



## RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

### OVERVIEW: SATURDAY 30 APRIL

Registration opens: 7:30AM							
Pre-race check-in: 30 min prior to race							
RACE #	TIME	FORMAT	Heat #	CLASS	DIVISION	RACE	LANES
1	9:00 AM	HEAT	1	V1	WOMEN	500M	5
2	9:10 AM	HEAT	2	V1	WOMEN	500M	5
3	9:20 AM	HEAT	3	V1	WOMEN	500M	5
4	9:30 AM	HEAT	4	V1	WOMEN	500M	5
5	9:50 AM	HEAT	1	V1	MEN	500M	5
6	10:00 AM	HEAT	2	V1	MEN	500M	5
7	10:10 AM	HEAT	3	V1	MEN	500M	4
8	10:30 AM	SEMIFINAL	1	V1	WOMEN	500M	5
9	10:40 AM	SEMIFINAL	2	V1	WOMEN	500M	5
10	10:50 AM	SEMIFINAL	3	V1	WOMEN	500M	5
11	11:00 AM	SEMIFINAL	4	V1	WOMEN	500M	5
12	11:20 AM	SEMIFINAL	1	V1	MEN	500M	5
13	11:30 AM	SEMIFINAL	2	V1	MEN	500M	5
14	11:40 AM	SEMIFINAL	3	V1	MEN	500M	4
15	12:00 PM	FINAL	A	V1	WOMEN	500M	5
16	12:10 PM	FINAL	B	V1	WOMEN	500M	5
17	12:20 PM	FINAL	C	V1	WOMEN	500M	5
18	12:30 PM	FINAL	D	V1	WOMEN	500M	5
19	12:50 PM	FINAL	A	V1	MEN	500M	5
20	1:00 PM	FINAL	B	V1	MEN	500M	5
21	1:10 PM	FINAL	C	V1	MEN	500M	4
volunteer shift change							
22	1:30 PM	HEAT	1	OC6	MEN	500M	3
23	1:40 PM	HEAT	2	OC6	MEN	500M	4
24	1:50 PM	HEAT	3	OC6	MEN	500M	3
25	2:00 PM	HEAT	1	OC6	WOMEN	500M	3
26	2:10 PM	HEAT	2	OC6	WOMEN	500M	3
27	2:20 PM	HEAT	3	OC6	WOMEN	500M	3
28	2:30 PM	HEAT	4	OC6	WOMEN	500M	3
29	2:40 PM	HEAT	5	OC6	WOMEN	500M	3
30	3:10 PM	FINAL	C	OC6	MEN	500M	3
31	3:20 PM	FINAL	B	OC6	MEN	500M	3
32	3:30 PM	FINAL	A	OC6	MEN	500M	4
33	3:40 PM	FINAL	E	OC6	WOMEN	500M	2
34	3:50 PM	FINAL	D	OC6	WOMEN	500M	3
35	4:00 PM	FINAL	C	OC6	WOMEN	500M	3
36	4:10 PM	FINAL	B	OC6	WOMEN	500M	3
37	4:20 PM	FINAL	A	OC6	WOMEN	500M	4

### OVERVIEW: SUNDAY 1 MAY

Registration opens: 7:45AM							
Pre-race check-in: 30 min prior to race							
38	9:00 AM	HEAT	1	OC6	MIXED	500M	4
39	9:10 AM	HEAT	2	OC6	MIXED	500M	3
40	9:20 AM	HEAT	3	OC6	MIXED	500M	4
41	9:30 AM	HEAT	4	OC6	MIXED	500M	3
42	10:10 AM	FINAL	D	OC6	MIXED	500M	3
43	10:20 AM	FINAL	C	OC6	MIXED	500M	4
44	10:30 AM	FINAL	B	OC6	MIXED	500M	3
45	10:40 AM	FINAL	A	OC6	MIXED	500M	4
volunteer shift change							
46	12:00 PM	DIRECT FINAL	E	OC6	MIXED	1000M	2
47	12:15 PM	DIRECT FINAL	D	OC6	MIXED	1000M	3
48	12:30 PM	DIRECT FINAL	C	OC6	MIXED	1000M	3
49	12:45 PM	DIRECT FINAL	B	OC6	MIXED	1000M	3
50	1:00 PM	DIRECT FINAL	A	OC6	MIXED	1000M	3
51	1:30 PM	DIRECT FINAL	E	OC6	WOMEN	1000M	3
52	1:45 PM	DIRECT FINAL	D	OC6	WOMEN	1000M	3
53	2:00 PM	DIRECT FINAL	C	OC6	WOMEN	1000M	3
54	2:15 PM	DIRECT FINAL	B	OC6	WOMEN	1000M	3
55	2:30 PM	DIRECT FINAL	A	OC6	WOMEN	1000M	3
56	2:45 PM	DIRECT FINAL	D	OC6	MEN	1000M	2
57	3:00 PM	DIRECT FINAL	C	OC6	MEN	1000M	2
58	3:15 PM	DIRECT FINAL	B	OC6	MEN	1000M	3
59	3:30 PM	DIRECT FINAL	A	OC6	MEN	1000M	3

