

Start	Finish	Tuesday 10 June	Number of phase	Phase duration	Total Time
Media Showcase					
16:45:00	18:00:00	Media showcase	1	01:15:00	1:15:00
Start	Finish	Wednesday 11 June	Number of phase	Phase duration	Total Time
TRAINING					
08:00:00	19:00:00	CFR - Official training	11	1:00:00	11:00:00
19:00:00	20:00:00	CFR - Masters Training	1	1:00:00	1:00:00
Start	Finish	Thursday 12 June	Number of phase	Phase duration	Total Time
TRAINING					
08:00:00	19:00:00	CFR - Official training	11	1:00:00	11:00:00
19:00:00	20:00:00	CFR - Masters Training	1	1:00:00	1:00:00
Start	Finish	Friday 13 June	Number of phase	Phase duration	Total Time
ACCREDITATION					
TRAINING					
08:00:00	19:00:00	CFR - Official training	11	1:00:00	11:00:00
19:00:00	20:00:00	CFR - Masters Training	1	1:00:00	1:00:00
Start	Finish	Saturday 14 June	Number of phase	Phase duration	Total Time
TRAINING					
08:00:00	19:00:00	CFR - Official training	11	1:00:00	11:00:00
19:00:00	20:00:00	CFR - Masters Training	1	1:00:00	1:00:00
TEAM LEADERS MEETING					
19:30:00	20:30:00	Team Leaders Meeting	1	1:00:00	1:00:00
Start	Finish	Sunday 15 June	Number of phase	Phase duration	Total Time
TRAINING					
08:00:00	15:20:00	CFR - Official training	11	0:40:00	7:20:00
OPENING CEREMONY					
16:00:00	17:30:00	Opening Ceremony	1	01:30:00	1:30:00

Start	Finish	Monday 16 June	Number of phase	Phase duration	Total Time
07:30:00	08:00:00	Main & Squirt Venue closed to Level 1 & 4 Athletes	1	0:30:00	0:30:00
08:00:00	08:25:00	Pre Runners (Main Feature)	1	0:25:00	0:25:00
		Interval			0:05:00
CFR COMPETITION					
08:30:00	10:35:00	CFR - MK1 Master Heats	5	0:25:00	2:05:00
		Interval			0:05:00
10:40:00	12:20:00	CFR - WK1 Heats (1-4)	4	0:25:00	1:40:00
		Interval			0:10:00
12:30:00	13:45:00	CFR - WK1 Heats (5-7)	3	0:25:00	1:15:00
		Interval			0:30:00
14:15:00	15:55:00	CFR - MK1 Heats (1-4)	4	0:25:00	1:40:00
		Interval			0:10:00
16:05:00	17:45:00	CFR - MK1 Heats (5-8)	4	0:25:00	1:40:00
		Interval			0:10:00
17:55:00	19:10:00	CFR - MK1 Heats (9-11)	3	0:25:00	1:15:00

Start	Finish	Tuesday 17 June	Number of phase	Phase duration	Total Time
07:30:00	08:00:00	Main & Squirt Venue closed to Level 1 & 4 Athletes	1	0:30:00	0:30:00
08:00:00	08:25:00	Pre Runners (Main Feature)	1	0:25:00	0:25:00
		Interval			0:05:00
CFR SQUIRT COMPETITION					
08:30:00	10:00:00	Women's Squirt Heats	3	00:30:00	01:30:00
		Interval			00:05:00
10:05:00	12:05:00	Men's Squirt Heats	4	00:30:00	02:00:00
CFR COMPETITION					
		Interval			00:25:00
12:30:00	14:35:00	CFR - WK1 Master Heats	5	0:25:00	2:05:00
		Interval			0:10:00
14:45:00	17:15:00	CFR - MC1 Heats	5	0:30:00	2:30:00
		Interval			0:10:00
17:25:00	18:25:00	CFR - WC1 Heats	3	0:20:00	1:00:00

Start	Finish	Wednesday 18 June	Number of phase	Phase duration	Total Time
07:30:00	08:00:00	Main & Squirt Venue closed to Level 1 & 4 Athletes	1	0:30:00	0:30:00
08:00:00	08:25:00	Pre Runners (Main Feature)	1	0:25:00	0:25:00
		Interval			0:05:00
CFR SQUIRT COMPETITION					
08:30:00	09:30:00	Men's Squirt Semi Final	2	00:30:00	01:00:00
		Interval			0:10:00
09:40:00	10:40:00	Women's Squirt Semi Final	2	00:30:00	01:00:00
CFR COMPETITION					
		Interval (Side Event)			1:55:00
12:35:00	13:50:00	CFR - OC1 Heats	3	0:25:00	1:15:00
		Interval			0:10:00
14:00:00	16:00:00	CFR - WK1 Quarters	4	0:30:00	2:00:00
		Interval			0:10:00
16:10:00	18:30:00	CFR - MK1 Quarters	4	0:35:00	2:20:00

