



SCHEDULE - DAY 1

2019 AROCA Regional Sprint Championships (Sanctioned)
Sat, 7 Dec 2019



Race	Event	Round	No	Est. Start	Progressions
001	Int Women - W1 500	Heat	1 / 5	8:00 AM	
002	Int Women - W1 500	Heat	2 / 5	8:07 AM	
003	Int Women - W1 500	Heat	3 / 5	8:14 AM	
004	Int Women - W1 500	Heat	4 / 5	8:21 AM	
005	Int Women - W1 500	Heat	5 / 5	8:28 AM	See Race 028
006	Int Men - W1 500	Heat	1 / 3	8:35 AM	
007	Int Men - W1 500	Heat	2 / 3	8:42 AM	
008	Int Men - W1 500	Heat	3 / 3	8:49 AM	See Race 029
009	J16 Women - W1 500	Heat	1 / 6	8:56 AM	
010	J16 Women - W1 500	Heat	2 / 6	9:03 AM	
011	J16 Women - W1 500	Heat	3 / 6	9:10 AM	
012	J16 Women - W1 500	Heat	4 / 6	9:17 AM	
013	J16 Women - W1 500	Heat	5 / 6	9:24 AM	
014	J16 Women - W1 500	Heat	6 / 6	9:31 AM	See Race 030
015	J16 Men - W1 500	Heat	1 / 4	9:38 AM	
016	J16 Men - W1 500	Heat	2 / 4	9:45 AM	
017	J16 Men - W1 500	Heat	3 / 4	9:52 AM	
018	J16 Men - W1 500	Heat	4 / 4	9:59 AM	See Race 031
019	J19 Women - W1 500	Heat	1 / 5	10:06 AM	
020	J19 Women - W1 500	Heat	2 / 5	10:13 AM	
021	J19 Women - W1 500	Heat	3 / 5	10:20 AM	
022	J19 Women - W1 500	Heat	4 / 5	10:27 AM	
023	J19 Women - W1 500	Heat	5 / 5	10:34 AM	See Race 054
024	J19 Men - W1 500	Heat	1 / 4	10:41 AM	
025	J19 Men - W1 500	Heat	2 / 4	10:48 AM	
026	J19 Men - W1 500	Heat	3 / 4	10:55 AM	
027	J19 Men - W1 500	Heat	4 / 4	11:02 AM	See Race 055
028	Int Women - W1 500	Champ Final		11:09 AM	
029	Int Men - W1 500	Champ Final		11:16 AM	
030	J16 Women - W1 500	Champ Final		11:23 AM	
031	J16 Men - W1 500	Champ Final		11:30 AM	
032	U23 Women - W1 500	Heat	1 / 2	11:37 AM	
033	U23 Women - W1 500	Heat	2 / 2	11:44 AM	See Race 056
034	Master Men - W1 500	Heat	1 / 4	11:51 AM	
035	Master Men - W1 500	Heat	2 / 4	11:57 AM	
036	Master Men - W1 500	Heat	3 / 4	12:03 PM	
037	Master Men - W1 500	Heat	4 / 4	12:09 PM	See Race 065
038	Master Women - W1 500	Heat	1 / 3	12:15 PM	
039	Master Women - W1 500	Heat	2 / 3	12:21 PM	
040	Master Women - W1 500	Heat	3 / 3	12:27 PM	See Race 064
041	Snr Master Men - W1 500	Heat	1 / 3	12:33 PM	
042	Snr Master Men - W1 500	Heat	2 / 3	12:40 PM	
043	Snr Master Men - W1 500	Heat	3 / 3	12:47 PM	See Race 063