### IMPORTANT NOTE ON START RULES

START RULES for HEATS: competitors must not start ahead of the startline. For heats (with progression to semis) there is a verbal warning by the starter; paddlers are not penalized as long as they move back with two warnings or less. If they do not respond to their verbal warning/s they are disqualified.

START RULES for HEATS and SEMIFINALS which set seating for finals: there are no verbal warnings; five-second time penalties will be given to paddlers who are ahead of the start line when the green flag drops.

START RULES for FINALS: competitors will be disqualified with no warning for being ahead of the line when the green flag drops.

SEE BELOW FOR REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS

# SPRINT NATIONALS 2022 p2

RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

WOMEN'S V-1 HEATS			500M			
Progression to Semi-Finals by Time						
Race 1	Lane	paddler		Club	Place	Time
9am	1	Ruth Matson	Nanaimo Ocean Paddling Club			
	2	Jay Marshall	Wasabi Paddling Club			
	3	Kat Town	False Creek Racing Canoe Club			
	4	Kamini Jain	False Creek Racing Canoe Club			
	5	Kate Kauffman	Wasabi Paddling Club			
Race 2	Lane	paddler		Club	Place	Time
9.10am	1	Bren Trask	Wasabi Paddling Club			
	2	Kendra Kent	Fraser Valley Paddling Club			
	3	Leanne Stanley	Kelowna Paddle Centre			
	4	Catharine Esson	Gibsons Paddle Club			
	5	Ann Mohs	False Creek Racing Canoe Club			
Race 3	Lane	paddler		Club	Place	Time
9.20am	1	Erin Lim	False Creek Racing Canoe Club			
	2	Mel Durban	Kelowna Paddle Centre			
	3	Kathryn Reid	False Creek Racing Canoe Club			
	4	Barb McColl	Latitude 48 Paddling Club			
	5	Lorene Archdekin	Latitude 48 Paddling Club			
Race 4	Lane	paddler		Club	Place	Time
9.30am	1	Dallas Ferraro	Nanaimo Ocean Paddling Club			
	2	Á'a:liya Warbus	Star Nation Canoe Club			
	3	Mary Louise Phinney	False Creek Racing Canoe Club			
	4	KJ Jackson	Wasabi Paddling Club			
	5					
MEN'S V-1 HEATS			500M			
Progression to Semi-Finals by Time						
Race 5	Lane	paddler		Club	Place	Time
9.50am	1	Rob Varnel	Pacific Reach Paddling Club			
	2	Robbie Magus	False Creek Racing Canoe Club			
	3	Jim Underwood	Powell River Outrigger Canoe Society			
	4	Jeffrey Chow	False Creek Racing Canoe Club			
	5	Andrew McLean	False Creek Racing Canoe Club			
Race 6	Lane	paddler		Club	Place	Time
10am	1	William Rainey	False Creek Racing Canoe Club			
	2	George McLeod	Pemberton Canoe Association			
	3	Tamas Mihalyi	Gibsons Paddle Club			
	4	Terry Curtis	Fairway Gorge Paddling Club			
	5	Kalvin Warbus	Star Nation Canoe Club			
Race 7	Lane	paddler		Club	Place	Time
10.10am	1	Reza Soltani	False Creek Racing Canoe Club			
	2	Kenneth Ang	False Creek Racing Canoe Club			
	3	Scott Borle	Fraser Valley Paddling Club			
	4	Darren Grant	False Creek Racing Canoe Club			