Start	Finish	Thursday 19 June	Number of phase	Phase duration	Total Time
07:30:00	08:00:00	Main & Squirt Venue closed to Level 1 & 4 Athletes	1	0:30:00	0:30:00
08:00:00	08:25:00	Pre Runners (Main Feature)	1	0:25:00	0:25:00
		Interval			0:05:00
CFR COMPETITION					
08:30:00	09:20:00	CFR - MC1 Semi	2	0:25:00	0:50:00
		Interval			0:10:00
09:30:00	10:10:00	CFR - WC1 Semi	2	0:20:00	0:40:00
		Interval			0:10:00
10:20:00	11:00:00	CFR - OC1 Semi	2	0:20:00	0:40:00
		Interval			0:10:00
11:10:00	12:50:00	CFR - WK1 Junior Heats (1-5)	5	0:20:00	1:40:00
		Interval			0:10:00
13:00:00	14:40:00	CFR - MK1 Junior Heats (1-4)	4	0:25:00	1:40:00
		Interval			0:10:00
14:50:00	16:05:00	CFR - MK1 Junior Heats (5-7)	3	0:25:00	1:15:00
		Interval			0:35:00
CFR SQUIRT COMPETITION					
16:40:00	17:30:00	Men's Squirt Final	1	0:50:00	0:50:00
		Interval			0:05:00
17:35:00	18:25:00	Women's Squirt Final	1	0:50:00	0:50:00
		Interval			0:15:00
CFR MEDAL CEREMONY					
18:40:00	18:52:00	Medal ceremony	2	00:06:00	00:12:00

Start	Finish	Friday 20 June	Number of phase	Phase duration	Total Time
07:30:00	08:00:00	Main & Squirt Venue closed to Level 1 & 4 Athletes	1	0:30:00	0:30:00
08:00:00	08:25:00	Pre Runners (Main Feature)	1	0:25:00	0:25:00
		Interval			0:05:00
CFR COMPETITION					
08:30:00	09:20:00	CFR - WK1 Master Semi	2	0:25:00	0:50:00
09:20:00	10:20:00	CFR - MK1 Master Semi	2	0:30:00	1:00:00
		Interval			0:10:00
10:30:00	11:10:00	CFR - OC1 Finals	1	0:40:00	0:40:00
		Interval			0:10:00
SIDE EVENT					
11:20:00	13:20:00	International Cadet Open	4	0:30:00	2:00:00
		Interval			0:10:00
CFR COMPETITION					
13:30:00	14:20:00	CFR - WK1 Semi	2	0:25:00	0:50:00
14:20:00	15:20:00	CFR - MK1 Semi	2	0:30:00	1:00:00
		Interval			0:10:00
15:30:00	16:10:00	CFR - WK1 Junior Semi	2	0:20:00	0:40:00
16:10:00	17:00:00	CFR - MK1 Junior Semi	2	0:25:00	0:50:00
		Interval			0:10:00
17:10:00	17:40:00	CFR - WC1 Final	1	0:30:00	0:30:00
17:40:00	18:20:00	CFR - MC1 Final	1	0:40:00	0:40:00
		Interval			0:10:00
CFR MEDAL CEREMONY					
18:30:00	18:42:00	International Cadet Open - Medal ceremony	2	00:06:00	00:12:00
18:42:00	19:00:00	Medal ceremony	3	00:06:00	00:18:00

Start	Finish	Saturday 21 June	Number of phase	Phase duration	Total Time
08:00:00	10:40:00	Main Feature - Finalist Training	1	2:40:00	2:40:00
		Interval			0:20:00
CFR COMPETITION					
11:00:00	11:40:00	CFR - WK1 Master Final	1	0:40:00	0:40:00
11:40:00	12:20:00	CFR - MK1 Master Final	1	0:40:00	0:40:00
		Interval			0:10:00
CFR MEDAL CEREMONY					
12:30:00	13:06:00	Master Medal ceremony	6	00:06:00	00:36:00
		Interval			0:10:00
CFR COMPETITION					
13:30:00	14:10:00	CFR - MK1 Junior Final	1	0:40:00	0:40:00
14:10:00	14:40:00	CFR - WK1 Junior Final	1	0:30:00	0:30:00
		Interval			0:10:00
SIDE EVENT					
14:50:00	15:50:00	King of the Wave	1	1:00:00	1:00:00
		Interval			0:10:00
CFR COMPETITION					
16:00:00	16:40:00	CFR - WK1 Final	1	0:40:00	0:40:00
16:40:00	17:20:00	CFR - MK1 Final	1	0:40:00	0:40:00
		Interval			0:20:00
CFR MEDAL CEREMONY					
17:40:00	18:04:00	Medal ceremony	4	00:06:00	00:24:00
CLOSING CEREMONY					
18:04:00	18:34:00	Closing ceremony	1	00:30:00	00:30:00