



2024 AMERICAN CANOE ASSOCIATION PRESENTS



**U.S. OLYMPIC
TEAM TRIALS**
CANOE/KAYAK SPRINT
MARCH 22-23, 2024 • SACRAMENTO, CA



**U.S. PARALYMPIC
TEAM TRIALS**
CANOE/KAYAK SPRINT
MARCH 22-23, 2024 • SACRAMENTO, CA

HOSTED BY:

SACRAMENTO STATE
AQUATIC CENTER

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REGATTA INTRODUCTION

RACE AND COURSE LENGTH

Fully buoyed race course. The course is 1000 meter, 500 meter and 200 meter sprints, similar to the traffic pattern that was used in 2023.

REGATTA PERSONNEL

ACA PADDLESPO RTS PERSONNEL

Steve Kelly Manager High Performance and Competitions Phone: (317)-404-4703 Email: skelly@americancanoe.org	Charles Luckman Chief Official Phone: (858)-205-2370 Email: charlesluckman6@gmail.com
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SAC STATE AQUATIC CENTER PERSONNEL

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DIRECTIONS

Directions from Highway 50: Heading West from Lake Tahoe or East from Sacramento or San Francisco take the Hazel Ave. (Exit 21). Go North onto Hazel Ave. Make the first right hand turn in to Nimbus Flats California State Park. Or if lot is full follows signs to overflow parking.

Directions from Highway 80: Heading West from Auburn or east from North Sacramento take the Sierra College Blvd. exit (in the City of Rocklin) and turn South on Sierra College Blvd. In about 6 miles Sierra College Blvd. becomes Hazel Ave., continue South through the town of Orangevale and finally across the American River. The first left after the river is the Aquatic Center. The entrance to Nimbus Flat is a small left hand turn pocket after the Gold Country Blvd. /Nimbus Rd signal. Make the next left into the Nimbus Flats California State Park. Or if lot is full follow signs to overflow parking.

PARKING AND DROP OFF

TRAILER PARKING

Trailers must be parked in the trailer parking that will be preassigned and located around the perimeter of the main parking lot in Nimbus Flat State Park. Trailers are not permitted in the back parking lot. No parking is permitted in "loading zones."

Trailers should arrive on Thursday, March 21st, between 7:00 am and sunset. (Contact the AC if you need special arrangements). **Nimbus Flat State Park will close at dusk.**

No boat trailers or boats may be stored at the Aquatic Center. All athletes will launch from the finish line area @ Nimbus Flat State Park. **PR athletes may launch from the South Canal dock if necessary.**

EVENT PARKING

Event parking is \$10.00 per vehicle/day and is located with Nimbus Flat State Park. **CASH ONLY.**

TEAM TENTS

Team tents must be secured to prevent blowing away and/or boat damage.

FOOD AND CLOTHING VENDORS

TBD - We always work to have food and clothing vendors at the race.

EVENTS

The following eleven events will be raced at the 2024 USA Olympic/National Team Trials, and results are computed independently for senior and U23 age groups.

SR. MEN'S KAYAK	SR. WOMEN'S KAYAK	SR. MEN'S CANOE	SR. WOMEN'S CANOE
K1 1000/500	K1 500	C1 1000/500	C1 500/200
K2 500	K2 500	C2 500	C2 500

PRE REGATTA INFO

OBJECTIVES

The primary objective is to select athletes to be the prospective Olympic and Paralympic Team to race in Paris 2024.

The second objective is to select our fastest athletes to be the USA Senior Team and USA U/23 Team for 2024, to represent our country and sport honorably and compete to the best of their ability at the senior and U/23 events in 2024.

Another objective is to continue to develop our athlete pool for the best representation and results in international and future Olympic Competition through representation and results in international and future Olympic Competition through representation in the non-Olympic events for race and competition experience.

ATHLETE ELIGIBILITY

Minimum eligibility requirements for an athlete to be considered for selection to the National Teams are covered by this selection system.