SEE BELOW FOR MORE REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS

# SPRINT NATIONALS 2022 p3

## RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race

LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

WOMEN'S V-1 SEMI-FINALS			500M			
Progression to Finals by place and Time (see finals)						
Race 8	Lane	paddler		Club	Place	Time
10.30am	1	16th fastest				
	2	8th fastest				
	3	fastest from heats				
	4	9th fastest				
	5	17th fastest				
Race 9	Lane	paddler		Club	Place	Time
10.40am	1	15th fastest				
	2	7th fastest				
	3	2nd fastest				
	4	10th fastest				
	5	18th fastest				
Race 10	Lane	paddler		Club	Place	Time
10.50am	1	14th fastest				
	2	6th fastest				
	3	3rd fastest				
	4	11th fastest				
	5	19th fastest				
Race 11	Lane	paddler		Club	Place	Time
11.00am	1	13th fastest				
	2	5th fastest				
	3	4th fastest				
	4	12th fastest				
MEN'S V-1 SEMI-FINALS			500M			
Progression to Finals by place and Time (see finals)						
Race 12	Lane	paddler		Club	Place	Time
11.20am	1	12th fastest				
	2	6th fastest				
	3	fastest from heats				
	4	7th fastest				
	5	13th fastest				
Race 13	Lane	paddler		Club	Place	Time
11.30am	1	11th fastest				
	2	5th fastest				
	3	2nd fastest				
	4	8th fastest				
	5	14th fastest				
Race 14	Lane	paddler		Club	Place	Time
11.40am	1	9th fastest				
	2	4th fastest				
	3	3rd fastest				
	4	10th fastest				

SEE BELOW FOR MORE REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS

# SPRINT NATIONALS 2022 p4

## RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

WOMEN'S V-1 FINALS			500M			
Race 15	Lane	paddler		Club	Place	Time
12.00pm		1 Winner SF 4				
		2 Winner SF 2				
		3 Winner SF 1				
		4 Winner SF 3				
		5 Fastest 2nd				
Race 16	Lane	paddler		Club	Place	Time
12.10pm		1 Fastest 3rd				
		2 3rd fastest 2nd				
		3 2nd fastest 2nd				
		4 4th fastest 2nd				
		5 2nd fastest 3rd				
Race 17	Lane	paddler		Club	Place	Time
12.20pm		1 14th fastest Time				
		2 12th fastest Time				
		3 11th fastest Time				
		4 13th fastest Time				
		5 15th fastest Time				
Race 18	Lane	paddler		Club	Place	Time
12.30pm		1 19th fastest Time				
		2 17th fastest Time				
		3 16th fastest Time				
		4 18th fastest Time				
MEN'S V-1 FINALS			500M			
Race 19	Lane	paddler		Club	Place	Time
12.50pm		1 Next fastest Time				
		2 Winner SF 2				
		3 Winner SF 1				
		4 Winner SF 3				
		5 2nd next fastest Time				
Race 20	Lane	paddler		Club	Place	Time
1.00pm		1 9th fastest Time				
		2 7th fastest Time				
		3 6th fastest Time				
		4 8th fastest Time				
		5 10th fastest Time				
Race 21	Lane	paddler		Club	Place	Time
1.10pm		1 13th fastest Time				
		2 12th fastest Time				
		3 11th fastest Time				
		4 14th fastest Time				

