



## 2023 IVF World Distance Championship – Race Schedule (as at 8 July 2023)

| Day 1          | Monday            | 14/08/2023      |              |                |                 |               |  |                             |
|----------------|-------------------|-----------------|--------------|----------------|-----------------|---------------|--|-----------------------------|
| <b>Race #1</b> | <b>Start time</b> | <b>Race</b>     | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>Low Tide at 6.30am</b>                          | <b>High tide at 12:34pm</b> |
| Wave 1         | 7:30 AM           | J19 Men         | V6           | 6              | 24km            | Main          | 24km Course 24/1 - Two(2) Laps 12km Outside Inside |                             |
| Wave 2         | 7:40 AM           | Master 50 Women | V6           | 8              | 24km            | Main          | 24km Course 24/1 - Two(2) Laps 12km Outside Inside |                             |
|                |                   |                 |              |                |                 | Alternative   | 24km Course 24/2 - Two(2) Laps 12km Outside        |                             |
| <b>Race #2</b> | <b>Start time</b> | <b>Race</b>     | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>Low Tide at 6.30am</b>                          | <b>High tide at 12:34pm</b> |
| Wave 1         | 11:00 AM          | Open Women      | V1           | 20             | 16km            | Main          | 16km Course 16/2 - Two(2) Laps 8km Outside         |                             |
| Wave 2         | 11:10 AM          | J19 Women       | V1           | 11             | 16km            | Main          | 16km Course 16/2 - Two(2) Laps 8km Outside         |                             |
|                |                   |                 |              |                |                 | Alternative   | 16km Course 16/1 - Two(2) Laps 8km Inside          |                             |
| <b>Race #3</b> | <b>Start time</b> | <b>Race</b>     | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>Low Tide at 6.30am</b>                          | <b>High tide at 12:34pm</b> |
| Wave 1         | 1:30 PM           | Master 40 Men   | V6           | 15             | 24km            | Main          | 24km Course 24/2 - Two(2) Laps 12km Outside        |                             |
| Wave 2         | 1:40 PM           | Master 60 Men   | V6           | 9              | 24km            | Main          | 24km Course 24/2 - Two(2) Laps 12km Outside        |                             |
|                |                   |                 |              |                |                 | Alternative   | 24km Course 24/1 - Two(2) Laps 12km Outside Inside |                             |

| Day 2   | Tuesday    | 15/08/2023       |       |         |          |             |   |                    |
|---------|------------|------------------|-------|---------|----------|-------------|---|--------------------|
| Race #1 | Start time | Race             | Canoe | Entries | Distance | Course      | High tide at 1:33pm,                        | Low tide at 7:34am |
|         | 7:30 AM    | MASTER 50 MEN    | V6    | 11      | 24km     | Main        | 24km Course 24/2 - Two(2) Laps 12km Outside |                    |
|         |            |                  |       |         |          | Alternative | N/A   |                    |
| Race #2 | Start time | Race             | Canoe | Entries | Distance | Course      | High tide at 1:33pm,                        | Low tide at 7:34am |
| Wave 1  | 10:30 AM   | OPEN MEN         | V1    | 23      | 16km     | Main        | 16km Course 16/2 - Two(2) Laps 8km Outside  |                    |
| Wave 2  | 10:35 AM   | MASTERS 60 WOMEN | V1    | 9       | 16km     | Main        | 16km Course 16/2 - Two(2) Laps 8km Outside  |                    |
|         |            |                  |       |         |          | Alternative | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Race #3 | Start time | Race             | Canoe | Entries | Distance | Course      | High tide at 1:33pm,                        | Low tide at 7:34am |
| Wave 1  | 1:30 PM    | J16 MEN          | V6    | 5       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Wave 2  | 1:35 PM    | J16 WOMEN        | V6    | 5       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Wave 3  | 1:40 PM    | MASTER 70 MEN    | V6    | 5       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Wave 4  | 1:45 PM    | PARA MIXED       | V6    | 2       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Wave 5  | 1:50 PM    | MASTER 70 WOMEN  | V6    | 6       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Wave 6  | 1:55 PM    | MASTER 75 MEN    | V6    | 1       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
| Wave 7  | 2:00 PM    | MASTER 75 WOMEN  | V6    | 2       | 16km     | Main        | 16km Course 16/1 - Two(2) Laps 8km Inside   |                    |
|         |            |                  |       |         |          | Alternative | 16km Course 16/2 - Two(2) Laps 8km Outside  |                    |



