

V3 1/3/23

#	Time	Event	Dist	H,S,F	#	Time	Event	Dist	H,S,F
1	8.30	Open MK1	500	H1	23	12.45	Junior Mixed Relay (16&U)	100	F
2	8.37			H2	24	1.00	Senior Mixed K2	200	F
3	8.44	Open WK1	500	F	25	1.15	Junior Mixed K2	200	F
4	8.51	16&U WK2	500						
5	8.58	16&U MK2	500	F					
6	9.05	Mast MK1	500	F					
7	9.12	18&U WK1	500	H1					
8	9.19			H2	26-29	1.45	Junior 5km (may have portages) (14&U, 16&U)		F
9	9.26	Open MK1	500	BF	30-34	2.15	Senior 5km (may have portages) (18&U, Open, Masters)		F
10	9.33			AF					
11	9.40	18&U MK1	500	F					
12	9.47	Open WK2	500	F					
13&14	9.54	14&U + 16&U WK1	500	F					
15&16	10.01	14&U + 16&U MK1	500	F					
17	10.08	18&U WK1	500	F					
18	10.15	Open MK2	500	F					
		BREAK							
19	11.00	Open MK1	1000	H1					
20	11.07			H2					
21	11.14	18&U MK1	1000	F					
		LUNCH BREAK & PRIZEGIVING							
22	12.30	Open MK1	1000	F					

Colour Key

Women Men

14&U W 14&U M

16&U W 16&U M

18&U W 18&U M

Open W Open M

Mast M



# SUMMER SUPER SPRINT 2023 PROGRAMME - SUNDAY



V3 1/3/23

#	Time	Event	Dist	H,S,F
35	8.30	Open MK1	200	H1
36	8.36			H2
37	8.42	Open WK1	200	F
38	8.48	16&U WK2	200	
39	8.54	16&U MK2	200	
40	9.00	Mast MK1	200	F
41	9.06	18&U WK1	200	H1
42	9.12			H2
43	9.18	Open MK1	200	F
44	9.24	18&U MK1	200	F
45	9.30	Open WK2	200	F
46&47	9.36	14&U + 16&U WK1	200	
48&49	9.42	14&U + 16&U MK1	200	
50	9.48	18&U WK1	200	F
51	9.54	Open Men K2	200	F
		BREAK & PRIZEGIVING		
52	11.30	Battle of Attrition (enter on Saturday afternoon)		