SCHEDULE - DAY 1

2019 AROCA Regional Sprint Championships (Sanctioned)
Sat, 7 Dec 2019



Race	Event	Round	No	Est. Start	Progressions
044	Snr Master Women - W1 500	Heat	1 / 3	12:54 PM	
045	Snr Master Women - W1 500	Heat	2 / 3	1:01 PM	
046	Snr Master Women - W1 500	Heat	3 / 3	1:08 PM	See Race 062
047	Gld Master Women - W1 500	Heat	1 / 2	1:15 PM	
048	Gld Master Women - W1 500	Heat	2 / 2	1:22 PM	See Race 060
049	Premier Women - W1 500	Heat	1 / 2	1:29 PM	
050	Premier Women - W1 500	Heat	2 / 2	1:34 PM	See Race 066
051	Premier Men - W1 500	Heat	1 / 3	1:39 PM	
052	Premier Men - W1 500	Heat	2 / 3	1:44 PM	
053	Premier Men - W1 500	Heat	3 / 3	1:49 PM	See Race 067
054	J19 Women - W1 500	Champ Final		1:54 PM	
055	J19 Men - W1 500	Champ Final		2:01 PM	
056	U23 Women - W1 500	Champ Final		2:08 PM	
057	U23 Men - W1 500	St Final		2:15 PM	
058	Master 70 Women - W1 500	St Final		2:22 PM	
059	Master 70 Men - W1 500	St Final		2:29 PM	
060	Gld Master Women - W1 500	Champ Final		2:36 PM	
061	Gld Master Men - W1 500	St Final		2:43 PM	
062	Snr Master Women - W1 500	Champ Final		2:50 PM	
063	Snr Master Men - W1 500	Champ Final		2:57 PM	
064	Master Women - W1 500	Champ Final		3:04 PM	
065	Master Men - W1 500	Champ Final		3:10 PM	
066	Premier Women - W1 500	Champ Final		3:16 PM	
067	Premier Men - W1 500	Champ Final		3:21 PM	
068	J19 Women Dash - W1 250	Heat	1 / 5	3:26 PM	
069	J19 Women Dash - W1 250	Heat	2 / 5	3:31 PM	
070	J19 Women Dash - W1 250	Heat	3 / 5	3:36 PM	
071	J19 Women Dash - W1 250	Heat	4 / 5	3:41 PM	
072	J19 Women Dash - W1 250	Heat	5 / 5	3:46 PM	
073	J19 Men Dash - W1 250	Heat	1 / 5	3:51 PM	
074	J19 Men Dash - W1 250	Heat	2 / 5	3:56 PM	
075	J19 Men Dash - W1 250	Heat	3 / 5	4:01 PM	
076	J19 Men Dash - W1 250	Heat	4 / 5	4:06 PM	
077	J19 Men Dash - W1 250	Heat	5 / 5	4:11 PM	
078	Premier Women Dash - W1 250	Heat	1 / 4	4:16 PM	
079	Premier Women Dash - W1 250	Heat	2 / 4	4:21 PM	
080	Premier Women Dash - W1 250	Heat	3 / 4	4:26 PM	
081	Premier Women Dash - W1 250	Heat	4 / 4	4:31 PM	
082	Premier Men Dash - W1 250	Heat	1 / 6	4:36 PM	
083	Premier Men Dash - W1 250	Heat	2 / 6	4:41 PM	
084	Premier Men Dash - W1 250	Heat	3 / 6	4:46 PM	
085	Premier Men Dash - W1 250	Heat	4 / 6	4:51 PM	
086	Premier Men Dash - W1 250	Heat	5 / 6	4:56 PM	



SCHEDULE - DAY 1

2019 AROCA Regional Sprint Championships (Sanctioned)
Sat, 7 Dec 2019



Race	Event	Round	No	Est. Start	Progressions
087	Premier Men Dash - W1 250	Heat	6 / 6	5:01 PM	