| <b>Day 4</b>   | <b>Thursday</b>   | <b>17/06/2023</b>        |              |                |                 |               |   |                           |
|----------------|-------------------|--------------------------|--------------|----------------|-----------------|---------------|---|---------------------------|
| <b>Race #1</b> | <b>Start time</b> | <b>Race</b>              | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>High tide at 3:34pm</b>                  | <b>Low tide at 9:37am</b> |
| Wave 1         | 7:30 AM           | J16 GIRLS                | V1           | 10             | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 2         | 7:40 AM           | PARA WOMEN V1<br>VL2/3/4 | V1           | 4              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 3         | 7:50 AM           | MASTER 70 WOMEN          | V1           | 5              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 4         | 8:00 AM           | MASTER 70 MEN            | V1           | 8              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
|                |                   |                          |              |                |                 | Alternative   | 12km Course 6/1 - Two(2) Laps 6km Inside    |                           |
| <b>Race #2</b> | <b>Start time</b> | <b>Race</b>              | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>High tide at 3:34pm</b>                  | <b>Low tide at 9:37am</b> |
| Wave 1         | 10:30 AM          | OPEN WOMEN               | V6           | 18             | 24km            | Main          | 24km Course 24/2 - Two(2) Laps 12km Outside |                           |
| <b>Race #3</b> | <b>Start time</b> | <b>Race</b>              | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>High tide at 3:34pm</b>                  | <b>Low tide at 9:37am</b> |
| Wave 1         | 1:30 PM           | J16 MEN                  | V1           | 9              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 2         | 1:35 PM           | PARA MEN V1 VL2/3/4      | V1           | 11             | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 3         | 1:40 PM           | MASTER 80 WOMEN          | V1           |                | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 4         | 1:45 PM           | MASTER 80 MEN            | V1           | 3              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 5         | 1:50 PM           | MASTER 75 MEN            | V1           | 4              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
| Wave 6         | 1:55 PM           | MASTER 75 WOMEN          | V1           | 2              | 12km            | Main          | 12km Course 6/2 - Two(2) Laps 6km outside   |                           |
|                |                   |                          |              |                |                 | Alternative   | 12km Course 6/1 - Two(2) Laps 6km Inside    |                           |

| <b>Day 5</b>   | <b>Friday</b>     | <b>18/06/2023</b> |              |                |                 |               |   |                            |
|----------------|-------------------|-------------------|--------------|----------------|-----------------|---------------|---|----------------------------|
| <b>Race #1</b> | <b>Start time</b> | <b>Race</b>       | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>High tide at 4:34pm</b>                  | <b>Low tide at 10:38am</b> |
| Wave 1         | 7:30 AM           | MASTER 40 WOMEN   | V6           | 13             | 24km            | Main          | 24km Course 24/2 - Two(2) Laps 12km Outside |                            |
| Wave 2         | 7:40 AM           | MASTER 60 WOMEN   | V6           | 6              | 24km            | Main          | 24km Course 24/2 - Two(2) Laps 12km Outside |                            |
|                |                   |                   |              |                |                 | Alternative   |   |                            |
| <b>Race #2</b> | <b>Start time</b> | <b>Race</b>       | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>High tide at 4:34pm</b>                  | <b>Low tide at 10:38am</b> |
| Wave 1         | 10:30 AM          | MASTER 50 MEN     | V1           | 19             | 16km            | Main          | 16km Course 16/2 - Two(2) Laps 8km Outside  |                            |
| Wave 2         | 10:40 AM          | MASTER 60 MEN     | V1           | 15             | 16km            | Main          | 16km Course 16/2 - Two(2) Laps 8km Outside  |                            |
|                |                   |                   |              |                |                 | Alternative   |   |                            |
| <b>Race #3</b> | <b>Start time</b> | <b>Race</b>       | <b>Canoe</b> | <b>Entries</b> | <b>Distance</b> | <b>Course</b> | <b>High tide at 4:34pm</b>                  | <b>Low tide at 10:38am</b> |
| Wave 1         | 1:30 PM           | OPEN MEN          | V6           | 17             | 24km            | Main          | 24km Course 24/2 - Two(2) Laps 12km Outside |                            |
|                |                   |                   |              |                |                 | Alternative   |   |                            |