

Training Times

	19-Sep	20-Sep	21-Sep	22-Sep
08:00	A	X	E	Y / Z
08:30		Y		
09:00	B	Z	F	W / X
09:30		W		
10:00	C	Change	G	Change
10:30		A		E
11:00	D		H	
11:30		B		F
12:00	E		A	
12:30		C		G
13:00	F		B	
13:30		D		H
14:00	G		C	
14:30		E		A
15:00	H		D	
15:30		F		B
16:00	Change		Fore Runners	
16:30	W	G		C
17:00	X		Change	
17:30	Y	H		D
18:00	Z		KX Added Slots	
18:30		Fore Runners		Fore Runners
19:00			Y / Z	
19:30				
20:00			W / X	
20:30				

23 September – Slalom only

08:00	08:45	09:30	10:15	11:00	11:45	12:30	13:15
A	B	C	D	E	F	G	H

26 September Kayak Cross Only

08:00	09:00	10:00	11:00
W	X	Y	Z