



## Race Schedule (V1) 2024 FGPC Kan U Hakit Sprints

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### Heats

| <b>Mixed Heat</b> |   |                              |      |
|-------------------|---|------------------------------|------|
| 9:00 AM           |   |                              |      |
| <b>Race 1</b>     | Lane  | Place                        | Time |
|                   | 1   | NOPC Nanaimo/Comox           |      |
|                   | 2   | FGPC Gorge Outrigger Mixed 1 |      |
|                   | 3   | FGPC Gorge Outrigger Mixed 3 |      |
| Advancements      | Teams advance based on Time and Place to Races 11 to 14 |                              |      |

| <b>Mixed Heat</b> |   |                              |      |
|-------------------|---|------------------------------|------|
| 9:15 AM           |   |                              |      |
| <b>Race 2</b>     | Lane  | Place                        | Time |
|                   | 1   | FGPC Huligans                |      |
|                   | 2   | FGPC Gorge Outrigger Mixed 2 |      |
|                   | 3   | NOPC Hydro Therapy           |      |
| Advancements      | Teams advance based on Time and Place to Races 11 to 14 |                              |      |

| <b>Mixed Heat</b> |   |                     |      |
|-------------------|---|---------------------|------|
| 9:30 AM           |   |                     |      |
| <b>Race 3</b>     | Lane  | Place               | Time |
|                   | 1   | GPC SeaWolves Mixed |      |
|                   | 2   | DZPC Firehydrant    |      |
|                   | 3   | Geronimo BeachKids  |      |
| Advancements      | Teams advance based on Time and Place to Races 11 to 14 |                     |      |

| <b>Mixed Heat</b> |   |                               |      |
|-------------------|---|-------------------------------|------|
| 9:45 AM           |   |                               |      |
| <b>Race 4</b>     | Lane  | Place                         | Time |
|                   | 1   | SPC Suncoast Mixed 60+ Orange |      |
|                   | 2   | DZPC Firebuoy                 |      |
|                   | 3   | DZPC Firebucket               |      |
| Advancements      | Teams advance based on Time and Place to Races 11 to 14 |                               |      |

| <b>Open Heat</b> |  |                        |      |
|------------------|--|------------------------|------|
| 10:00 AM         |  |                        |      |
| <b>Race 5</b>    | Lane   | Place                  | Time |
|                  | 1  | NOPC OCAdventurers     |      |
|                  | 2  | DZPC Firehose          |      |
|                  | 3  | DZPC Matt's Left Bicep |      |
| Advancements     | Teams advance based on Time and Place to Races 15 and 16 |                        |      |

| <b>Open Heat</b> |  |                         |      |
|------------------|--|-------------------------|------|
| 10:15 AM         |  |                         |      |
| <b>Race 6</b>    | Lane   | Place                   | Time |
|                  | 1  | FGPC IM Open 1          |      |
|                  | 2  | DZPC Matt's Right Bicep |      |
|                  | 3  | SPC Suncoast Yellow     |      |
| Advancements     | Teams advance based on Time and Place to Races 15 and 16 |                         |      |

| <b>Womens Heat</b> |   |      |
|--------------------|---|------|
| <b>Race 7</b>      | 10:30 AM  |      |
| Lane               | Place   | Time |
| 1                  | FGPC Racy Ladies  |      |
| 2                  | Geronimo Lady Esther                                      |      |
| 3                  | NOPC Just 4 Kicks   |      |
| Advancements       | Teams advance based on Time and Place - To Races 17 to 20 |      |

| <b>Womens Heat</b> |   |      |
|--------------------|---|------|
| <b>Race 8</b>      | 10:45 AM  |      |
| Lane               | Place   | Time |
| 1                  | GPC SeaWolves   |      |
| 2                  | CVCRC Wild Women of the West Coast                        |      |
| 3                  | FGPC IM Women 2   |      |
| Advancements       | Teams advance based on Time and Place - To Races 17 to 20 |      |

