

# CFSiD20 Overall Competition Running Order



## Thursday 23 January

Time	Action	Facility
1330 - 1530hrs	Elite Individuals Rowing Safety Briefing 1	Royal Docks Rowing Club
1600 - 1830hrs	Elite Individuals, Elite Teams, Masters and Coach Registration	ExCeL- N9 Entrance

## Friday 24 January

Time	Action	Facility
0800 - 0930hrs	Contingency Registration: Elite Individuals, Elite Teams, Masters and Coach	ExCeL- N9 Entrance
0830 - 1100hrs	Elite Individuals Rowing Safety Briefing 2	Royal Docks Rowing Club
1000 - 1045hrs	Masters Athlete Briefing	foodspring Arena
1130 - 1200hrs	Elite Individuals Athlete Briefing- Workout 1 & 2	NOCCO Arena
1215 - 1300hrs	Elite Teams Athlete Briefing- Workout 1 - 5	NOCCO Arena
1200 - 1250hrs	Event 01   Masters (all age categories)	Outside
1300 - 1350hrs	Event 01   Elite Individuals (Male and Female)	Outside
1400 - 1700hrs	CFSiD Affiliate Cup and Coach Registration	ExCeL- N9 Entrance
1400 - 1450hrs	Event 01   Elite Team	Outside
1530hrs	Spectator registration opens	ExCeL- N9 Entrance
1600 - 1614hrs	Event 02   Heat 01   Elite Female	NOCCO Arena
1600 - 1608hrs	Event 02   Heat 01   Male Master 55+ & 60+	foodspring Arena
1615 - 1623hrs	Event 02   Heat 02   Male Master 50+	foodspring Arena
1620 - 1634hrs	Event 02   Heat 02   Elite Female	NOCCO Arena
1630 - 1638hrs	Event 02   Heat 03   Male Master 45+	foodspring Arena
1640 - 1654hrs	Event 02   Heat 03   Elite Female	NOCCO Arena
1645 - 1653hrs	Event 02   Heat 04   Male Master 40+	foodspring Arena
1700 - 1712hrs	Event 02   Heat 01   Elite Male	NOCCO Arena
1700 - 1708hrs	Event 02   Heat 05   Male Master 35+	foodspring Arena
1720 - 1732hrs	Event 02   Heat 02   Elite Male	NOCCO Arena
1720 - 1728hrs	Event 02   Heat 01   Female Master 55+ & 60+	foodspring Arena
1735 - 1743hrs	Event 02   Heat 02   Female Master 50+	foodspring Arena
1740 - 1752hrs	Event 02   Heat 03   Elite Male	NOCCO Arena
1750 - 1758hrs	Event 02   Heat 03   Female Master 45+	foodspring Arena
1800 - 1812hrs	Event 02   Heat 04   Elite Male	NOCCO Arena
1805 - 1813hrs	Event 02   Heat 04   Female Master 40+	foodspring Arena
1820 - 1834hrs	Event 02   Heat 04   Elite Female	NOCCO Arena
1820 - 1828hrs	Event 02   Heat 05   Female Master 35+	foodspring Arena
1845 - 1900hrs	Event 02   Heat 01   Elite Team	NOCCO Arena
1905 - 1920hrs	Event 02   Heat 02   Elite Team	NOCCO Arena
1930 - 2000hrs	Elite Individuals Athlete Briefing- Workout 3, 4, 5	NOCCO Arena

