

SATURDAY

Race	Time	Distance	Event	H/S/F	Progression
1	9:00	500m	WK1 U18	F	
2	9:05	500m	WK1 Open	F	
3	9:10	500m	MK1 U18	F	
4	9:15	500m	MK1 open/MK1 U23	F	
5	9:20	500m	MK1 35+/MK1 55+	F	
6	9:25	500m	WK1 U16	F	
7	9:30	500m	MK2 U16/MK2 U14/MTK2 U12	F	
8	9:35	500m	WK1 U14	F	
9	9:40	500m	PCMK1/MC1 open/MC1 U18	F	
10	9:45	500m	MTK1 Open/35/45/55	F	
11	9:50	500m	MK1 45+	F	
	BREAK				
12	10:20	500m	MK4 OPEN/U16	F	
13	10:25	500m	MJD U12/WK1 U12	F	
14	10:30	500m	PCWK1/WC1/WK1 45+	F	
15	10:35	500m	MK2 35/45/55	F	
16	10:40		WK2 OPEN/U18/U16 MK2 U18	F	
	Break				
17	10:55	500m	MTK2 OPEN/35/45/55	F	
18	11:00	500m	WK4 U16/U14/MK4 12	F	
19	11:10	500m	WK2 U14 WTK2 U12	F	
20	11:15	500m	MK1 U16	F	
21	11:20	500m	MK1 U14/U12 MTK1 U14	F	
22	11:25	500m	PCWV1/PCMV1	F	
	BREAK				
23	12:30	200M	WK1 U18	F	
24	12:35	200M	WK1 Open	F	
25	12:40	200M	MK1 U18	F	
26	12:45	200M	MK1 35+/MK1 55+	F	
27	12:50	200M	WK1 U16	F	
28	12:55	200M	MK2 U16/MK2 U14/MTK2 U12	F	
29	13:00	200M	WK1 U14	F	
30	13:05	200M	PCMK1/MC1 open/MC1 U18	F	
31	13:10	200M	MK1 U23	F	

32	13:15	200M	MTK1 Open/35/45/55	F	
33	13:20	200M	MK1 45+	F	
	BREAK				
34	13:45	200M	MK1 Open	F	
35	13:50	200M	MJD U12/WK1 U12	F	
36	13:55	200M	PCWK1/WC1/WK1 45+	F	
37	14:00	200M	MK2 35/45/55	F	
	BREAK				
38	14:25	200M	MTK2 OPEN/35/45/55	F	
39	14:30	200M	WK2 OPEN/U18/U16 MK2 U18	F	
40	14:35	200M	WK2 U14/U12 WTK2 U14/U12	F	
41	14:40	200M	MK1 U16	F	
42	14:45	200M	MK1 U14/U12 MTK1 U14	F	
43	14:50	200M	PCWV1/PCMV1	F	

SUNDAY

Race	Time	Distance	Event	H/S/F	Progression
44	9:00	1000m	WK1 U18	F	
45	9:07	1000m	MK1 Open	H1	1-4 to Final
46	9:14	1000m	MK1 Open	H2	1-4 to Final
47	9:21	1000m	MK1 U18	F	
48	9:28	1000m	MK1 35+/MK1 55+	F	
49	9:35	1000m	WK1 U16	F	
50	9:42	1000m	MK2 U16/MK2 U14/MTK2 U12	F	
51	9:49	1000m	WK1 U14	F	
52	9:56	1000m	PCMK1/MC1 open/MC1 U18	F	
53	10:03	1000m	MK1 45+	F	
54	10:10	1000m	MTK1 Open/35/45/55	F	
55	10:17	1000m	MK1 Open	F	
56	10:20	1000m	WK2 U18/WK2 U16		
	BREAK				
57	11:10	1000m	MK1 U16	F	
58	11:17	1000m	WK1 U12	F	
59	11:24	1000m	PCWK1/WC1/WK1 45+/WTK1 55	F	
60	11:31	1000m	MK2 35/45/55	F	

61	11:38	1000m	MK2 OPEN/U18	F	
62	11:45	1000m	WK4 U16/U14/12	F	
63	11:52	1000m	MTK2 OPEN/35/45/55	F	
64	11:59	1000m	MK1 U14/U12	F	
65	12:06	1000m	MK1 U23		
	BREAK				
66	13:00	1000m	MK4 OPEN/18/16	F	
67	13:07	1000m	PCWV1/PCMV1	F	
68	13:14	1000m	WK2 U14 WTK2 UU12	F	