

Preliminary Race Schedule *

SUNDAY FEBRUARY 9, 2025

Weigh-in station (virtual) open 8:30 AM to 11:30 EST. Visit the ZOOM Weigh-in Room no later than one hour before your race.

Livestream begins 8:55 AM EST on Youtube: [Canadian Indoor Rowing Championships](https://www.youtube.com/c/CanadianIndoorRowingChampionships)



TIME (TORONTO)	Event #	CATEGORY	DISTANCE	
9:00 AM EST	1	Under 19 Men	2000m	
9:12 AM EST	2	Under 19 Women	2000m	
9:24 AM EST	3	Under 17 Men	2000m	
9:36 AM EST	4	Under 17 Women	2000m	
9: 48 AM EST	5 - 10	Para PR1, PR2, PR3 Men and Women	2000m	
10:02 AM EST	11-12	U23 Lwt Men and U23 Open Men	2000m	
10:14 AM EST	13-14	U23 Lwt Women & U23 Open Women	2000m	
10:26 AM EST	15-16	Open Men Lwt and Open Men	2000m	
10:38 AM EST	17-18	Open Women and Open Men	2000m	
10:48 AM EST		Podium Presentations		
10:54 AM EST	19-20	Masters Lwt Men (30-39) (40-49)	2000m	
11:06 AM EST	21-22	Masters Men Lightweight (50-54) (55-59)	2000m	
11:18 AM EST	23-31	Masters Men Lightweight (60-100)	2000m	
11:30 AM EST	32-44	Masters Women Lightweight (30-100+)	2000m	
11:42 AM EST	45-46	Masters Men (30-39) (40-49)	2000m	
11:54 AM EST	47-48	Masters Men (50-54) (55-59)	2000m	
12:06 PM EST	49-57	Masters Men (60-100)	2000m	
12:18 PM EST	58-61	Masters Women (30-59)	2000m	
12:30 PM EST	62-70	Masters Women (60-100)	2000m	
12:40 PM EST		Lunch Break – Enjoy the Music		
1:00 PM EST		Podium Presentations		
1:05 PM EST	71-72	Open Lwt Men & Open Men	500m	
1:10 PM EST	73-74	Open Lwt Women & Open Women	500m	
1:15 PM EST	75-76	U23 Lwt Men & U23 Men	500m	
1:20 PM EST	77-78	U23 Lwt Women & U23 Women	500m	
1:25 PM EST	79	U19 Women	500m	
1:30 PM EST	80	U19 Men	500m	
1:35 PM EST		Podium Presentations		
1:45 PM EST	81a	Masters Men (40-60)	500m	
1:55 PM EST	81b	Masters Men (60-100)	500m	
2:00 PM EST	82a	Masters Women (40-100)	500m	
2:05 PM EST	83	Mixed Open 2x	1000m	
2:12 PM EST	84-85	Open Men & Open Women Endurance	30 Minutes	
2:42 PM EST		Podium Presentations & Final Race Wrapup		

* Schedule is subject to change based on entries received by February 2, 2025