



2024 World Rowing Senior, Under 23 & Under 19 Championships, St Catharines, Canada

Programme as of 7 August 2024 V.2

Friday 16-Aug	Saturday 17-Aug	Sunday 18-Aug	Monday 19-Aug	Tuesday 20-Aug	Wednesday 21-Aug	Thursday 22-Aug	Friday 23-Aug	Saturday 24-Aug	Sunday 25-Aug
		HEATS	HEATS	HEATS	SEMIS C/D	FINALS D	FINALS B	SEMIS C/D	FINALS D
15:00 Preliminary Team Managers' Meeting	10:00-12:00 1st Practice Starts	09:30 BLW1x 09:35 BLW1x 09:40 BLM1x 09:45 BLM1x 09:50 BLM1x	09:30 *BW4+ 09:35 *BM4+ 09:40 *BLM2- 09:45 *BLW4x 09:50 *BLM4x	09:30 *PR3 M2- 09:35 *LW2- 09:40 *LM2- 09:45 *LM4x	09:30 BM1x 09:35 BM1x 09:40 BM2- 09:45 BM2-	09:30 BM1x 09:35 BM2- 09:40 BM2- 09:45 BM2x	09:30 BLW1x 09:35 BLM1x 09:40 BW2x 09:45 BM2x 09:50 BW4-	09:30 JM2x 09:35 JM2x 09:40 JM1x 09:45 JM1x	09:30 JM2x 09:35 JM1x 09:40 JM4x 09:45 JW2x
	12:30 Spares Races (Senior and Under 23)	09:57 BW2x 10:02 BW2x 10:07 BM2x 10:12 BM2x 10:17 BM2x 10:22 BW4-	09:55 BW2- 10:00 BW2- 10:05 BM2- 10:10 BM2- 10:15 BM2- 10:20 BM2-	09:52 BW2- 09:57 BW2- 10:02 BM2- 10:07 BM2- 10:12 BW4x	09:52 JM2- 09:57 JM2- 10:02 JM4x 10:07 JM4x 10:12 JM4x	09:52 JM2- 09:55 BM4x 10:00 BM1x 10:05 BW1x 10:10 BM2-	09:55 BM4- 10:00 BLW2x 10:05 BM4x 10:10 BLM2x 10:15 BM1x 10:20 BW1x	09:52 LW1x 09:57 LM1x 10:02 LM1x 10:07 LM1x	09:45 JW2x 09:50 JM2x 09:55 JM1x 10:00 JW1x 10:05 LM1x 10:10 LM1x 10:15 LM1x
	15:00 Team Managers' Meeting DRAW	10:27 BW4- 10:32 BW4- 10:37 BM4- 10:42 BM4- 10:47 BM4-	10:25 BW4x 10:30 BW4x 10:37 LW1x 10:42 LW1x 10:47 LW1x 10:52 LW1x 10:57 LW1x	10:19 LW1x 10:24 LW1x 10:29 LW1x 10:34 LW1x 10:39 LW1x 10:44 LW1x 10:49 LW1x	10:22 JW2x 10:27 JW2x 10:32 JM2x 10:37 JM2x 10:42 JM2x 10:47 JM2x	10:17 JW2x 10:22 JW2x 10:27 BM2- 10:32 BM2- 10:37 BW4x 10:42 JM2x 10:47 JM2x	10:27 JW2- 10:32 JW4- 10:37 JW4- 10:42 JM4- 10:47 JW4x	10:24 LM1x 10:29 LM1x 10:34 LM1x 10:39 LM1x 10:44 LM1x 10:49 LM1x	10:12 JM2- 10:17 JW4- 10:22 JM4- 10:27 JW4x 10:32 JM4x 10:37 JW2x 10:42 JM2x 10:47 JM1x 10:52 JW1x
	18:00 Opening Ceremony	11:02-14:15 Training	11:12-14:15 Training	12:00 U19 Spares Races	10:52 JM1x 10:57 JM1x 11:02 JM1x 11:07 JM1x 11:12 JW1x 11:17 JW1x	10:42 *JW4+ 10:47 *JW4- 10:52 JW2- 10:57 JW2- 11:02 JW4- 11:07 JW4- 11:12 JW4- 11:17 JW4-	10:52 JW4x 10:57 LW1x 11:02 LM1x 11:07 LM1x 11:12 LM1x 11:17 LM1x	10:24 JM4x 10:29 JM4x 10:34 JW2x 10:39 JW2x 10:44 JM2x 10:49 JM2x	10:42 JM2x 10:47 JM1x 10:52 JW1x 10:57 JW1x 11:02 JW4+ 11:07 JW4+
Event #		HEATS	REPS						
