

**HEATS: 1 & 2 (ALL DIVISIONS)****2018 LAMMA 500**

9:00 am	Race 1	Mixed Premier Heat 1/1
9:10 am	Race 2	Mixed Premier Heat 2/1
9:20 am	Race 3	Mixed Premier Heat 3/1
9:30 am	Race 4	Mixed Premier Heat 4/1
9:40 am	Race 5	Mixed Premier Heat 5/1
9:50 am	Race 6	Mixed Premier Heat 6/1
10:00 am	Race 7	Mixed Premier Heat 7/1
10:10am	Race 8	Mixed Premier Heat 8/1
10:20 am	Race 9	Mixed U18 Heat 1/1
10:30 am	Race 10	Women Heat 1/1
10:40 am	Race 11	Women Heat 2/1
10:55 am	Race 12	Open Men Heat 1/1
11:10 am	Race 13	Open Men Heat 2/1
11:25 am	Race 14	Mixed Premier
11:35 am	Race 15	Mixed Premier
11:45 am	Race 16	Mixed Premier
11:55 am	Race 17	Mixed Premier
12:05 am	Race 18	Mixed Premier
12:15 pm	Race 19	Mixed Premier
12:25 pm	Race 20	Mixed Premier
12:35 pm	Race 21	Mixed Premier
12:45 pm	Race 22	Mixed U18 Heat 1/2
12:55 pm	Race 23	Women Heat 1/2
1:05 pm	Race 24	Women Heat 2/2
1:15 pm	Race 25	Open Men Heat 1/2
1:30 pm	Race 26	Open Men Heat 2/2

**1:40 – 2:30PM LUNCH BREAK & CATCH-UP****1,000M RACE FOR MEN'S, WOMEN'S AND MIXED DIVISIONS**

2:30 pm	Race 27	Mixed Premier (Round 1)
2:45 pm	Race 28	Mixed Premier (Round 2)
3:00 pm	Race 29	Mixed Premier (Round 3)
3:15 pm	Race 30	Mixed Premier (Round 4)
3:30 pm	Race 31	Open Men
3:45 pm	Race 32	Women

**FINALS (ALL DIVISIONS)**

4:00 pm	Race 33	Cup Final – Mixed U18
4:15 pm	Race 34	Bowl Final – Mixed Premier
4:30 pm	Race 35	Plate Final – Mixed Premier
4:45 pm	Race 36	Cup Final – Open Men
5:00 pm	Race 37	Cup Final – Open Women
5:15 pm	Race 38	Cup Final – Mixed Premier

**SPECIAL RULES YOU NEED TO KNOW PERTAINING TO YOUTH (U18 RACE CATEGORY):**

- The same 500-Metre Race Rules apply to the U18 Category as the Adult Category;
- U18 Category includes 12-17 year-old paddlers only;
- On the U18 boats, the Drummer and the Helm must be over the age of 18;
- Lifejackets are to be worn for all U18 paddlers. We highly recommend teams bring their own vest for comfort and best fit. Please let the organizers know if this is not a possibility for your team; and
- All youth (U18) must be able to swim 100m unaided.