- i. Nationality/Passport requirements:
 1. Citizenship is not an eligibility requirement to compete on behalf of the United States at the 2024 ICF CSP WC1 or the ICF U/23 CSP WCH.
 2. Citizenship is not an eligibility requirement to compete on behalf of the United States at the 2024 ICF CSP WCH.
 3. An athlete must be a national of the United States to compete in the Olympic events at this Olympic Qualification event.
- ii. An athlete must meet ICF eligibility rules outlined in the [ICF Canoe Sprint Competition Rules](#).
- iii. Team Boat Selection: The ACA Canoe Sprint coach(es) nominates athletes for the positions in the Team Boats based on demonstrated performance during Mandatory training camps for each Competition. The coach(es) must provide nominations, supporting results, and written rationale to the ACA Sprint Selection Committee (SCC) for review. No member of the voting committee will be permitted to cast a vote in which they themselves or a relative are competing. If the conflict of interest is from an athlete, then the AAC Athlete Representative will fill the interim voting role. If the conflict of interest is from a relative, then the National Team Coach of the opposite discipline will fill the interim vote.
- iv. Other requirements (if any):
 1. Athletes must be turning **15 years of age** in 2024 to compete at the USA National Team Trials.
 2. Athletes must be in good standing with ACA at the Team Trials and all National and International competitions.
 3. Athletes must complete all competition registration requirements by the stated deadline: **Deadline for trials and cost of \$125 (\$50 for Paralympic Athletes) February 28th, 2024.**
 4. **Before racing commences on March 22nd, 2024, all athletes nominating for a National Team will need to pay a \$500 deposit for each of the National Team Tours they wish to be nominated for, they will not be eligible for selection if registration and the deposit are not paid in full. (Athletes not selected will be refunded in full within 14 days of trials).**
 5. The National Team Agreement, Athlete Code of Conduct and Pre-Acceptance will be required to be signed by an athlete prior to the first day of USA National Team Trials.
 6. Athletes will only be eligible for teams, tours and competitions for which they have registered and paid the deposit by the above deadline.
 7. All eligibility and services apply to the qualified team members from the 2024 USA CSP National Team Trials until subsequent USA CSP National Team Trials are held.
 8. Any athlete age 18 or older is required to undergo background screening in accordance with the current ACA Background Check Policy.
 9. Any athlete age 18 or older as of the last day of the competition covered by these procedures is required to remain current with the US Center for SafeSport's education and training requirements in accordance with the [ACA/USOPC Athlete Safety Policies](#).

REGATTA MEETING

The official regatta meeting will be held on Thursday March 21st at the Finish Line (Point Plaza) at 4:00 PM.

BOAT NUMBERS

Athletes are responsible for their own boat numbers.

PRACTICE

Athletes may practice on the race course the Thursday on shared water. There is also time in the event schedule for practice before the start of first race as noted in the schedule attached.

RACE OPERATIONS

BOAT WEIGHING

All teams and organizations are solely responsible for making sure that all equipment meets ACA Safety requirements. Boat will be weighed after they are raced. Scales will be available starting Thursday at 2:00 pm.

RACE INFORMATION

The 2024 USA CSP National Team Trials is a 2 day event. Events will be raced as the Senior category with athletes ranked in every category they are eligible for - i.e. A Junior athlete can race in these trials and be eligible to race in any of the events they qualify for.

COMPETITION SCOPE

The National Teams will be nominated to the ACA for the following competitions based on the results from this competition.

1. SELECTION FOR THE OLYMPIC QUALIFICATION REGATTA IN SARASOTA FLORIDA APRIL 23-25, 2024. (See USA Olympic Team Selection Criteria on ACA website)
2. SELECTION FOR THE PAN AMERICAN CANOE CHAMPIONSHIPS (See Pan American Championship Selection Criteria on ACA website)
3. SELECTION FOR THE USA CSP WC 1 NATIONAL TEAM
4. SELECTION FOR THE USA U23 CSP WORLD CHAMPIONSHIP NATIONAL TEAM
5. SELECTION FOR THE USA CSP SENIOR WORLD CHAMPIONSHIP NATIONAL TEAM

The proposed National Team will be announced at the end of trials and will be finalized once accepted by the ACA and USOPC.

TRAFFIC PATTERN

The traffic pattern will be available on-line and at check in. Please make sure all paddlers follow the posted traffic pattern. Any athlete found in violation of the traffic pattern will be **excluded**. This especially means cutting the course.

EVENT ORDER AND START INTERVALS

The Chief Official establishes the final event order, start interval, and the overall schedule as soon as possible after the close of the registration period for the 2024 USA CSP National Team Trials. This will be at least two weeks prior to the event start. The HOC will communicate the competition schedule to athletes, coaches and officials via email no later than 6 pm local time 14 days before the first day of the competition.

An eight-lane racing format will be used progression as per ICF rules.