## Saturday 25 January

Time	Action	Facility
0730 - 0815hrs	CFSiD Affiliate Cup Athlete Briefing	foodspring Arena
0830hrs	Spectator registration opens	ExCeL- N9 entrance
0900 - 0914hrs	Event 01 & 02   Heat 01   CFSiD Affiliate Cup	foodspring Arena
0900 - 1200hrs	Event 03   Elite Male & Elite Female	Royal Docks Rowing Club
0920 - 0934hrs	Event 01 & 02   Heat 02   CFSiD Affiliate Cup	foodspring Arena
0925 - 0940hrs	Event 03   Heat 01   Male Masters & Female Masters 55+ & 60+	NOCCO Arena
0940 - 0954hrs	Event 01 & 02   Heat 03   CFSiD Affiliate Cup	foodspring Arena
0945 - 1000hrs	Event 03   Heat 02   Female Masters 50+ & 45+	NOCCO Arena
1000 - 1014hrs	Event 01 & 02   Heat 04   CFSiD Affiliate Cup	foodspring Arena
1005 - 1020hrs	Event 03   Heat 03   Female Masters 40+ & 35+	NOCCO Arena
1020 - 1034hrs	Event 01 & 02   Heat 05   CFSiD Affiliate Cup	foodspring Arena
1025 - 1040hrs	Event 03   Heat 04   Male Masters 50+ & 45+	NOCCO Arena
1040 - 1054hrs	Event 01 & 02   Heat 06   CFSiD Affiliate Cup	foodspring Arena
1045 - 1100hrs	Event 03   Heat 05   Male Masters 40+ & 35+	NOCCO Arena
1115 - 1130hrs	Event 03   Heat 01   CFSiD Affiliate Cup	NOCCO Arena
1115 - 1120hrs	Event 04   Heat 01   Female Masters 55+ & 60+	foodspring Arena
1125 - 1130hrs	Event 04   Heat 02   Female Masters 50+	foodspring Arena
1135 - 1150hrs	Event 03   Heat 02   CFSiD Affiliate Cup	NOCCO Arena
1135 - 1140hrs	Event 04   Heat 03   Female Masters 45+	foodspring Arena
1145 - 1150hrs	Event 04   Heat 04   Female Masters 40+	foodspring Arena
1155 - 1210hrs	Event 03   Heat 03   CFSiD Affiliate Cup	NOCCO Arena
1155 - 1200hrs	Event 04   Heat 05   Female Masters 35+	foodspring Arena
1210 - 1215hrs	Event 04   Heat 01   Male Masters 55+ & 60+	foodspring Arena
1220 - 1225hrs	Event 04   Heat 02   Male Masters 50+	foodspring Arena
1225 - 1240hrs	Event 03   Heat 01   Elite Team	NOCCO Arena
1230 - 1235hrs	Event 04   Heat 03   Male Masters 45+	foodspring Arena
1240 - 1245hrs	Event 04   Heat 04   Male Masters 40+	foodspring Arena
1245 - 1300hrs	Event 03   Heat 02   Elite Team	NOCCO Arena
1250 - 1255hrs	Event 04   Heat 05   Male Masters 35+	foodspring Arena
1305 - 1315hrs	Event 04   Heat 01   CFSiD Affiliate Cup	foodspring Arena
1315 - 1335hrs	Event 04   Heat 01   Elite Male	NOCCO Arena
1320 - 1330hrs	Event 04   Heat 02   CFSiD Affiliate Cup	foodspring Arena
1335 - 1345hrs	Event 04   Heat 03   CFSiD Affiliate Cup	foodspring Arena
1340 - 1400hrs	Event 04   Heat 02   Elite Male	NOCCO Arena
1350 - 1400hrs	Event 04   Heat 04   CFSiD Affiliate Cup	foodspring Arena
1405 - 1415hrs	Event 04   Heat 05   CFSiD Affiliate Cup	foodspring Arena
1410 - 1430hrs	Event 04   Heat 01   Elite Female	NOCCO Arena
1420 - 1430hrs	Event 04   Heat 06   CFSiD Affiliate Cup	foodspring Arena
1435 - 1455hrs	Event 04   Heat 02   Elite Female	NOCCO Arena

Saturday 25 January- Continued



1440 - 1450hrs	Event 05   Heat 01   Female Masters 55+ & 60+	foodspring Arena
1455 - 1505hrs	Event 05   Heat 02   Female Masters 50+	foodspring Arena
1510 - 1526hrs	Event 04 & 05   Heat 01   Elite Team	NOCCO Arena
1510 - 1520hrs	Event 05   Heat 03   Female Masters 45+	foodspring Arena
1525 - 1535hrs	Event 05   Heat 04   Female Masters 40+	foodspring Arena
1535 - 1551hrs	Event 04 & 05   Heat 02   Elite Team	NOCCO Arena
1540 - 1550hrs	Event 05   Heat 05   Female Masters 35+	foodspring Arena
1600 - 1610hrs	Event 05   Heat 01   Male Masters 55+ & 60+	foodspring Arena
1610 - 1620hrs	Event 05   Heat 01   Elite Male	NOCCO Arena
1615 - 1625hrs	Event 05   Heat 02   Male Masters 50+	foodspring Arena
1625 - 1635hrs	Event 05   Heat 02   Elite Male	NOCCO Arena
1630 - 1640hrs	Event 05   Heat 03   Male Masters 45+	foodspring Arena
1640 - 1650hrs	Event 05   Heat 03   Elite Male	NOCCO Arena
1645 - 1655hrs	Event 05   Heat 04   Male Masters 40+	foodspring Arena
1700 - 1710hrs	Event 05   Heat 05   Male Masters 35+	foodspring Arena
1705 - 1715hrs	Event 05   Heat 01   Elite Female	NOCCO Arena
1720 - 1730hrs	Event 05   Heat 02   Elite Female	NOCCO Arena
1735 - 1745hrs	Event 05   Heat 03   Elite Female	NOCCO Arena
1750 - 1800hrs	Event 05   Heat 04   Elite Female	NOCCO Arena
1810 - 1820hrs	Event 05   Heat 04   Elite Male	NOCCO Arena
1830 - 1900hrs	Elite Teams Athlete Briefing- Workout 6 & 7	NOCCO Arena
1900 - 1930hrs	Elite Individuals Athlete Briefing- Workout 6 & 7	NOCCO Arena

