

Time				
0:05	9:30	1	2- WU19 (P)	2000
0:10	9:35	2	2- MU19 (H1 and H2)	2000
0:30	9:45	3	1X MU19 (H1 to H6)	2000
0:15	10:15	4	1X WU19 (H1 to H3)	2000
0:05	10:30	5	1X LW (P)	2000
0:05	10:35	6	2- LM (P)	2000
0:10	10:40	101	2X MU17 (2H)	2000
0:10	10:50	102	1X WU17 (2H)	2000
0:05	11:00	7	2- W (P)	2000
0:05	11:05	8	2- M (P)	2000
0:10	11:10	9	1X LM (H1 and H2)	2000
0:15	11:20	10	1X M/MU23 (H1 to H3)	2000
0:10	11:35	11	1X W/WU23 (H1 and H2)	2000
0:10	11:45		Transfert	
0:15	11:55	12	1X MM (H1 to H3)	1000
0:10	12:10	13	1X WM (H1 to H2)	1000
0:15	12:20	104	1X M beg/deb (3H)	1000
0:10	12:35	105	2X W beg/deb (2H)	1000
2:15	12:45		Kayak 1 + Pause	
0:05	15:00	2	2- MU19 (R1)	2000
0:30	15:05	3	1X MU19 (FF, FE, Q1 to Q4)	2000
0:10	15:35	4	1X WU19 (R1 and R2)	2000
0:10	15:45		Transfert	
0:10	15:55	106	2X Open (2H)	1000
0:15	16:05	107	2X MU15 (3H)	1000
0:15	16:20	108	1X WU15 (3H)	1000
0:10	16:35	12	1X MM (FB, FA)	1000
0:05	16:45	13	1X WM (FA)	1000
0:10	16:50		Transfert	
0:10	17:00	9	1X LM (R1 and R2)	2000
0:10	17:10	10	1X M/MU23 (R1 and R2)	2000
0:05	17:20	11	1X W/WU23 (R)	2000
0:45	17:25		Kayak 2	
	18:10			

Time				
0:20	9:30	3	1X MU19 (FD, FC, SFAB)	2000
0:15	9:50	4	1X WU19 (FC, SFAB)	2000
0:15	10:05	201	1X MU17 (3H)	2000
0:10	10:20	202	2X WU17 (2H)	2000
0:15	10:30	10	1X M/MU23 (FC, SFAB)	2000
0:10	10:45		Transfert	
0:15	10:55	203	1X MU13 (2H)	500
0:05	11:10	204	2X WU13 (1H)	500
0:10	11:15		Transfert	
0:15	11:25	205	2X Masters (3H)	1000
0:10	11:40	206	2X M beg/deb (2H)	1000
0:10	11:50	207	1X W beg/deb (2H)	1000
2:30	12:00		Kayak 3 + Pause	
0:05	14:30	208	2X MU13 (1H)	500
0:10	14:35	209	1X WU13 (2H)	500
0:10	14:45		Transfert	
0:10	14:55	210	1X Open (2H)	1000
0:30	15:05	211	1X MU15 (6H)	1000
0:10	15:35	212	2X WU15 (2H)	1000
0:20	15:45		Transfert	
0:10	16:05	1	2- WU19 (FA)	2000
0:10	16:15	2	2- MU19 (FA)	2000
0:15	16:25	3	1X MU19 (FB, FA)	2000
0:15	16:40	4	1X WU19 (FB, FA)	2000
0:10	16:55	5	1X LW (FA)	2000
0:10	17:05	6	2- LM (FA)	2000
0:10	17:15	7	2- W (FA)	2000
0:10	17:25	8	2- M (FA)	2000
0:15	17:35	9	1X LM (FB, FA)	2000
0:15	17:50	10	1X M/MU23 (FB, FA)	2000
0:10	18:05	11	1X W/WU23 (FA)	2000
	18:15			