Senior Events		14:30 LM1x	14:30 LM1x	13:00-19:00 Training	11:22 JW1x	11:12 JM4- 11:17 JM4- 11:22 JW4x 11:27 JW4x 11:32 *JW8+ 11:37 *JM8+	11:14 LM1x	10:54 JM1x 10:59 JM1x 11:04 JW1x 11:09 JW1x	11:30 JW4+ 11:41 JM4+ 11:56 JW2- 12:12 JM2- 12:27 JW4- 12:42 JM4- 12:57 JW4x 13:13 JM4x 13:28 JW2x 13:44 JM2x 14:06 JW8+ 14:21 JM1x
LW1x 25		14:40 LM1x	14:35 LM1x						
LM1x 22		14:45 LM1x	14:40 LM1x			11:37-14:15 Training			
LW2- 3		14:52 BLW2x	14:45 LM1x	14:00-15:00 Coaches Meeting				11:29-13:45 Training	
LM2- 5		14:57 BLW2x	14:52 BLW1x						
LW4x 0		15:02 BM4x	14:57 BLW1x			Q-FINALS			
LM4x 4		15:07 BM4x	15:02 BLM1x		14:30 LW1x				11:24-14:15 Training
PR2 W1x 0		15:12 BM4x	15:07 BW2x		14:35 LW1x		SEMIS C/D	FINALS A	
PR2 M1x 0		15:17 BLM2x	15:12 BM2x		14:40 LW1x	11:44 LW1x	14:00 BLW1x		
PR3 W2- 0		15:22 BLM2x	15:17 BW4-		14:45 LW1x	11:49 LW1x	14:12 BLM1x		
PR3 M2- 2		15:29 BM1x	15:22 BM4-			11:54 LM1x	14:27 BW2x	FINALS A	
U23 Events		15:34 BM1x	15:27 BLW2x			SEMIS A/B	11:59 LM1x		
BW4+ 4		15:39 BM1x	15:32 BM4x		14:52 BLM1x		14:57 BW4-	14:30 PR3 M2- 14:43 LW1x	14:39 JW1x 14:55 JM8+
BM4+ 5		15:44 BM1x	15:37 BLM2x		14:57 BLM1x		15:12 BM4-	15:00 LM1x	
BLW1x 12		15:49 BW1x	15:42 BM1x		15:02 BM2x		15:27 BLW2x	15:16 LW2-	
BLM1x 13		15:54 BW1x	15:47 BM1x		15:07 BM2x		15:43 BM4x	15:32 LM2-	
BLW2- 0		15:59 BW1x	15:52 BM1x		15:12 BW4-		15:57 BLM2x	15:49 LM4x	
BLM2- 3		16:06 BW8+	15:57 BM1x		15:17 BW4-		16:19 BW8+		
BLW4x 2		16:11 BW8+	16:02 BW1x		15:22 BM4-		16:34 BM1x	16:04-19:00 Training	
BLM4x 2		16:16 *BM8+	16:07 BW1x		15:27 BM4-	14:30 JM2-	16:52 BW1x		
BW1x 16			16:12 BW8+		15:32 BM4x	14:35 JM2-	17:08 BM8+		
BM1x 23		16:31-19:00 Training			15:37 BM4x	14:40 JM4x		19:30 Nations Dinner	
BW2- 11			16:27-19:00 Training		15:42 BM1x	14:45 JW2x	17:23-19:00 Training		
BM2- 19					15:47 BM1x	14:50 JW2x			
BW2x 10					15:52 BW1x	14:55 JM2x			
BM2x 14					15:57 BW1x	15:00 JM2x			
BW4- 15					16:02 BM2-	15:05 JM1x			
BM4- 15					16:07 BM2-	15:10 JM1x			
BLW2x 9						15:15 JW1x			
BLM2x 10					16:22-19:00 Training				
BW4x 9						FINALS A			
BM4x 15						15:30 BW4+			
BW8+ 7						15:41 BM4+			
BM8+ 6						15:56 BLM2-			
U19 Events						16:12 BLW4x			
JW4+ 6						16:28 BLM4x			
JM4+ 6						16:43 BW2-			
JW1x 15						16:59 BM2-			
JM1x 20						17:14 BW4x			
JW2- 10									
JM2- 12									
JW2x 17						17:29-19:00 Training			
JM2x 20									
JW4- 11									
JM4- 10									
JW4x 12									
JM4x 14									
JW8+ 6									
JM8+ 6									