SCHEDULE - DAY 2

2019 AROCA Regional Sprint Championships (Sanctioned)
Sun, 8 Dec 2019



Race	Event	Round	No	Est. Start	Progressions
088	Mid Men - W6 250	Heat	1 / 2	8:00 AM	
089	Mid Men - W6 250	Heat	2 / 2	8:10 AM	See Race 095
090	Int Women - W6 500	Heat	1 / 2	8:20 AM	
091	Int Women - W6 500	Heat	2 / 2	8:27 AM	See Race 108
092	Int Men - W6 500	Heat	1 / 2	8:34 AM	
093	Int Men - W6 500	Heat	2 / 2	8:41 AM	See Race 109
094	Mid Women - W6 250	St Final		8:48 AM	
095	Mid Men - W6 250	Champ Final		8:58 AM	
096	J16 Women - W6 500	Heat	1 / 3	9:08 AM	
097	J16 Women - W6 500	Heat	2 / 3	9:14 AM	
098	J16 Women - W6 500	Heat	3 / 3	9:20 AM	See Race 158
099	Int Men - W6 500 Turn	Heat	1 / 3	9:26 AM	
100	Int Men - W6 500 Turn	Heat	2 / 3	9:36 AM	
101	Int Men - W6 500 Turn	Heat	3 / 3	9:46 AM	See Race 145
102	Int Women - W6 500 turn	Heat	1 / 4	9:56 AM	
103	Int Women - W6 500 turn	Heat	2 / 4	10:06 AM	
104	Int Women - W6 500 turn	Heat	3 / 4	10:16 AM	
105	Int Women - W6 500 turn	Heat	4 / 4	10:26 AM	See Race 144
106	J16 Men - W6 500	Heat	1 / 2	10:36 AM	
107	J16 Men - W6 500	Heat	2 / 2	10:42 AM	See Race 157
108	Int Women - W6 500	Champ Final		10:48 AM	
109	Int Men - W6 500	Champ Final		10:55 AM	
110	J19 Women - W6 500	Heat	1 / 2	11:02 AM	
111	J19 Women - W6 500	Heat	2 / 2	11:08 AM	See Race 159
112	Premier Women - W6 500	Heat	1 / 2	11:14 AM	
113	Premier Women - W6 500	Heat	2 / 2	11:20 AM	See Race 165
114	J16 Men - W6 1000	Heat	1 / 3	11:26 AM	
115	J16 Men - W6 1000	Heat	2 / 3	11:33 AM	
116	J16 Men - W6 1000	Heat	3 / 3	11:41 AM	See Race 147
117	J16 Women - W6 1000	Heat	1 / 5	11:47 AM	
118	J16 Women - W6 1000	Heat	2 / 5	11:53 AM	
119	J16 Women - W6 1000	Heat	3 / 5	11:59 AM	
120	J16 Women - W6 1000	Heat	4 / 5	12:05 PM	
121	J16 Women - W6 1000	Heat	5 / 5	12:11 PM	See Race 146
122	J19 Women - W6 1000	Heat	1 / 3	12:17 PM	
123	J19 Women - W6 1000	Heat	2 / 3	12:23 PM	
124	J19 Women - W6 1000	Heat	3 / 3	12:29 PM	See Race 148
125	J19 Men - W6 1000	Heat	1 / 2	12:35 PM	
126	J19 Men - W6 1000	Heat	2 / 2	12:41 PM	See Race 149
127	Premier Men - W6 1000	Heat	1 / 2	12:47 PM	
128	Premier Men - W6 1000	Heat	2 / 2	12:53 PM	See Race 156
129	Premier Women - W6 1000	Heat	1 / 4	12:59 PM	
130	Premier Women - W6 1000	Heat	2 / 4	1:05 PM	



SCHEDULE - DAY 2

2019 AROCA Regional Sprint Championships (Sanctioned)
Sun, 8 Dec 2019



Race	Event	Round	No	Est. Start	Progressions
131	Premier Women - W6 1000	Heat	3 / 4	1:11 PM	
132	Premier Women - W6 1000	Heat	4 / 4	1:17 PM	See Race 155
133	Master Men - W6 1000	Heat	1 / 3	1:23 PM	
134	Master Men - W6 1000	Heat	2 / 3	1:29 PM	
135	Master Men - W6 1000	Heat	3 / 3	1:35 PM	See Race 154
136	Master Women - W6 1000	Heat	1 / 2	1:41 PM	
137	Master Women - W6 1000	Heat	2 / 2	1:47 PM	See Race 153
138	Snr Master Women - W6 1000	Heat	1 / 2	1:53 PM	
139	Snr Master Women - W6 1000	Heat	2 / 2	2:00 PM	See Race 151
140	Snr Master Men - W6 1000	Heat	1 / 2	2:07 PM	
141	Snr Master Men - W6 1000	Heat	2 / 2	2:15 PM	See Race 152
142	Master Men - W6 500	Heat	1 / 2	2:23 PM	
143	Master Men - W6 500	Heat	2 / 2	2:29 PM	See Race 164
144	Int Women - W6 500 turn	Champ Final		2:35 PM	
145	Int Men - W6 500 Turn	Champ Final		2:44 PM	
146	J16 Women - W6 1000	Champ Final		2:54 PM	
147	J16 Men - W6 1000	Champ Final		3:00 PM	
148	J19 Women - W6 1000	Champ Final		3:06 PM	
149	J19 Men - W6 1000	Champ Final		3:12 PM	
150	Gld Master Women - W6 1000	St Final		3:18 PM	
151	Snr Master Women - W6 1000	Champ Final		3:26 PM	
152	Snr Master Men - W6 1000	Champ Final		3:33 PM	
153	Master Women - W6 1000	Champ Final		3:41 PM	
154	Master Men - W6 1000	Champ Final		3:47 PM	
155	Premier Women - W6 1000	Champ Final		3:53 PM	
156	Premier Men - W6 1000	Champ Final		3:59 PM	
157	J16 Men - W6 500	Champ Final		4:05 PM	
158	J16 Women - W6 500	Champ Final		4:11 PM	
159	J19 Women - W6 500	Champ Final		4:17 PM	
160	J19 Men - W6 500	St Final		4:23 PM	
161	Snr Master Women - W6 500	St Final		4:29 PM	
162	Snr Master Men - W6 500	St Final		4:35 PM	
163	Master Women - W6 500	St Final		4:41 PM	
164	Master Men - W6 500	Champ Final		4:47 PM	
165	Premier Women - W6 500	Champ Final		4:53 PM	
166	Premier Men - W6 500	St Final		4:59 PM	