

Start	Finish	Wednesday 04 October	Number of groups	Interval	Elapsed Time
08:30:00	10:00:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>TRAINING GOODWAVE</b>					
10:00:00	18:00:00	CFR - Training	8	01:00:00	08:00:00
18:00:00	18:30:00	Water off	1	00:30:00	00:30:00
Start	Finish	Thursday 05 October	Number of groups	Interval	Elapsed Time
08:30:00	10:00:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>TRAINING GOODWAVE</b>					
10:00:00	18:00:00	CFR - Training	8	01:00:00	08:00:00
18:00:00	18:30:00	Water off	1	00:30:00	00:30:00
Start	Finish	Friday 06 October	Number of groups	Interval	Elapsed Time
08:30:00	10:00:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>TRAINING GOODWAVE</b>					
10:00:00	18:00:00	CFR - Training	8	01:00:00	08:00:00
18:00:00	18:30:00	Water off	1	00:30:00	00:30:00
Start	Finish	Saturday 07 October	Number of groups	Interval	Elapsed Time
09:00:00	10:30:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>TEAM LEADERS MEETING</b>					
09:00:00	10:30:00	CFR - Team Leaders Meeting	1	01:30:00	01:30:00
<b>TRAINING GOODWAVE</b>					
10:30:00	17:10:00	CFR - Training	8	00:50:00	06:40:00
17:10:00	17:40:00	Water off	1	00:30:00	00:30:00
<b>OPENING CEREMONY</b>					
18:00:00	19:00:00	Opening ceremony	1	01:00:00	01:00:00
Start	Finish	Sunday 08 October	Number of groups	Interval	Elapsed Time
08:30:00	10:00:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>TRAINING GOODWAVE</b>					
10:00:00	18:00:00	CFR - Training	8	01:00:00	08:00:00
18:00:00	18:30:00	Water off	1	00:30:00	00:30:00

Start	Finish	Monday 09 October	Number of groups	Interval	Elapsed Time
08:00:00	09:30:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>CFR SQUIRT COMPETITION LOVE TRIANGLE</b>					
09:30:00	10:45:00	Women's Squirt Heats	3	00:25:00	01:15:00
10:45:00	12:25:00	Men's Squirt Heats	4	00:25:00	01:40:00
		Interval	1	00:30:00	00:30:00
12:55:00	13:45:00	Women's Squirt Semi Final	2	00:25:00	00:50:00
13:45:00	14:35:00	Men's Squirt Semi Final	2	00:25:00	00:50:00
		Interval	1	00:30:00	00:30:00
15:05:00	15:50:00	Women's Squirt Final	1	00:45:00	00:45:00
15:50:00	16:35:00	Men's Squirt Final	1	00:45:00	00:45:00
		Interval	1	00:10:00	00:10:00
16:45:00	17:15:00	Water off	1	00:30:00	00:30:00
<b>MEDALS CEREMONY</b>					
17:30:00	17:36:00	Women's Squirt - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:37:00	17:43:00	Men's Squirt- Medals ceremony	1	00:06:00	00:06:00
<b>COMMUNITY MEETING</b>					
20:00:00	21:30:00	FUTURE OR FREESTYLE at the Powerhouse	1	01:30:00	01:30:00
Start	Finish	Tuesday 10 October	Number of groups	Interval	Elapsed Time
07:00:00	08:30:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>CFR COMPETITION GOODWAVE</b>					
08:30:00	11:25:00	CFR - WK1 Heats (group 1)	5	00:35:00	02:55:00
		Interval	1	00:05:00	00:05:00
11:30:00	15:00:00	CFR - MK1 Heats (group 1)	6	00:35:00	03:30:00
15:00:00	17:20:00	CFR - MC1 Heats	4	00:35:00	02:20:00
		Interval	1	00:05:00	00:05:00
17:25:00	17:55:00	Water off	1	00:30:00	00:30:00
Start	Finish	Wednesday 11 October	Number of groups	Interval	Elapsed Time
07:00:00	08:30:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>CFR COMPETITION GOODWAVE</b>					
08:30:00	11:25:00	CFR - WK1 Heats (group 2)	5	00:35:00	02:55:00
		Interval	1	00:05:00	00:05:00
11:30:00	15:00:00	CFR - MK1 Heats (group 2)	6	00:35:00	03:30:00
15:00:00	16:30:00	CFR - XOC1 Heats	3	00:30:00	01:30:00
		Interval	1	00:05:00	00:05:00
16:35:00	17:05:00	Water off	1	00:30:00	00:30:00

