

2016 CANOE KAYAK CANADA CANOE SLALOM SENIOR TEAM TRIALS



Training Schedule
Rutherford Whitewater Facility
May 10-22, 2016



11-May	9:00	Gate Hanging
	16:00	Athlete Intake (Sign waivers and collect training bibs)
		Training in groups as per training schedule
12-May		Training in groups as per training schedule
13-May		Training in groups as per training schedule
14-May		Training in groups as per training schedule
15-May		Training in groups as per training schedule
16-May		Training in groups as per training schedule
17-May		Training in groups as per training schedule
18-May		Training in groups as per training schedule
	11:30	Team Leaders Meeting & Emergency Registration
	9:00-12:00	Competitor equipment self-check
19-May		Training in groups as per training schedule
20-May		Training in groups as per training schedule
	9:00-12:00	Competitor equipment self-check
	9:00	Training Group 1
	10:00	Training Group 2
	11:00	Course designer draw
	13:00	Day 1 course construction
	16:00	Demonstration Runs
	16:20	Course approval meeting
	17:30	Opening Ceremonies
	18:00	Water off
21-May	9:00	Water on
	11:00	Selection Race Run #1 (C2M, K1W, C1M, K1M, C1W)
	14:00	Selection Race Run # 2 (C2M, K1W, C1M, K1M, C1W)
	14:30	Day 2 course construction
	16:00	Demonstration Runs
	16:20	Course approval meeting
	18:00	Water off
22-May	9:00	Water on
	11:00	Selection Race Run # 3 (C2M, K1W, C1M, K1M, C1W)
	14:00	Selection Race Run # 4 (C2M, K1W, C1M, K1M, C1W)
	16:00	National Team Meeting

