



2023 IVF World Distance Championship – Race Schedule 13/08

Day 1	Monday	14/08/2023						
Race #1	Start time	Race	Canoe	Entries	Distance	Course	Low Tide at 6.30am	High tide at 12:34pm
Wave 1	7:30 AM	J19 Men	V6	6	24km	Main	24km Course 24/2 - Two(2) Laps 12km Outside Inside	
Wave 2	7:40 AM	Master 50 Women	V6	8	24km	Main	24km Course 24/2 - Two(2) Laps 12km Outside Inside	
						Alternative	24km Course 24/1 - Two(2) Laps 12km Outside	
Race #2	Start time	Race	Canoe	Entries	Distance	Course	Low Tide at 6.30am	High tide at 12:34pm
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	
Race #3	Start time	Race	Canoe	Entries	Distance	Course	Low Tide at 6.30am	High tide at 12:34pm
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	

Day 4	Thursday	17/06/2023						
Race #1	Start time	Race	Canoe	Entries	Distance	Course	High tide at 3:34pm	Low tide at 9:37am
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 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	
Race #2	Start time	Race	Canoe	Entries	Distance	Course	High tide at 3:34pm	Low tide at 9:37am
Wave 1	10:30 AM	OPEN WOMEN	V6	18	24km	Main	24km Course 24/2 - Two(2) Laps 12km Outside	
Race #3	Start time	Race	Canoe	Entries	Distance	Course	High tide at 3:34pm	Low tide at 9:37am
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	

Day 5	Friday	18/06/2023						
Race #1	Start time	Race	Canoe	Entries	Distance	Course	High tide at 4:34pm	Low tide at 10:38am
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		
Race #2	Start time	Race	Canoe	Entries	Distance	Course	High tide at 4:34pm	Low tide at 10:38am
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		
Race #3	Start time	Race	Canoe	Entries	Distance	Course	High tide at 4:34pm	Low tide at 10:38am
Wave 1	1:30 PM	OPEN MEN	V6	17	24km	Main	24km Course 24/2 - Two(2) Laps 12km Outside	
						Alternative		