

Competition Schedule

As of THU 16 JUN 2022

Date	Start Time	Estimated Finish Time	Event
THU 16 JUN	17:30	17:40	Demo Run 1 Heats
	18:10	18:25	Demo Run 2 Heats
FRI 17 JUN	8:45	8:55	Forerunners K1
	9:00	10:00	Women's Kayak Heats Run 1
	10:00	11:05	Men's Kayak Heats Run 1
	11:15	12:23	Women's Kayak Heats Run 2
	11:55	13:08	Men's Kayak Heats Run 2
	14:00	14:10	Forerunners C1
	14:15	15:15	Women's Canoe Heats Run 1
	15:00	16:03	Men's Canoe Heats Run 1
	16:00	17:14	Women's Canoe Heats Run 2
	16:25	17:42	Men's Canoe Heats Run 2
	19:15	19:25	Demo Run 1 Semi-Final/Final
	19:55	20:00	Demo Run 2 Semi-Final/Final
SAT 18 JUN	8:45	8:55	Forerunners K1
	9:00	10:00	Women's Kayak Semi-final
	10:05	11:05	Men's Kayak Semi-final
	12:04	13:04	Women's Kayak Final
	12:41	13:41	Men's Kayak Final
	15:40	15:50	Forerunners Extreme
	16:00	17:00	Women's Extreme Kayak Time Trials
	16:44	17:48	Men's Extreme Kayak Time Trials
SUN 19 JUN	8:45	8:55	Forerunners C1
	9:00	10:00	Women's Canoe Semi-final
	10:05	11:05	Men's Canoe Semi-final
	11:34	12:34	Women's Canoe Final
	12:11	13:11	Men's Canoe Final
	15:00	15:25	Forerunners Elimination
	15:30	15:54	Women's Extreme Kayak Heats
	15:54	16:18	Men's Extreme Kayak Heats
	16:33	16:51	Women's Extreme Kayak Quarterfinal
	16:51	17:09	Men's Extreme Kayak Quarterfinal
	17:09	17:18	Women's Extreme Kayak Semi-final
	17:18	17:27	Men's Extreme Kayak Semi-final
	17:30	17:34	Women's Extreme Kayak Final
	17:36	17:40	Men's Extreme Kayak Final

Notes:

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