

2024 Strong Island Sprints Race Schedule

Event	Heat	Time	Race Category
1	1	8:00 AM	Womens Coxswain
2	1	8:20 AM	Mens Coxswain
3	1	8:40 AM	Womens High School Novice
4	1	9:00 AM	Mens High School Novice
5	1	9:20 AM	Girls Bantam - 8th grade or below (1000 meters)
6	1	9:40 AM	Boys Bantam - 8th grade or below (1000 meters)
AM BREAK			
7	1	10:20 AM	Womens High School Freshman
8	1	10:40 AM	Mens High School Freshman
9	1	11:00 AM	Womens High School Lightweight (135 lbs)- U19**
	2	11:20 AM	Womens High School Lightweight (135 lbs)- U19**
10	1	11:40 AM	Mens High School Lightweight (160 lbs)- U19**
	2	12:00 PM	Mens High School Lightweight (160 lbs)- U19**
11	1	12:20 PM	Womens High School- U19
	2	12:40 PM	Womens High School- U19
12	1	1:00 PM	Mens High School U-19
	2	1:20 PM	Mens High School U-19

Doors Open at 7 AM

** Note that weigh-in will open at 8 AM and close at 10 AM for Womens LTW and Mens at 10:40 AM

This schedule is subject to change the day of the race. Be sure to check in at least 30 minutes before your race.