SEE BELOW FOR MORE REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS

# SPRINT NATIONALS 2022 p5

## RACE SCHEDULE V2.0 FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

<b>MEN'S OC-6 HEATS</b>		<b>500M</b>			
Progression to Finals by Time					
Race 22	Lane	Crew	Club	Place	Time
1.30pm	1	FLCC Bedford Racers	Fort Langley Canoe Club		
	2	WMO Masters 50+ Men	False Creek Racing Canoe Club		
	3	FCRCC Prime Primo Premie	False Creek Racing Canoe Club		
Race 23	Lane	Crew	Club	Place	Time
1.40pm	1	Salish Sea Kapuna Men	Powell River Outrigger Canoe Society		
	2	3:30 Boys	Fort Langley Canoe Club		
	3	WMO Open Men	False Creek Racing Canoe Club		
	4	FCRCC Kupana 70	False Creek Racing Canoe Club		
Race 24	Lane	Crew	Club	Place	Time
1.50pm	1	Salish Sea GM Men	Powell River Outrigger Canoe Society		
	2	PR Men	Pacific Reach Paddling Club		
	3	Kupunas	False Creek Racing Canoe Club		
<b>WOMEN'S OC-6 HEATS</b>		<b>500M</b>			
Progression to Finals by Time					
Race 25	Lane	Crew	Club	Place	Time
2.00pm	1	WMO Masters 40+ Women	False Creek Racing Canoe Club		
	2	K-Pod	False Creek Racing Canoe Club		
	3	Wasabi GRIT Together	Wasabi Paddling Club		
Race 26	Lane	Crew	Club	Place	Time
2.10pm	1	FCRCC Canoe Believe It?	False Creek Racing Canoe Club		
	2	Eagle Spirit	Fort Langley Canoe Club		
	3	Pacific Spirit	Latitude 48 Paddling Club		
Race 27	Lane	Crew	Club	Place	Time
2.20pm	1	FLCC fraser river sprinters	Fort Langley Canoe Club		
	2	Wasabi GRIT Intensity	Wasabi Paddling Club		
	3	Salish Sea Kapuna Women	Powell River Outrigger Canoe Society		
Race 28	Lane	Crew	Club	Place	Time
2.30pm	1	WMO Open Women	False Creek Racing Canoe Club		
	2	False Creek Catch'n Go	False Creek Racing Canoe Club		
	3	FCRCC Women	False Creek Racing Canoe Club		
Race 29	Lane	Crew	Club	Place	Time
2.40pm	1	Star Nation Women	Star Nation Canoe Club		
	2	Salish Sea GM Women	Powell River Outrigger Canoe Society		
	3	KPC and Friendso	Kelowna Paddle Centre		

SEE BELOW FOR MORE REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS

# SPRINT NATIONALS 2022 p6

## RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

<b>MEN'S OC-6 FINALS</b>		<b>500M</b>			
Race 30	Lane	Crew	Club	Place	Time
3.10pm	1	9th fastest			
	2	8th fastest			
	3	10th fastest			
Race 31	Lane	Crew	Club	Place	Time
3.20pm	1	6th fastest			
	2	5th fastest			
	3	7th fastest			
Race 32	Lane	Crew	Club	Place	Time
3.30pm	1	3rd fastest			
	2	Fastest			
	3	2nd fastest			
	4	4th fastest			
<b>WOMEN'S OC-6 FINALS</b>		<b>500M</b>			
Race 33	Lane	Crew	Club	Place	Time
3.40pm	1	15th fastest			
	2	14th fastest			
Race 34	Lane	Crew	Club	Place	Time
3.50pm	1	12th fastest			
	2	11th fastest			
	3	13th fastest			
Race 35	Lane	Crew	Club	Place	Time
4.00pm	1	9th fastest			
	2	8th fastest			
	3	10th fastest			
Race 36	Lane	Crew	Club	Place	Time
4.10pm	1	6th fastest			
	2	5th fastest			
	3	7th fastest			
Race 37	Lane	Crew	Club	Place	Time
4.20pm	1	3rd fastest			
	2	Fastest			
	3	2nd fastest			
	4	4th fastest			

