



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
1:50 PM	2:00 PM	M2x Heat 1	Quamichan Lake
2:00 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



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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	