

Competition Schedule

As of SUN 31 JUL 2022

Date	Start Time	Estimated Finish Time	Event
TUE 26 JUL	15:45	15:55	Demo Run Teams 1
	16:24	16:34	Demo Run Teams 2
WED 27 JUL	9:15	9:25	Forerunners Teams
	9:30	10:30	Women's Kayak Teams Final
	10:15	11:13	Men's Kayak Teams Final
	11:35	12:30	Women's Canoe Teams Final
	12:08	13:03	Men's Canoe Teams Final
	15:55	16:05	Demo Run Heats 1
	16:35	16:45	Demo Run Heats 2
THU 28 JUL	9:00	9:10	Forerunners K1
	9:15	10:15	Women's Kayak Heats Run 1
	10:34	11:34	Men's Kayak Heats Run 1
	14:15	15:15	Women's Kayak Heats Run 2
	15:13	16:13	Men's Kayak Heats Run 2
FRI 29 JUL	9:00	9:10	Forerunners C1
	9:15	10:15	Women's Canoe Heats Run 1
	10:13	11:14	Men's Canoe Heats Run 1
	14:00	15:00	Women's Canoe Heats Run 2
	14:38	15:39	Men's Canoe Heats Run 2
	18:40	18:50	Demo Run Semi-final/Final 1
	19:20	19:30	Demo Run Semi-final/Final 2
SAT 30 JUL	8:45	8:55	Forerunners K1
	9:03	10:03	Women's Kayak Semi-final
	10:08	11:08	Men's Kayak Semi-final
	12:05	13:05	Women's Kayak Final
	12:42	13:42	Men's Kayak Final
	15:45	16:00	Forerunners Extreme
	16:00	17:00	Women's Extreme Kayak Time Trials
	17:20	18:00	Men's Extreme Kayak Time Trials

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SUN 31 JUL	8:45	8:55	Forerunners C1
	9:03	10:03	Women's Canoe Semi-final
	10:08	11:08	Men's Canoe Semi-final
	11:35	12:35	Women's Canoe Final
	12:12	13:12	Men's Canoe Final
	14:45	14:55	Forerunners Elimination
	14:48	14:58	Forerunners Elimination 2
	15:00	15:24	Women's Extreme Kayak Heats
	15:24	15:48	Men's Extreme Kayak Heats
	16:04	16:21	Women's Extreme Kayak Quarterfinal
	16:21	16:39	Men's Extreme Kayak Quarterfinal
	16:39	16:48	Women's Extreme Kayak Semi-final
	16:48	16:57	Men's Extreme Kayak Semi-final
	16:59	17:03	Women's Extreme Kayak Final
	17:05	17:09	Men's Extreme Kayak Final

Notes:

Schedule is subject to change. Please check online for more details and the latest updates.