



## Appendix B: Proposed race schedule

\*schedule may change and a final version will be published in the coming weeks.

Day /Date	Race start	Cohort Departure	Cohort Arrival	Race start	Cohort Departure	Cohort Arrival	Race Start	Cohort Departure
<b>Day 1 Mon Aug 23</b>	<b>8:00am</b>	<b>12:20pm</b>	<b>1:05pm</b>	<b>2:35pm</b>	<b>6:30pm</b>	N/A		
	Senior Men K1/C1 1000m U18 Men K1/C1 200m		Senior Women K1/C1 200m U18 Women K1/C1 500m					
<b>Day 2 Tues Aug 24</b>	<b>8:00am</b>	<b>12:15pm</b>	<b>1:00pm</b>	<b>2:30pm</b>	<b>7:00pm</b>	N/A		
	Senior Women K1/C1 500m U18 Women K1/C1 200m		Senior Men K1/C1 500m U18 Men K1/C1 500m					
<b>Day 3 Wed Aug 25</b>	<b>8:00am</b>	<b>1:30pm</b>	<b>2:00pm</b>	<b>3:30pm</b>	<b>3:45pm</b>	<b>4:15pm</b>	<b>5:45pm</b>	<b>6:00pm</b>
	Senior Men K1/C1 200m U18 Men K1/C1 1000m		National Team Assessment Race (not part of Nationals race card)			National Team Assessment Race (not part of Nationals race card)		
<b>Day 4 Thurs Aug 26</b>	<b>8:00am</b>	<b>1:10pm</b>	<b>1:40pm</b>	<b>2:45pm</b>	<b>6:40pm</b>	N/A		
	Para Men KL/VA 200m Para Women KL/VA 200m PaddleAll K1/C1 200m Masters Men K1/C1 500m Masters Women K1/C1 500m		Senior Women K1/C1 1000m U18 K1/C1 1000m * to be determined if some of the events from the day 4 morning move into the afternoon of day 4					
<b>Day 5 Fri Aug 27</b>	<b>8:00am</b>	<b>1:40pm</b>	<b>2:10pm</b>	<b>3:10pm</b>	<b>6:00pm</b>	N/A		
	U17 Men K1/C1 1000m U16 Men K1/C1 1000m		U17 Women K1/C1 200m U16 Women K1/C1 200m					
<b>Day 6 Sat Aug 28</b>	<b>8:00am</b>	<b>12:10pm</b>	<b>12:40pm</b>	<b>1:40pm</b>	<b>6:00pm</b>	N/A		
	U17 Women K1/C1 500m U16 Women K1/C1 500m		U17 Men K1/C1 500m U16 Men K1/C1 500m					
<b>Day 7 Sun Aug 29</b>	<b>8:00am</b>	<b>10:45am</b>	<b>11:30pm</b>	<b>12:30pm</b>	<b>6:05pm</b>	N/A		
	U17 Men K1/C1 200m U16 Men K1/C1 200m		U17 Women K1/C1 1000m U16 Women K1/C1 1000m					