

ROW ONTARIO Coastal Beach Sprints				
<i>Ashbridges Bay, Toronto, ON</i>				
Schedule SATURDAY August 19, 2023				
SOLOS				
Time	Event	# of boats	# of races	Type of Race
07:00 - 08:30	Practice			
07:45 - 08:15	Coach/Participant Meeting			
08:30 - 09:00	Setup for Racing			
9:00, 9:07, 9:14	Open Wom Solo	5	3	Time Trials
9:21 --- 9:56	Open Men Solo	11	6	Time Trials
10:03 & 10:10 AM	U19 Men Solo	3	2	Time Trials
10:10 AM	Break			
10:20 AM	Open Wom Solo	2	1	Repechage
10:27 & 10:34	Open Wom Solo	4	2	Semi-Finals
10:41 & 10:48	Open Wom Solo	4	2	Finals (A & B)
10:55 AM	Break			
11:02, 11:09, 11:16	Open Men Solo	4	3	Repechages
11:23 - 11:44	Open Men Solo	8	4	Quarter-Finals
11:51 & 11:58	Open Men Solo	4	2	Semi-Finals
12:05 & 12:13	Open Men Solo	4	2	Finals (A & B)
12:15 PM	Break			
12:20 PM	U19 Men Solo	2	1	Repechage
12:27 PM	U19 Men Solo	2	1	Final A
12:45: PM	Awards Presentation			
1:00 - 1:45 PM	Practice Session for Doubles			

ROW ONTARIO Coastal Beach Sprints				
<i>Ashbridges Bay, Toronto, ON</i>				
Schedule SUNDAY August 20, 2023				
DOUBLES				
Time	Event	# of boats	# of races	Type of Race
07:00 - 08:30	Practice			
07:45 - 08:15	Coach/Participant Meeting			
08:30 - 09:00	Setup for Racing			
9:00 & 9:07	Open Mixed Double	4	2	Time Trials
9:14 & 9:21	U19 Womens Double	4	2	Time Trials
9:28 AM	U19 Mens Double	2	1	Time Trials
9:35 AM	U19 Mixed Double	2	1	Time Trials
9:42 AM	Break			
9:52 & 9:59	Open Mixed Double	4	2	Repechage
10:06 & 10:13	Open Mixed Double	4	2	Finals (A & B)
10:20 AM	Break			
10:27 & 10:34	U19 Womens Double	4	2	Repechage
10:41 & 10:48	U19 Womens Double	4	2	Finals (A & B)
10:55 AM	Break			
11:02 AM	U19 Mens Double	2	1	Final
11:09 AM	Break			
11:16 AM	U19 Mixed Double	2	1	Final
11:23: AM	Awards Presentation			
11:50 AM	Load Boats & Thank-yous			

FINAL SCHEDULE: Revised August 17, 2023