### 4.30PM: SATURDAY AWARDS & ACKNOWLEDGEMENTS

SEE BELOW FOR MORE REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS



# SPRINT NATIONALS 2022 p7

## RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

MIXED OC-6 HEATS		500M			
Progression to Finals by Time					
Race 38	Lane	Crew	Club	Place	Time
9.00am		1 WMO Open Mixed	False Creek Racing Canoe Club		
		2 FLCC Mixed Up Too	Fort Langley Canoe Club		
		3 WMO Masters 40+ Mixed	False Creek Racing Canoe Club		
		4 FLCC Mixed Up	Fort Langley Canoe Club		
Race 39	Lane	Crew	Club	Place	Time
9.10am		1 WMO Masters 50+ Mixed	False Creek Racing Canoe Club		
		2 Goons with Spoons	Fraser Valley Paddling Club		
		3 Star Nation Mixed	Star Nation Canoe Club		
Race 40	Lane	Crew	Club	Place	Time
9.20am		1 PR Mixed	Pacific Reach Paddling Club		
		2 Salish Sea II	Powell River Outrigger Canoe Society		
		3 FCRCC Premier	False Creek Racing Canoe Club		
		4 Salish Sea Kapuna Mixed	Powell River Outrigger Canoe Society		
Race 41	Lane	Crew	Club	Place	Time
9.30am		1 Salish Sea GM Mixed	Powell River Outrigger Canoe Society		
		2 Geronimo KPC FCRCC	False Creek Racing Canoe Club		
		3 Valley Mixed	Fort Langley Canoe Club		
MIXED OC-6 FINALS		500M			
Race 42	Lane	Crew	Club	Place	Time
10.10am		1 13th fastest			
		2 12th fastest			
		3 14th fastest			
Race 43	Lane	Crew	Club	Place	Time
10.20am		1 9th fastest			
		2 8th fastest			
		3 10th fastest			
		4 11th fastest			
Race 44	Lane	Crew	Club	Place	Time
10.30am		1 6th fastest			
		2 5th fastest			
		3 7th fastest			
Race 45	Lane	Crew	Club	Place	Time
10.40am		1 3rd fastest			
		2 Fastest			
		3 2nd fastest			
		4 4th fastest			

SEE BELOW FOR MORE REGISTERED SOLO AND TEAM SCHEDULES AND ADVANCEMENTS

# SPRINT NATIONALS 2022 p8

## RACE SCHEDULE **V2.0** FOR SATURDAY 30 APRIL THROUGH SUNDAY 1 MAY

INFORMATION DESK OPENS AT 7.30am | PRE-RACE CHECK-IN: 30min prior to race  
LOCATION: Burnaby Lake Rowing Centre | 6871 Roberts St, Burnaby, BC V5B 3C1

1000M FINALS					
Progression by 500m Final time					
<b>MIXED OC-6</b>		<b>1000M</b>			
Race 46	Lane	Crew	club	Place	time
12.00pm		1	13th fastest		
		2	14th fastest		
Race 47	Lane	Crew	club	Place	time
12.15pm		1	11th fastest		
		2	10th fastest		
		3	12th fastest		
Race 48	Lane	Crew	club	Place	time
12.30pm		1	8th fastest		
		2	7th fastest		
		3	9th fastest		
Race 49	Lane	Crew	club	Place	time
12.45pm		1	5th fastest		
		2	4th fastest		
		3	6th fastest		
Race 50	Lane	Crew	club	Place	time
1.00pm		1	3rd fastest		
		2	Fastest		
		3	2nd fastest		

<b>WOMEN'S OC-6</b>		<b>1000M</b>			
Race 51	Lane	Crew	club	Place	time
1.30pm		1	14th fastest		
		2	13th fastest		
		3	15th fastest		
Race 52	Lane	Crew	club	Place	time
1.45pm		1	11th fastest		
		2	10th fastest		
		3	12th fastest		
Race 53	Lane	Crew	club	Place	time
2.00pm		1	8th fastest		
		2	7th fastest		
		3	9th fastest		
Race 54	Lane	Crew	club	Place	time
2.15pm		1	5th fastest		
		2	4th fastest		
		3	6th fastest		
Race 55	Lane	Crew	club	Place	time
2.30pm		1	3rd fastest		
		2	Fastest		
		3	2nd fastest		
<b>MEN'S OC-6</b>		<b>1000M</b>			
Race 56	Lane	Crew	club	Place	time
2.45pm		1	10th fastest		
		2	9th fastest		
Race 57	Lane	Crew	club	Place	time
3.00pm		1	8th fastest		
		2	7th fastest		
Race 58	Lane	Crew	club	Place	time
3.15pm		1	5th fastest		
		2	4th fastest		
		3	6th fastest		
Race 59	Lane	Crew	club	Place	time
3.30pm		1	3rd fastest		
		2	Fastest		
		3	2nd fastest		

**3.45PM: SUNDAY AWARDS & ACKNOWLEDGEMENTS**

END OF V2.0 RACE SCHEDULE