Remarks:
 1. Preliminary races are marked with * and participation is mandatory.
 2. All times indicated are local times.
 3. The last victory ceremony will finish approx. 20 minutes after the start of the last race.

Venue Opening:
 The venue is officially opened from Wednesday 14 August 8:30 am.

Training times for training days:
 14 - 16 August: 09:00-12:00 / 13:00-19:00 and 17 August: 07:30-12:00 / 13:00-19:00

Legend:

LW1x Lightweight Women's Single Sculls	LM1x Lightweight Men's Single Sculls	LW2- Lightweight Women's Pair	LM2- Lightweight Men's Pair
LW4x Lightweight Women's Quadruple Sculls	LM4x Lightweight Men's Quadruple Sculls		
PR2 W1x PR2 Women's Single Sculls	PR2 M1x PR2 Men's Single Sculls	PR3 W2- PR3 Women's Pair	PR3 M2- PR3 Men's Pair
BW4+ U23 Women's Coxed Four	BM4+ U23 Men's Coxed Four	BLW1x U23 Lightweight Women's Single Sculls	BLM1x U23 Lightweight Men's Single Sculls
BLW2- U23 Lightweight Women's Pair	BLM2- U23 Lightweight Men's Pair	BLW4x U23 Lightweight Women's Quadruple Sculls	BLM4x U23 Lightweight Men's Quadruple Sculls
BW1x U23 Women's Single Sculls	BM1x U23 Men's Single Sculls	BW2- U23 Women's Pair	BM2- U23 Men's Pair
BW2x U23 Women's Double Sculls	BM2x U23 Men's Double Sculls	BW4- U23 Women's Four	BM4- U23 Men's Four
BLW2x U23 Lightweight Women's Double Sculls	BLM2x U23 Lightweight Men's Double Sculls	BW4x U23 Women's Quadruple Sculls	BM4x U23 Men's Quadruple Sculls
BW8+ U23 Women's Eight	BM8+ U23 Men's Eight		
JW4+ U19 Women's Coxed Four	JM4+ U19 Men's Coxed Four	JW1x U19 Women's Single Sculls	JM1x U19 Men's Single Sculls
JW2- U19 Women's Pair	JM2- U19 Men's Pair	JW2x U19 Women's Double Sculls	JM2x U19 Men's Double Sculls
JW4- U19 Women's Four	JM4- U19 Men's Four	JW4x U19 Women's Quadruple Sculls	JM4x U19 Men's Quadruple Sculls
JW8+ U19 Women's Eight	JM8+ U19 Men's Eight		