BOAT SEEDING

Seeding for heats and direct finals is based on the 2023 trial results.

RACE SCHEDULE

A preliminary start order will be posted on the Aquatic Center and ACA Webpages.

CANCELED RACES AND EVENTS

In consultation with the Regatta Competition Committee, the Chief Official shall designate additional races to replace the canceled race or races if one or more are canceled for any reason. Any replacement race shall be held as soon as possible either during or after the scheduled races as determined by the Chief Official and SCC.

RACE/REGATTA EMERGENCY ACTION PLAN

Communications

1. Officials including start and finish line have assigned and checked out Bearcom Radios.
2. Aquatic Center Core Regatta Staff communicate via Nextel direct connect 2-way radio or cellular service among each other and the Aquatic Center.
3. Finish Line, an Aquatic Center Representative is stationed at the starting platform as well as the finish line tent.
4. Parking Staff, the parking staff communicates via Nextel direct connect 2-way radio among themselves, the Aquatic Center and the Core Aquatic Center Regatta Staff.

Command Central: The 60' Finish Line Tent is Command Central at Point Plaza.

All Emergency situation are relayed to an AC designee at the Finish Line Tent or Command Central.

SACRAMENTO STATE AQUATIC CENTER: WILL MAKE ALL 911 CALLS (916-278-2842)

In the case of an emergency whether it is on water or on land, the details of the emergency are communicated to the finish line tent where an EMT is on standby with backboard, oxygen, and communication.

In the event that an emergency situation warrants a 911 call to FIRE/PARAMEDICS, a phone call will immediately be made to the Aquatic Center. The Aquatic Center's front office personnel will call 911 from the Aquatic Center. Local EMS have been briefed to enter the Nimbus Flat State Park and will be met and escorted by designated Aquatic Center Parking Staff Person to the point of the emergency.

In the case that a PARAMEDIC needs to have water access, a launch will be waiting at the boat launching ramp and taken to the scene.

The Closest Fire Departments:

Station 32 Fire Department 4953 Hazel Avenue, Orangevale (less than 2 miles) 916-566-3632

Station 62 Fire Department Folsom Blvd/Hazel Ave. Rancho Cordova (less than a ¼ mile) 916-566-3662

INCLEMENT WEATHER PLAN

One host representative and one Aquatic Center representative will be responsible for monitoring the weather during practice and competition. Local weather contacts, as well as the services the host has contracted will be utilized to assist with monitoring the weather. The host representative and the AC representative and the Head Official will work together on making the final decision on when to clear the area and when it is safe to return.

Notifications of Watches/Warnings

When a severe weather watch/warning is received for the area of the "flash/bang" count reaches 75 seconds (15 miles), the aforementioned group will notify the following individuals verbally and/or via telephone or text message:

- a. The host staff or committee members on site
- b. The Head Official and/or their designee
- c. Onsite EMTs

Severe Weather Evacuation

When a severe weather warning is received for the area or the “flash/bang” count reaches 60 seconds or less (12 miles), the aforementioned group will notify the individuals listed above via radio and all game/practice activities are to cease immediately and all personnel are to evacuate to a safe structure/location.

When on the water, evacuations should occur immediately with the following actions:

- Umpire and safety boats and the on-water medical teams will push each toward the closest shore area
- Official located in the student-athlete area will be in place to help account for each team coming off the water
- Spectators will be evacuated from viewing areas and directed back to their vehicles.

Safe structures for congregating teams and spectators are extremely limited within Nimbus Flat State Parks. A safe structure or locations is any sturdy, fully enclosed, substantial, and frequently inhabited building that has plumbing and/or electrical wiring that acts to electrically ground the structure. Tents and golf carts do not meet these criteria.

Fully enclosed vehicles with a hard metal roof, rubber tires and completely closed windows can provide a measure of safety. Remember, NO PLACE outside is safe when lightning is in the area, but if outside with no safe shelter, the following actions may reduce risk: immediately, leave elevated areas, NEVER lie flat on the ground, NEVER use a tree for shelter, and immediately move away from bodies of water.

****Being on the water when lightning is within a 10-mile radius is not allowed. ****

Criteria for Safe Return to Practice/Competition Site:

1. The decision to return to activity after a period of evacuation will be made by the host designee, AC designee, and the Head Official.
2. Communication of decision and progress of decisions will be the responsibility of the host designee.
3. Standard guidelines indicate that the immediate threat should have passed and 30 minutes has elapsed since both the last sound of thunder and the last flash of lightning is seen or monitored.
4. Right to Leave: All athletes and individuals are granted the right to leave an athletic site or activity without fear of repercussion or penalty to seek a safe structure or location in the event of severe weather.

