

Athlete Meeting	8:00-8:15		
Wod 1			
Heat 1	8:15	Heat 5	9:15
Heat 2	8:30	Heat 6	9:30
Heat 3	8:45	Heat 7	9:45
Heat 4	9:00	Heat 8	10:00
Wod 2			
Heat 1	10:30	Heat 5	11:30
Heat 2	10:45	Heat 6	11:45
Heat 3	11:00	Heat 7	12:00
Heat 4	11:15	Heat 8	12:15
Wod 3			
Heat 1	12:30	Heat 5	13:18
Heat 2	12:42	Heat 6	13:30
Heat 3	12:54	Heat 7	13:42
Heat 4	13:06	Heat 8	13:54
Final			
Masters	14:15		
Open	14:45		
Awards	15:00		