

FINAL SCHEDULE

ROWON BEACH SPRINTS – Lakeside Park, St. Catharines Saturday June 22, 2024

FRIDAY JUNE 21 – Course Setup 12:00 noon to 4:00 PM; Practice Options: 4:00 PM to 7:00 PM

Time		Event		Type of Race
07:00	8:00	Practice session		
07:45-	8:30	Coach/Participant Meeting & Set-up for Racing		
	Centres		# of boats	
8:30	2m	Open Women Solo	9	Time Trials
8:51	2m	Open Men Solo	8	Time Trials
9:10	2m	U19 Women Solo	6	Time Trials
9:25	2m	U19 Men Solo	6	Time Trials
9:40		BREAK (10 min)		
9:50	7m	Open Women Solo	9	Rep/QF/SF/Finals
10:53	7m	Open Men Solo	8	QF/SF/Finals
11:49	7m	U19 Women Solo	6	QF/SF/Finals
12:31	7m	U19 Men Solo	6	QF/SF/Finals
13:10		LUNCH BREAK (30 min)		
13:40	2m	U19 Women's Double	3	Time Trials
13:46	2m	Open Mixed Double	10	Time Trials
14:06	2m	U19 Mixed Double	4	Time Trials
14:19	7m	U19 Women's Double	3	Rep/Finals
14:33	7m	Open Mixed Double	10	QF/SF/Finals
15:43	7m	U19 Mixed Double	4	Rep/Finals
16:00		Awards Presentation		
16:30		Load Boats & Thank-you's		

Time Trials will be run in a processional format. All competitors should be ready to race 10 minutes before time slot. Time slots for each match race and assigned lane (red or yellow) will be posted on display boards on the Beach.