

Preliminary Race Schedule

SUNDAY JANUARY 30, 2022

Weigh in station (virtual) open 7:00 AM EST. Visit the virtual ZOOM Weigh-in Room between two hours before race to one hour before race or send weigh-in videos to weighin@cdnindoorrowing.org



Livestream Broadcast begins 8:45 AM EST on Youtube: [Canadian Indoor Rowing Championships](#)

TIME (TORONTO)	Event #	CATEGORY	DISTANCE	
9:00 AM EST	1-2	Masters Men Lightweight (30-39) (40-49)	2000m	
9:15 AM EST	3-4	Masters Men Lightweight (50-54) (55-59)	2000m	
9:30 AM EST	5-13	Masters Men Lightweight (60-100)	2000m	
9:45 AM EST	14-26	Masters Women Lightweight (30-100+)	2000m	
10:00 AM EST	27-28	Masters Men (30-39) (40-49)	2000m	
10:15 AM EST	29-30	Masters Men (50-54) (55-59)	2000m	
10:30 AM EST	31-39	Masters Men (60-100)	2000m	
10:45 AM EST	40-43	Masters Women (30-59)	2000m	
11:00 AM EST	44-52	Masters Women (60-100)	2000m	
11:15 AM EST		Podium Presentations		
11:30 AM EST	87-88	We Are Invictus/SoldierOn Men & Women	4 Minute	
11:40 AM EST	62-67	PARA – PR1, PR2, PR3	2000m	
11:50 AM EST		Lunch Break – Enjoy the Music		
12:15 PM EST	68-69 72	Lightweight Men – Open, U 23, U19	2000m	
12:30 PM EST	70-71 73	Lightweight Women – Open, U23, U19	2000m	
12:45 PM EST		Podium Presentations		
12:55 PM EST	74-75	Men - Open and U23	2000m	
13:10 PM EST	76-77	Women - Open and U23	2000m	
13:25 PM EST	78	Men - U19	2000m	
13:40 PM EST	79	Women - U19	2000m	
13:55 PM EST	80	Men - U17	2000m	
14:10 PM EST	81	Women - U17	2000m	
14:25 PM EST		Podium Presentations		
14:40 PM EST	94-95	We Are Invictus/SoldierOn Men & Women	1 Minute	
14:50 PM EST	85	Masters Men 40+	500m	
15:00 PM EST	86	Masters Women 40+	500m	
15:10 PM EST		Podium Presentations		
15:20 PM EST	56 58 63	Lightweight Men – Open, U23, U19	500m	
15:30 PM EST	57 61 64	Lightweight Women – Open, U23, U19	500m	
15:40 PM EST		Podium Presentations		
15:50 PM EST	56 59 62	Men – Open, U23, U19	500m	
16:00 PM EST	55 60 64	Women – Open, U23, U19	500m	
16:12 PM EST		Podium Presentations & Final Race Wrapup		