

Time	Event	Race	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:40	LW1X	HT1			UBC (Stevenson)	Alberta (Bruha)	UBC (Donnelly)	
8:50	LW1X	HT2		Alberta (Cooke)	UBC (Lindsay)	Calgary (Cousins)	Alberta (Dolphin)	
9:00	LM1X	HT1		UBC (Nadeau)	Calgary (Kennedy)	UVIC (Walls)	UVIC (Clarke)	
9:10	LM1X	HT2		UVIC (Hollands)	UFV (Stahl)	UVIC (Cabral)	UBC (Enns)	
9:20	M1X	HT1	UVIC (Peers)	MRU (Mills)	Alberta (Wawrzonek)	UVIC (Brodeur)	UVIC (Szymanowski)	Alberta (Smith)
9:30	M1X	HT2	UBC (Silva Pinto)	UBC (Wick)	UVIC (Larson)	Calgary (Wenzel)	UBC (van Gessel)	Alberta (Thery)
9:40	W2-	HT1	UBC (Cameron)	UFV (Olive)	Regina (Simpkins)	UBC (Greber)	Calgary (Anderson)	
9:50	W2-	HT2		UFV (Siemens)	UVIC (Simpson)	UBC (Clark)	UVIC (McKinlay)	
10:00	M2-	HT1		UVIC (Hare)	UVIC (Sawers)	Calgary (Dvorak)	UBC (Schultz)	
10:10	M2-	HT2		UBC (Beach)	UBC (Vos de Wael)	UVIC (Donaldson)	UVIC (Arscott)	
10:20	MV4-		UVIC (Hare)	Calgary (Ritsema)	UVIC (Simpson)	UBC (Ross)	Alberta (Smith)	
10:30	LW1X	BF						
10:40	LW1X	AF						
10:50	LM1X	BF						
11:00	LM1X	AF						
11:10	WV4-				Calgary (Anderson)	Calgary (Kruschel)		
UMPIRE	BREAK							
12:30	W2V8+		UBC (Wesolowski)	UVIC (Balooch)	Calgary (Bansal)	LRC (Ewald)	Calgary (Slywka)	
12:40	M2V8+			UVIC (Hollands)	Calgary (Wood)	UBC (Renner)	UVIC (Simpson)	

12:50	LW4+	UVIC (Craven)	UBC (LaFreniere)	Calgary (Hidber)	UBC (Hardwicke-Brown)	Alberta (Cooke)	
13:00	M1X	BF					
13:10	M1X	AF					
13:20	W1X	UVIC (Balooch)	Alberta (Hartley)	UVIC (Cattet)	UBC (Walker)	Calgary (van Rijswijk)	Regina (Connel)
13:30	LM4+			UBC (Precious)	UVIC (Hollands)		
UMPIRE	BREAK						
14:30	W2-	BF					
14:40	W2-	AF					
14:50	M2-	BF					
15:00	M2-	AF					
15:10	NW8+		LRC (Van Brabant)	Calgary (Webster)	Calgary (Slywka)		
15:20	LM2X		UBC (Precious)	UVIC (Couchman)	Calgary (Dean)	UVIC (Gulka)	
15:30	LW2X	Calgary (Harris)	UVIC (Hardcastle)	UBC (Hardwicke-Brown)	UBC (LaFreniere)	UFV (Grubb)	Alberta (Cooke)
15:50	NM8+		Calgary (Proppe)	Calgary (Wood)	Lacareal		
16:00	W2V4-	UFV (Siemens)	LRC (Van Brabant)	LRC (Ewald)	Calgary (Bansal)	Regina (Simpkins)	
16:10	WV8+	UVIC (Simpson)	Calgary (Anderson)	UVIC (McKinlay)	UBC (Cameron)	Calgary (Hidber)	UBC (Wesolowski)
16:20	M2V4-	Calgary (Wood)	UBC (Renner)	LRC (Hobbs)	UVIC (Miller)	Alberta (Scivoletto)	
16:30	MV8+		UVIC (Donaldson)	UVIC (Simpson)	UBC (Meijssen)	Calgary (Dvorak)	