SELECTION PROCEDURES

Refer to the ACA website for selection procedures at www.americancanoe.org/sprint .

INFORMATION AND RESOURCES

TRAINING CAMPS OR COMPETITIONS

Athletes will be notified of all training and/or competitions at least 30 days prior to the start of the mandatory training or competitions.

ANTI-DOPING REQUIREMENTS

Athletes must adhere to all IOC, WADA, ICF, USADA and USOPC anti-doping protocols, policies and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IOC, WADA, ICF, USADA and USOPC Rules, as applicable.

ACA GRIEVANCE PROCEDURE

The ACA Bylaws and Grievance Procedures can be found at the [ACA Website](#).

INTERNATIONAL DISCLAIMER

These procedures are based on IOC, as applicable, and/or ICF rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in IOC, as applicable, and/or ICF rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to the ACA. However, the selections are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency. If any force of nature, or force majeure, should cause the alteration or cancellation of any of the selection events listed in this document, these selection procedures will be revised, pursuant to their resubmission to the Sprint Selection Committee.

ATHLETE OMBUDSMAN

Athletes who have questions regarding their opportunity to compete that are not answered by the ACA may contact the USOPC Athlete Ombudsman. The Athlete Ombuds Office provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB/HPMO.

To contact the Athlete Ombuds Office:

PHONE: (719) 866-5000

EMAIL: ombudsman@usathlete.org

WEBSITE: www.usathlete.org

HOSPITALITY

NEARBY HOTELS

Hotels	Address	Phone Number	Distance from AC
Comfort Inn & Suites Rancho Cordova	12249 Folsom Blvd, Rancho Cordova, CA	916-351-1213	0.8 miles
Hawthron Suites by Wyndham	12180 Tributary Point Dr, Gold River, CA	916-936-0550	0.8 miles
Larkspur Landing Folsom	121 Iron Point Rd, Folsom, CA	916-355-1616	2.5 miles
Hilton Garden Inn Folsom	221 Iron Point Rd, Folsom, CA	916-353-1717	2.7 miles
Holiday Inn Sacramento Rancho Cordova	11269 Point E Dr, Rancho Cordova, CA	916-635-4040	3.9 miles
TownePlace Suites by Marriott Sacramento Rancho Cordova	11212 Point E Dr, Rancho Cordova, CA	916-745-8974	3.9 miles
Sacramento Marriott Rancho Cordova	11211 Point E Dr, Rancho Cordova, CA	916-638-1100	4.0 miles
La Quinta Inn & Suites by Wyndham Rancho Cordova	11131 Folsom Blvd, Rancho Cordova, CA	916-638-1111	4.3 miles
Lake Natoma Inn	702 Gold Lake Dr, Folsom, CA	916-351-1500	4.8 miles
Best Western Plus Rancho Cordova Inn	10713 White Rock Rd, Rancho Cordova, CA	916-631-7500	5.8 miles
Courtyard by Marriott Sacramento Rancho Cordova	10683 White Rock Rd, Rancho Cordova, CA	916-638-3800	5.8 miles
Homewood Suites by Hilton Rancho Cordova	10700 White Rock Rd, Rancho Cordova, CA	916-589-1332	5.8 miles
Residence Inn by Marriott Sacramento Rancho Cordova	2779 Prospect Park Dr, Rancho Cordova, CA	916-851-1550	6.1 miles
Fairfield Inn & Suites by Marriot Rancho Cordova	10745 Gold Center Dr, Rancho Cordova, CA	916-858-8680	6.1 miles
Hyatt Place Sacramento/Rancho Cordova	10744 Gold Center Dr, Rancho Cordova, CA	916-635-4799	6.1 miles
Hampton Inn & Suites Folsom	155 Placerville Rd, Folsom, CA	916-235-7744	7.1 miles
Fairfield Inn & Suites by Marriott	1755 Cavitt Dr, Folsom, CA	916-984-0100	7.1 miles
Staybridge Suites Sacramento - Folsom	1745 Cavitt Dr, Folsom, CA	916-983-7885	7.1 miles
Residence Inn by Marriott	2555 Iron Point Rd, Folsom, CA	916-983-7289	7.2 miles
Holiday Inn Express & Suites	4360 Town Center Blvd, El Dorado Hills, CA	916-358-3100	9.3 miles

