Interval			01:40:00
SEMI FINAL & FINAL - U23 - GROUP 2					
13:45:00	13:51:00	Forerunners	4	00:01:30	00:06:00
		Interval			00:09:00
14:00:00	15:00:00	MK1 Jun - Semi-final	40	00:01:30	01:00:00
		Interval			00:05:00
15:05:00	15:50:00	WK1 Jun - Semi-final	30	00:01:30	00:45:00
		Interval			00:45:00
16:35:00	16:55:00	MK1 Jun Final	10	00:02:00	00:20:00
		Interval			00:05:00
17:00:00	17:20:00	WK1 Jun Final	10	00:02:00	00:20:00
		Interval			00:05:00
MEDALS CEREMONIES - U23 - GROUP 2					
17:25:00	17:30:00	MK1 Jun - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:01:00
17:31:00	17:36:00	WK1 Jun - Medals ceremony	1	00:05:00	00:05:00
		Interval			00:54:00
KAYAK CROSS COURSE CONSTRUCTION					
17:30:00	18:30:00	KAYAK CROSS - Course construction & setting	1	01:00:00	01:00:00
OFFICIAL TRAINING					
18:30:00	20:30:00	KAYAK CROSS Official training	1	02:00:00	02:00:00
21:30:00	21:30:00	Water OFF	1	00:00:00	00:00:00

Start	Finish	Sunday 20 August 2023	Number of Slots	Interval	Elapsed Time
06:55:00	07:15:00	Water on / water level stabilized	1	00:20:00	00:20:00
		Interval			01:45:00
KAYAK CROSS - TIME TRIALS					
08:45:00	16:45:00	Forerunners	4	02:00:00	08:00:00
		Interval			00:06:00
09:00:00	09:54:00	MCSLX-U23 Time Trials	81	00:00:40	00:54:00
		Interval			00:04:15
09:58:15	10:51:35	MCSLX-Junior Time Trials	80	00:00:40	00:53:20
		Interval			00:05:00
10:56:35	11:29:55	WCSLX-U23 Time Trials	50	00:00:40	00:33:20
		Interval			00:04:30
11:34:25	12:07:45	WCSLX-Junior Time Trials	50	00:00:40	00:33:20
		Interval			01:07:15
KAYAK CROSS - HEATS					
13:15:00	13:22:00	Forerunners	2	00:03:30	00:07:00
		Interval			00:00:00
13:30:00	13:58:00	MCSLX-U23 - heats	8	00:03:30	00:28:00
		Interval			00:01:00
13:59:00	14:27:00	MCSLX-Junior - heats	8	00:03:30	00:28:00
		Interval			00:01:00
14:28:00	14:56:00	WCSLX-U23 - heats	8	00:03:30	00:28:00
		Interval			00:01:00
14:57:00	15:25:00	WCSLX-Junior - heats	8	00:03:30	00:28:00
		Interval			00:10:00
KAYAK CROSS - QUARTERFINALS					
15:35:00	15:47:00	MCSLX-U23 - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:01:00
15:48:00	16:00:00	MCSLX-Junior - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:01:00
16:01:00	16:13:00	WCSLX-U23 - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:01:00
16:14:00	16:26:00	WCSLX-Junior - Quarterfinal	4	00:03:00	00:12:00
		Interval			00:09:00
KAYAK CROSS - SEMIFINALS					
16:35:00	16:41:00	MCSLX-U23 - Semi-final	2	00:03:00	00:06:00
		Interval			00:01:00
16:42:00	16:48:00	MCSLX-Junior - Semi-final	2	00:03:00	00:06:00
		Interval			00:01:00
16:49:00	16:55:00	WCSLX-U23 - Semi-final	2	00:03:00	00:06:00
		Interval			00:01:00
16:56:00	17:02:00	WCSLX-Junior - Semi-final	2	00:03:00	00:06:00
		Interval			00:03:00
KAYAK CROSS - FINALS					
17:05:00	17:08:00	MCSLX-U23 - Final	1	00:03:00	00:03:00
		Interval			00:00:00
17:08:00	17:11:00	MCSLX-Junior - Final	1	00:03:00	00:03:00
		Interval			00:00:00
17:11:00	17:14:00	WCSLX-U23 - Final	1	00:03:00	00:03:00
		Interval			00:00:00
17:14:00	17:17:00	WCSLX-Junior - Final	1	00:03:00	00:03:00
		Interval			00:13:00
MEDALS CEREMONIES - KAYAK CROSS & CLOSING CEREMONY					
17:30:00	17:35:00	MCSLX-U23 - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:36:00	17:41:00	MCSLX-Junior - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:42:00	17:47:00	WCSLX-U23 - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:48:00	17:53:00	WCSLX-Junior - medals presentation	1	00:05:00	00:05:00
		Interval			00:01:00
17:54:00	17:57:00	NATIONS CUP & CLOSING CEREMONY	1	00:03:00	00:03:00
18:15:00	18:15:00	Water OFF	1	00:00:00	00:00:00