Start	Finish	Thursday 12 October	Number of groups	Interval	Elapsed Time
07:00:00	08:30:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>CFR COMPETITION GOODWAVE</b>					
08:30:00	09:20:00	CFR - XOC1 Semi	2	00:25:00	00:50:00
09:20:00	10:50:00	CFR - WC1 Heats	3	00:30:00	01:30:00
10:50:00	13:20:00	CFR - WK1 Junior Heats	5	00:30:00	02:30:00
		Interval	1	00:05:00	00:05:00
13:25:00	16:25:00	CFR - MK1 Junior Heats	6	00:30:00	03:00:00
		Interval	1	00:10:00	00:10:00
16:35:00	17:15:00	CFR - XOC1 Final	1	00:40:00	00:40:00
		Interval	1	00:05:00	00:05:00
17:20:00	17:50:00	Water off	1	00:30:00	00:30:00
<b>MEDALS CEREMONY</b>					
17:45:00	17:51:00	XOC1 - Medals ceremony	1	00:06:00	00:06:00
Start	Finish	Friday 13 October	Number of groups	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	11:50:00	CFR - WK1 Quarters	4	00:35:00	02:20:00
11:50:00	14:10:00	CFR - MK1 Quarters	4	00:35:00	02:20:00
		Interval	1	00:05:00	00:05:00
14:15:00	15:05:00	CFR - WC1 Semi	2	00:25:00	00:50:00
15:05:00	15:55:00	CFR - MC1 Semi	2	00:25:00	00:50:00
		Interval	1	00:10:00	00:10:00
16:05:00	16:35:00	CFR - WC1 Final	1	00:30:00	00:30:00
16:35:00	17:15:00	CFR - MC1 Final	1	00:40:00	00:40:00
		Interval	1	00:05:00	00:05:00
17:20:00	17:50:00	Water off	1	00:30:00	00:30:00
<b>MEDALS CEREMONY</b>					
17:45:00	17:51:00	WC1 - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:52:00	17:58:00	MC1- Medals ceremony	1	00:06:00	00:06:00

Start	Finish	Saturday 14 October	Number of groups	Interval	Elapsed Time
<b>08:30:00</b>	10:00:00	Water on / water level stabilized	1	01:30:00	01:30:00
<b>CFR COMPETITION GOODWAVE</b>					
<b>10:00:00</b>	11:00:00	CFR - WK1 Junior Semi	2	00:30:00	01:00:00
<b>11:00:00</b>	12:00:00	CFR - MK1 Junior Semi	2	00:30:00	01:00:00
		Interval	1	00:10:00	00:10:00
<b>12:10:00</b>	13:10:00	CFR - WK1 Semi	2	00:30:00	01:00:00
<b>13:10:00</b>	14:10:00	CFR - MK1 Semi	2	00:30:00	01:00:00
		Interval	1	00:10:00	00:10:00
<b>14:20:00</b>	14:50:00	CFR - WK1 Junior Final	1	00:30:00	00:30:00
<b>14:50:00</b>	15:20:00	CFR - MK1 Junior Final	1	00:30:00	00:30:00
		Interval	1	00:10:00	00:10:00
<b>15:30:00</b>	16:15:00	CFR - WK1 Final	1	00:45:00	00:45:00
<b>16:15:00</b>	17:00:00	CFR - MK1 Final	1	00:45:00	00:45:00
		Interval	1	00:10:00	00:10:00
<b>17:10:00</b>	17:40:00	Water off	1	00:30:00	00:30:00
<b>MEDALS CEREMONY</b>					
17:30:00	17:36:00	WK1 Junior - Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:37:00	17:43:00	MK1 Junior- Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:44:00	17:50:00	WK1- Medals ceremony	1	00:06:00	00:06:00
		Interval			00:01:00
17:51:00	17:57:00	MK1- Medals ceremony	1	00:06:00	00:06:00