NEARBY RESTAURANTS

Restaurants	Address	Phone Number	Distance from AC
Starbucks	12195 Tributary Point Dr, Rancho Cordova, CA	916-353-1038	0.3 miles
Rudy's Hideaway Lobsterhouse	12303 Folsom Blvd, Rancho Cordova, CA	916-351-0606	0.6 miles
The Old Spaghetti Factory	12401 Folsom Blvd, Rancho Cordova, CA	916-985-0822	0.6 miles
Samurai Sushi	12251 Folsom Blvd, Rancho Cordova, CA	916-353-1112	0.7 miles
Cattlemen's	12409 Folsom Blvd, Rancho Cordova, CA	916-985-3030	0.8 miles
Mikuni	4323 Hazel Ave, Fair Oaks, CA	916-961-2112	0.9 miles
Noah's NY Bagels	5249 Hazel Ave, Fair Oaks, CA	916-848-3283	2.3 miles
Jamba Juice	8878 Madison Ave, Fair Oaks, CA	916-966-8458	2.3 miles
Rim's Deli	5241 Hazel Ave, Fair Oaks, CA	916-966-7707	2.4 miles
Chipotle	5223 Hazel Ave, Fair Oaks, CA	916-536-9205	2.4 miles
Chili's	161 Iron Point Rd, Folsom, CA	916-351-1118	2.4 miles
Raley's	8870 Madison Ave, Fair Oaks, CA	916-966-2201	2.5 miles
Jack's Urban Eats	2137 Golden Centre Ln #20, Rancho Cordova, CA	916-852-1504	3.2 miles
Dos Coyotes	13385 Folsom Blvd, Rancho Cordova, CA	916-351-9750	3.3 miles
Dutch Bros	8552 Madison Ave, Fair Oaks, CA	541-955-4700	3.3 miles
Karen's Bakery	705 Gold Lake Dr, Folsom, CA	916-985-2665	4.8 miles
Scott's Seafood Roundhouse	824 Sutter St, Folsom, CA	916-989-6711	4.8 miles
Trader Joe's	5309 Sunrise Blvd, Fair Oaks, CA	916-863-1744	5.0 miles
Sutter Street Steakhouse	604 Sutter St, Folsom, CA	916-351-9100	5.2 miles
Manderes	1004 E Bidwell St, Folsom, CA	916-986-9655	5.4 miles
Sprout's Farmers Market	905 E Bidwell St, Folsom, CA	916-605-7050	5.4 miles
La Bou	404 Blue Ravine Rd, Folsom, CA	916-983-3885	5.4 miles
Olive Garden	5445 Sunrise Blvd, Citrus Heights, CA	916-965-9537	5.5 miles
Pete's Restaurant and Brewhouse	6608 Folsom-Auburn Rd, Folsom, CA	916-988-8812	5.5 miles
Firehouse Subs	1001 E Bidwell St, Folsom, CA	916-984-0600	5.5 miles
Trader Joe's	850 E Bidwell St, Folsom, CA	916-817-8820	5.6 miles
Poke Cube	3161 Zinfandel Dr, Rancho Cordova, CA	916-400-4663	5.7 miles
Chili's	5303 Sunrise Blvd, Fair Oaks, CA	916-962-0404	5.8 miles
Rubio's	3221 Zinfandel Dr, Rancho Cordova, CA	916-853-1494	5.8 miles
The Habit	3161 Zinfandel Dr, Rancho Cordova, CA	916-851-1156	5.8 miles
Green Grill	3191 Zinfandel Dr, Rancho Cordova, CA	916-898-2896	5.9 miles
Noodles and Company	3151 Zinfandel Dr, Rancho Cordova, CA	916-631-1301	5.9 miles
Mikuni	185 Placerville Rd Suite 100, Folsom , CA	916-934-5250	6.8 miles
Chicago Fire	310 Palladio Pkwy, Folsom, CA	916-984-0140	6.9 miles
Whole Foods	270 Palladio Pkwy, Folsom, CA	916-984-85000	7.0 miles
Buckhorn	250 Palladio Pkwy, Folsom Ca	916-496-9649	7.0 miles
Blue Nami	330 Palladio Pkwy, Folsom Ca	916-983-3388	7.0 miles
Flame & Fire Brazillian Steakhouse	380 Palladio Pkwy, Folsom, CA	916-839-3535	7.1 miles
Fat's Asia Bistro	2585 Iron Point Rd, Folsom, CA	916-983-1133	7.1 miles
Olive Garden	2485 Iron Point Rd, Folsom, CA	916-984-7036	7.2 miles
Bel Air	2760 E Bidwell St, Folsom, CA	916-983-8844	7.5 miles
Zocalo	2739 E Bidwell St, Folsom, CA	916-618-0303	7.5 miles
Thai Paradise	2770 E Bidwell St, Folsom, CA	916-984-8988	7.5 miles
Vibe Health Bar	2770 E Bidwell St, Folsom, CA	916-990-5367	7.5 miles
Land Ocean New American Grill	2720 E Bidwell St, Folsom Ca	916-983-7000	7.5 miles
Visconti's Ristorante	2700 E Bidwell St, Folsom Ca	916-983-5181	7.5 miles
Jack's Urban Eats	2756 E Bidwell St, Folsom, CA	916-984-5560	7.6 miles
BJ's Restaurants	2730 E Bidwell St, Folsom, CA	916-404-2000	7.6 miles
Iron Horse Tavern	460 Palladio Pkwy, Folsom, CA	916-618-4322	8.0 miles
Mas Taco Bar	450 Palladio Pkwy, Folsom Ca	916-597-2929	8.0 miles