Sunday 26 January

Time	Action	Facility
0730 - 0815hrs	CFSID Affiliate Cup Athlete Briefing	NOCCO Arena
0820 - 0850hrs	Masters Athlete Briefing	NOCCO Arena
0830hrs	Spectator registration opens	ExCeL- N9 Entrance
0900 - 0910hrs	Event 05   Heat 01   CFSID Affiliate Cup	NOCCO Arena
0915 - 0925hrs	Event 05   Heat 02   CFSID Affiliate Cup	NOCCO Arena
0930 - 0940hrs	Event 05   Heat 03   CFSID Affiliate Cup	NOCCO Arena
0945 - 0955hrs	Event 05   Heat 04   CFSID Affiliate Cup	NOCCO Arena
1005 - 1020hrs	Event 06   Heat 01   Male Master & Female Master 55+ & 60+	NOCCO Arena
1005 - 1015hrs	Event 06   Heat 01   CFSID Affiliate Cup	foodspring Arena
1020 - 1030hrs	Event 06   Heat 02   CFSID Affiliate Cup	foodspring Arena
1025 - 1040hrs	Event 06   Heat 02   Male Master & Female Master 50+	NOCCO Arena
1035 - 1045hrs	Event 06   Heat 03   CFSID Affiliate Cup	foodspring Arena
1045 - 1100hrs	Event 06   Heat 03   Male Master & Female Master 45+	NOCCO Arena
1050 - 1100hrs	Event 06   Heat 04   CFSID Affiliate Cup	foodspring Arena
1105 - 1120hrs	Event 06   Heat 04   Male Master & Female Master 40+	NOCCO Arena
1105 - 1115hrs	Event 06   Heat 05   CFSID Affiliate Cup	foodspring Arena
1125 - 1140hrs	Event 06   Heat 05   Male Master & Female Master 35+	NOCCO Arena
1120 - 1130hrs	Event 06   Heat 06   CFSID Affiliate Cup	foodspring Arena
1140 - 1150hrs	Event 07   Heat 01   Female Master 55+ & 60+	foodspring Arena
1155 - 1210hrs	Event 06   Heat 01   Elite Team	NOCCO Arena
1155 - 1205hrs	Event 07   Heat 02   Female Master 50+	foodspring Arena
1210 - 1220hrs	Event 07   Heat 03   Female Master 45+	foodspring Arena
1215 - 1230hrs	Event 06   Heat 02   Elite Team	NOCCO Arena
1225 - 1235hrs	Event 07   Heat 04   Female Master 40+	foodspring Arena
1240 - 1250hrs	Event 07   Heat 05   Female Master 35+	foodspring Arena
1245 - 1300hrs	Event 06   Heat 01   Elite Female	NOCCO Arena
1300 - 1310hrs	Event 07   Heat 01   Male Master 55+ & 60+	foodspring Arena
1305 - 1320hrs	Event 06   Heat 02   Elite Female	NOCCO Arena
1315 - 1325hrs	Event 07   Heat 02   Male Master 50+	foodspring Arena
1325 - 1340hrs	Event 06   Heat 03   Elite Female	NOCCO Arena
1330 - 1340hrs	Event 07   Heat 03   Male Master 45+	foodspring Arena
1345 - 1400hrs	Event 06   Heat 04   Elite Female	NOCCO Arena
1345 - 1355hrs	Event 07   Heat 04   Male Master 40+	foodspring Arena
1400 - 1410hrs	Event 07   Heat 05   Male Master 35+	foodspring Arena
1410 - 1425hrs	Event 06   Heat 01   Elite Male	NOCCO Arena
1425 - 1435hrs	Event 07   Heat 01   CFSID Affiliate Cup	foodspring Arena
1430 - 1445hrs	Event 06   Heat 02   Elite Male	NOCCO Arena
1440 - 1450hrs	Event 07   Heat 02   CFSID Affiliate Cup	foodspring Arena
1450 - 1505hrs	Event 06   Heat 03   Elite Male	NOCCO Arena
1455 - 1505hrs	Event 07   Heat 03   CFSID Affiliate Cup	foodspring Arena
1510 - 1525hrs	Event 06   Heat 04   Elite Male	NOCCO Arena
1510 - 1520hrs	Event 07   Heat 04   CFSID Affiliate Cup	foodspring Arena
1525 - 1535hrs	Event 07   Heat 05   CFSID Affiliate Cup	foodspring Arena
1540 - 1550hrs	Event 07   Heat 01   Elite Team	NOCCO Arena
1540 - 1550hrs	Event 07   Heat 06   CFSID Affiliate Cup	foodspring Arena
1555 - 1605hrs	Event 07   Heat 02   Elite Team	NOCCO Arena
1620 - 1627hrs	Event 07   Heat 01   Elite Male	NOCCO Arena
1635 - 1642hrs	Event 07   Heat 02   Elite Male	NOCCO Arena
1650 - 1657hrs	Event 07   Heat 03   Elite Male	NOCCO Arena
1710 - 1717hrs	Event 07   Heat 01   Elite Female	NOCCO Arena
1725 - 1732hrs	Event 07   Heat 02   Elite Female	NOCCO Arena
1740 - 1747hrs	Event 07   Heat 03   Elite Female	NOCCO Arena
1755 - 1802hrs	Event 07   Heat 04   Elite Female	NOCCO Arena
1815 - 1822hrs	Event 07   Heat 04   Elite Male	NOCCO Arena