| <b>Womens Heat</b> |   |      |
|--------------------|---|------|
| <b>Race 9</b>      | 11:00 AM  |      |
| Lane               | Place   | Time |
| 1                  | SPC Suncoast Women 60+                                    |      |
| 2                  | FGPC Gorge Outrigger Womens 50+                           |      |
| 3                  | CVCRC Salish Sea Sirens                                   |      |
| Advancements       | Teams advance based on Time and Place - To Races 17 to 20 |      |

| <b>Womens Heat</b> |   |      |
|--------------------|---|------|
| <b>Race 10</b>     | 11:15 AM  |      |
| Lane               | Place   | Time |
| 1                  | FGPC IM Women 3   |      |
| 2                  | FGPC IM Women 1   |      |
| 3                  | Geronimo Pringles   |      |
| Advancements       | Teams advance based on Time and Place - To Races 17 to 20 |      |

**Semi-Finals**

| <b>Mixed Semi</b> |  |          |  |
|-------------------|--|----------|--|
| <b>Race 11</b>    |  | 11:30 AM |  |
| Lane              | Place  | Time     |  |
| 1                 | 12th Ranked Team   |          |  |
| 2                 | 4th Ranked Team  |          |  |
| 3                 | 5th Ranked Team  |          |  |
| Advancements      | Teams advance to Mixed Finals based on combined Heat + Semi time |          |  |

| <b>Mixed Semi</b> |  |          |  |
|-------------------|--|----------|--|
| <b>Race 12</b>    |  | 11:45 AM |  |
| Lane              | Place  | Time     |  |
| 1                 | 11th Ranked Team   |          |  |
| 2                 | 3rd Ranked Team  |          |  |
| 3                 | 6th Ranked Team  |          |  |
| Advancements      | Teams advance to Mixed Finals based on combined Heat + Semi time |          |  |

| <b>Mixed Semi</b> |  |          |  |
|-------------------|--|----------|--|
| <b>Race 13</b>    |  | 12:00 PM |  |
| Lane              | Place  | Time     |  |
| 1                 | 10th Ranked Team   |          |  |
| 2                 | 2nd Ranked Team  |          |  |
| 3                 | 7th Ranked Team  |          |  |
| Advancements      | Teams advance to Mixed Finals based on combined Heat + Semi time |          |  |

| <b>Mixed Semi</b> |  |          |  |
|-------------------|--|----------|--|
| <b>Race 14</b>    |  | 12:15 PM |  |
| Lane              | Place  | Time     |  |
| 1                 | 9th Ranked Team  |          |  |
| 2                 | 1st Ranked Team  |          |  |
| 3                 | 8th Ranked Team  |          |  |
| Advancements      | Teams advance to Mixed Finals based on combined Heat + Semi time |          |  |

**Short Break**

| <b>Open Semi</b> |  |         |  |
|------------------|--|---------|--|
| <b>Race 15</b>   |  | 1:00 PM |  |
| Lane             | Place  | Time    |  |
| 1                | 6th Ranked Team  |         |  |
| 2                | 2nd Ranked Team  |         |  |
| 3                | 3rd Ranked Team  |         |  |
| Advancements     | Teams advance to Men's Finals based on combined Heat + Semi time |         |  |

| <b>Open Semi</b> |  |         |  |
|------------------|--|---------|--|
| <b>Race 16</b>   |  | 1:15 PM |  |
| Lane             | Place  | Time    |  |
| 1                | 5th Ranked Team  |         |  |
| 2                | 1st Ranked Team  |         |  |
| 3                | 4th Ranked Team  |         |  |
| Advancements     | Teams advance to Men's Finals based on combined Heat + Semi time |         |  |