2024 ACA Olympic Team Trials

SACRAMENTO STATE AQUATIC CENTER

March 22-23, 2024

Friday March 22

Time	Event	Type/Class
7:30 AM	Start Practice at 200	-
8:30 AM	C1 W 200	Heat 1/O
8:35 AM	C1 W 200	Heat 2/O
9:00 AM	MKL1,MKL2,MKL3	Final/O
9:10 AM	MVL3,MVL2,WKL3	Final/O
9:20 AM	WKL2,WKL3	Final/O
9:30 AM	WVL2,WVL3,WVL1,MVL1	Final/O
9:40 AM	C1 W 200	Final/O
BREAK	BREAK	BREAK
10:30 AM	K2 M 500	Heat 1/O
10:35 AM	K2 M 500	Heat 2/O
10:40 AM	K2 W 500	Heat 1/O
10:45 AM	K2 W 500	Heat 1/O
10:50 AM	C2 M 500	Final/O
10:55 AM	C2 W 500	Final/O
BREAK	BREAK	BREAK
12:00 PM	K2 M 500	Final A/O
12:05 PM	K2 M 500	Final B/Non O
12:10 PM	K2 W 500	Final A/O
12:15 PM	K2 W 500	Final B/Non O
LUNCH	LUNCH	LUNCH
1:00 PM	Start Practice at 1000	-
1:30 PM	C1 M 1000	Heat 1/O
1:35 PM	C1 M 1000	Heat 2/O
1:40 PM	K1 M 1000	Heat 1/O
1:45 PM	K1 M 1000	Heat 2/O
1:50 PM	K1 M 1000	Heat 3/O

Saturday March 23

Time	Event	Type/Class
8:00 AM	Start Practice	-
9:00 AM	K1 M 1000	Final A/O
9:10 AM	K1 M 1000	Final B/Non O
9:20 AM	K1 M 1000	Final C/Non O
9:30 AM	C1 M 1000	Final A/O
9:40 AM	C1 M 1000	Final B/Non O
BREAK	BREAK	BREAK
10:30 AM	K1 W 500	Heat 1/O
10:35 AM	K1 W 500	Heat 2/O
LUNCH	LUNCH	LUNCH
1:15 PM	K1 M 500	Heat 1/Non O
1:20 PM	K1 M 500	Heat 2/Non O
1:25 PM	C1 M 500	Heat 1/Non O
1:30 PM	C1 M 500	Heat 2/Non O
1:35 PM	C1 W 500	Heat 1/Non O
1:40 PM	C1 W 500	Heat 2/Non O
BREAK	BREAK	BREAK
2:15 PM	K1 W 500	Final A/O
2:20 PM	K1 W 500	Final B/Non O
2:30 PM	K1 M 500	Final A/Non O
2:35 PM	K1 M 500	Final B/Non O
2:40 PM	C1 M 500	Final A/Non O
2:45 PM	C1 M 500	Final B/Non O
2:50 PM	C1 W 500	Final A/Non O
2:55 PM	C1 W 500	Final B/Non O

