

ROWING

Quamichan Lake (Art Mann Park) (Duncan)

5990 Indian Road



Updated July 12, 2018

THURSDAY, JULY 19

| Start | End | Event | Location |
|----------|---------|---|----------|
| 12:30 PM | 3:00 PM | Rig and Row at Event Site, Quamichan Lake | |

FRIDAY, JULY 20

| Start | End | Event | Location |
|----------|----------|-------------------|----------------|
| 9:00 AM | 9:30 AM | Warm-up | Quamichan Lake |
| 9:30 AM | | M1x Time Trial | Quamichan Lake |
| 9:45 AM | | W2x Time Trial | Quamichan Lake |
| 10:10 AM | | W1x Time Trial | Quamichan Lake |
| 10:25 AM | 10:30 AM | M2x Time Trial | Quamichan Lake |
| 12:30 PM | 1:00 PM | Warm up | Quamichan Lake |
| 1:00 PM | | M1x Heat 1 | Quamichan Lake |
| 1:10 PM | | M1x Heat 2 | Quamichan Lake |
| 1:20 PM | | W2x Heat 1 | Quamichan Lake |
| 1:30 PM | | W1x Heat 1 | Quamichan Lake |
| 1:40 PM | | W1x Heat 2 | Quamichan Lake |
| 2:00 PM | 2:20 PM | M2x Heat 1 | Quamichan Lake |
| 2:30 PM | 3:45 PM | Rig and Row Mix4x | Quamichan Lake |

SATURDAY, JULY 21

| Start | End | Event | Location |
|----------|----------|-------------|----------------|
| 9:00 AM | 9:30 AM | Warm up | Quamichan Lake |
| 9:30 AM | | M1x Final C | Quamichan Lake |
| 9:40 AM | | M1x Final B | Quamichan Lake |
| 9:50 AM | | M1x Final A | Quamichan Lake |
| 10:00 AM | | W2x Final A | Quamichan Lake |
| 10:10 AM | | W1x Final C | Quamichan Lake |
| 10:20 AM | | W1x Final B | Quamichan Lake |
| 10:30 AM | | W1x Final A | Quamichan Lake |
| 10:40 AM | 10:50 AM | M2x Final A | Quamichan Lake |

11:15 AM

11:30 AM

MEDAL PRESENTATIONS

SATURDAY, JULY 21

| Start | End | Event | Location |
|----------------|----------------|----------------------------|----------------|
| 12:00 PM | 1:00 PM | Presentation by Olympian | Quamichan Lake |
| 1:30 PM | 2:00 PM | Warm up | Quamichan Lake |
| 2:00 PM | | Mixed Quad Heat 1 | Quamichan Lake |
| 2:15 PM | 2:20 PM | Mixed Quad Heat 2 | Quamichan Lake |
| 2:20 PM | 2:45 PM | Break | |
| 2:45 PM | | Mixed Quad Final C | Quamichan Lake |
| 3:00 PM | | Mixed Quad Final B | Quamichan Lake |
| 3:15 PM | 3:20 PM | Mixed Quad Final A | Quamichan Lake |
| 3:30 PM | 3:45 PM | MEDAL PRESENTATIONS | |
| 3:45 PM | 4:30 PM | De-rig 4xs | Quamichan Lake |

SUNDAY, JULY 22

| Start | End | Event | Location |
|-----------------|-----------------|--------------------------------------|----------------|
| 7:00 AM | 7:30 AM | Warm-up | |
| 7:30 AM | 10:30 AM | Skills Events: Order to be Announced | Quamichan Lake |
| 11:00 AM | 11:20 AM | MEDAL PRESENTATIONS | |