



CANOE/KAYAK

West Lake Provincial Park (Nadsilnich Lake)

West Lake Road, Prince George



We respectfully acknowledge the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work, and play.

Updated July 2, 2022

WEDNESDAY, JULY 20

Start	End	Event
8:30 PM	9:00 PM	Coaches meeting at accommodation site

THURSDAY, JULY 21

Start	End	Event	Level	Distance	Location
8:30 AM	8:45 AM	Group meeting	All		Main Beach
8:45 AM	9:30 AM	Boat unloading			
9:30 AM	11:30 AM	Sprint Officials training and orientation			
9:30 AM	12:00 PM	Warm-up and practice			Nadsilnich Lake
12:00 PM	12:30 PM	Site Welcome			
12:30 PM	1:00 PM	Coaches and officials meeting			
1:00 PM	1:30 PM	Officials meeting			
1:00 PM	1:15 PM	Canoe Polo - Wet exit demonstration			Nadsilnich Lake
1:15 PM	2:30 PM	Canoe Polo - Wet exit practice			Nadsilnich Lake
1:15 PM	2:30 PM	Sprint team boat practice			Nadsilnich Lake
2:30 PM	3:00 PM	Clean/Pack-up			

FRIDAY, JULY 22

Start	End	Event	Level	Distance	Location
8:30 AM	9:30 AM	Warm-up			Nadsilnich Lake
9:30 AM	9:45 AM	Women's K1	Open	1000m	Nadsilnich Lake
9:45 AM	10:00 AM	Men's C1	Open	1000m	Nadsilnich Lake
10:00 AM	10:15 AM	Men's K1	Open	1000m	Nadsilnich Lake
10:15 AM	10:30 AM	Women's C1	Open	1000m	Nadsilnich Lake
10:40 AM	10:50 AM	Men's K2	LtoT	500m	Nadsilnich Lake
10:50 AM	11:00 AM	Women's C2	LtoT	500m	Nadsilnich Lake
11:00 AM	11:10 AM	Women's K2	TtoT	500m	Nadsilnich Lake
11:30 AM	11:40 AM	Men's K1 Heat 1	TtoT	500m	Nadsilnich Lake
11:50 AM	12:00 PM	Women's K2	LtoT	500m	Nadsilnich Lake
11:50 AM	12:00 PM	Men's K1 Heat 2	TtoT	500m	Nadsilnich Lake
12:00 PM	12:10 PM	Men's C2	LtoT	500m	Nadsilnich Lake
12:15 PM	12:45 PM	Medal Presentations			



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FRIDAY, JULY 22

Start	End	Event	Level	Distance	Location
1:15 PM	1:25 PM	Women's C2	TtoT	500m	Nadsilnich Lake
1:25 PM	1:35 PM	Men's K2	TtoT	500m	Nadsilnich Lake
1:35 PM	1:45 PM	Women's K1 Heat 1	TtoT	500m	Nadsilnich Lake
1:45 PM	1:55 PM	Men's C1	TtoT	500m	Nadsilnich Lake
1:55 PM	2:05 PM	Women's K1 Heat 2	TtoT	500m	Nadsilnich Lake
2:05 PM	2:15 PM	Mixed K4 Final 1	Open	500m	Nadsilnich Lake
2:15 PM	2:25 PM	Women's C1	TtoT	500m	Nadsilnich Lake
2:15 PM	2:25 PM	Men's C2	TtoT	500m	Nadsilnich Lake
2:25 PM	2:35 PM	Mixed K4 Final 2	Open	500m	Nadsilnich Lake
2:55 PM	3:10 PM	Women's K2	Open	1000m	Nadsilnich Lake
3:10 PM	3:25 PM	Men's C2	Open	1000m	Nadsilnich Lake
3:30 PM	3:45 PM	Women's C2	Open	1000m	Nadsilnich Lake
3:45 PM	4:00 PM	Men's K2	Open	1000m	Nadsilnich Lake
4:30 PM	5:00 PM	Medal Presentations			

SATURDAY, JULY 23

Start	End	Event	Level	Distance	Location
8:30 AM	9:30 AM	Warm-up			Nadsilnich Lake
9:30 AM	9:40 AM	Men's K1 Final	TtoT	500m	Nadsilnich Lake
9:40 AM	9:50 AM	Women's K1 Final	TtoT	500m	Nadsilnich Lake
9:50 AM	10:00 AM	Mixed C4	Open	500m	Nadsilnich Lake
10:15 AM	10:20 AM	Men's K1 Heat 1	LtoT	200m	Nadsilnich Lake
10:20 AM	10:25 AM	Women's C1 Heat 1	LtoT	200m	Nadsilnich Lake
10:25 AM	10:30 AM	Men's K1 Heat 2	LtoT	200m	Nadsilnich Lake
10:30 AM	10:35 AM	Women's C1 Heat 2	LtoT	200m	Nadsilnich Lake
10:40 AM	10:45 AM	Men's C1 Heat 1	LtoT	200m	Nadsilnich Lake
10:45 AM	10:50 AM	Women's K1 Heat 1	LtoT	200m	Nadsilnich Lake
10:50 AM	10:55 AM	Men's C1 Heat 2	LtoT	200m	Nadsilnich Lake
10:55 AM	11:00 AM	Women's K1 Heat 2	LtoT	200m	Nadsilnich Lake
11:10 AM	11:25 AM	Medal Presentations			



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SATURDAY, JULY 23

Start	End	Event	Level	Distance	Location
12:10 PM	12:15 PM	Men's K1 Final	LtoT	200m	Nadsilnich Lake
12:15 PM	12:20 PM	Women's C1 Final	LtoT	200m	Nadsilnich Lake
12:25 PM	12:30 PM	Women's K1 Final	LtoT	200m	Nadsilnich Lake
12:30 PM	12:35 PM	Men's C1 Final	LtoT	200m	Nadsilnich Lake
12:35 PM	12:40 PM	Mixed Development K2 Final 1	LtoT/TtoT	200m	Nadsilnich Lake
12:40 PM	12:45 PM	Mixed Development C2 Final	LtoT/TtoT	200m	Nadsilnich Lake
12:45 PM	12:50 PM	Mixed Development K2 Final 2	LtoT/TtoT	200m	Nadsilnich Lake
12:55 PM	1:05 PM	Women's K4	Open	500m	Nadsilnich Lake
1:05 PM	1:15 PM	Men's C4	Open	500m	Nadsilnich Lake
1:25 PM	1:35 PM	Women's C4	Open	500m	Nadsilnich Lake
1:35 PM	1:45 PM	Men's K4	Open	500m	Nadsilnich Lake
4:00 PM	4:30 PM	Canoe Polo - Officials training and demo match			Nadsilnich Lake
4:30 PM	5:00 PM	Medal Presentations			
5:00 PM	5:30 PM	Trailer loading			Nadsilnich Lake

SUNDAY, JULY 24

Start	End	Event	Location
8:30 AM	8:45 AM	Warm-up	Nadsilnich Lake
8:45 AM	12:00 PM	Canoe Polo - Tournament	Nadsilnich Lake
10:00 AM	11:30 AM	Team Photos	Main Beach
12:00 PM	12:15 PM	Sport Closing	Main Beach
12:15 PM	12:30 PM	Canoe Polo - Gear pickup	Main Beach