| <b>Women's Semi</b> |  |      |
|---------------------|--|------|
| 1:30 PM             |  |      |
| <b>Race 17</b>      |  |      |
| Lane                | Place  | Time |
| 1                   | 12th Ranked Team   |      |
| 2                   | 4th Ranked Team  |      |
| 3                   | 5th Ranked Team  |      |
| <b>Advancements</b> | Teams advance to Women's Finals based on combined Heat + Semi time |      |

| <b>Women's Semi</b> |  |      |
|---------------------|--|------|
| 1:45 PM             |  |      |
| <b>Race 18</b>      |  |      |
| Lane                | Place  | Time |
| 1                   | 11th Ranked Team   |      |
| 2                   | 3rd Ranked Team  |      |
| 3                   | 6th Ranked Team  |      |
| <b>Advancements</b> | Teams advance to Women's Finals based on combined Heat + Semi time |      |

| <b>Women's Semi</b> |  |      |
|---------------------|--|------|
| 2:00 PM             |  |      |
| <b>Race 19</b>      |  |      |
| Lane                | Place  | Time |
| 1                   | 10th Ranked Team   |      |
| 2                   | 2nd Ranked Team  |      |
| 3                   | 7th Ranked Team  |      |
| <b>Advancements</b> | Teams advance to Women's Finals based on combined Heat + Semi time |      |

| <b>Women's Semi</b> |  |      |
|---------------------|--|------|
| 2:15 PM             |  |      |
| <b>Race 20</b>      |  |      |
| Lane                | Place  | Time |
| 1                   | 9th Ranked Team  |      |
| 2                   | 1st Ranked Team  |      |
| 3                   | 8th Ranked Team  |      |
| <b>Advancements</b> | Teams advance to Women's Finals based on combined Heat + Semi time |      |

**Finals**

| <b>Race 21</b> |                 | <b>Mixed Final B</b> |  |
|----------------|-----------------|----------------------|--|
|                |                 | 2:30 PM              |  |
| Lane           | Place           | Time                 |  |
| 1              | 6th Ranked Team |                      |  |
| 2              | 4th Ranked Team |                      |  |
| 3              | 5th Ranked Team |                      |  |

| <b>Race 22</b> |                 | <b>Mixed Final A</b> |  |
|----------------|-----------------|----------------------|--|
|                |                 | 2:45 PM              |  |
| Lane           | Place           | Time                 |  |
| 1              | 3rd Ranked Team |                      |  |
| 2              | 1st Ranked Team |                      |  |
| 3              | 2nd Ranked Team |                      |  |

|      |                 | <b>Open Final B</b> |  |
|------|-----------------|---------------------|--|
|      |                 | 3:00 PM             |  |
| Lane | Place           | Time                |  |
| 1    | 6th Ranked Team |                     |  |
| 2    | 4th Ranked Team |                     |  |
| 3    | 5th Ranked Team |                     |  |

| <b>Race 23</b> |                 | <b>Open Final A</b> |  |
|----------------|-----------------|---------------------|--|
|                |                 | 3:15 PM             |  |
| Lane           | Place           | Time                |  |
| 1              | 3rd Ranked Team |                     |  |
| 2              | 1st Ranked Team |                     |  |
| 3              | 2nd Ranked Team |                     |  |

| <b>Race 24</b> |                 | <b>Women's Final B</b> |  |
|----------------|-----------------|------------------------|--|
|                |                 | 3:30 PM                |  |
| Lane           | Place           | Time                   |  |
| 1              | 6th Ranked Team |                        |  |
| 2              | 4th Ranked Team |                        |  |
| 3              | 5th Ranked Team |                        |  |

| <b>Race 25</b> |                 | <b>Women's Final A</b> |  |
|----------------|-----------------|------------------------|--|
|                |                 | 3:45 PM                |  |
| Lane           | Place           | Time                   |  |
| 1              | 3rd Ranked Team |                        |  |
| 2              | 1st Ranked Team |                        |  |
| 3              | 2nd Ranked Team |                        |  |