



Canoe/Kayak

Whonnock Lake Park / Hammond Outdoor Pool

27871 113 Ave, Maple Ridge / 20601 Westfield Ave, Maple Ridge



We respectfully acknowledge that we are on the traditional territory of the Katzie First Nation and Kwantlen First Nation.

Updated May 10, 2024

THURSDAY, JULY 18

Start	End	Event	Level	Distance	Location
8:30 AM	9:00 AM	All Participant Group Meeting			Main Beach
9:00 AM	10:00 AM	Boat Unloading and Zone Tent Setup			
10:00 AM	12:00 PM	Open Practice (including Wet Exit Demonstration)			Whonnock Lake
10:00 AM	11:00 AM	Sprint Officials Training and Orientation			Inside
11:00 AM	12:00 PM	Polo Officials Training 1			Inside
12:00 PM	1:00 PM	Site Welcome and Lunch			Main Beach
1:00 PM	3:00 PM	2000m Long Distance Races		2000m	Whonnock Lake
3:15 PM	3:45 PM	Medal Presentations			
3:45 PM	4:00 PM	Clean/Pack-up			Main Beach

FRIDAY, JULY 19

Start	End	Event	Level	Distance	Location
7:30 AM	8:30 AM	Warm-up			Whonnock Lake
8:30 AM	10:30 AM	500m Sprint Block 1		500m	Whonnock Lake
10:30 AM	11:00 AM	Break			Whonnock Lake
11:00 AM	12:30 PM	500m Sprint Block 2		500m	Whonnock Lake
12:30 PM	1:30 PM	Lunch Break			Whonnock Lake
1:30 PM	4:00 PM	500m Sprint Block 3 & Development Block 1		500m	Whonnock Lake
4:00 PM	4:30 PM	Medal Presentations			
4:30 PM	5:00 PM	Clean/Pack-up			Main Beach



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SATURDAY, JULY 20

Start	End	Event	Level	Distance	Location
7:30 AM	8:30 AM	Warm-up			Whonnock Lake
8:30 AM	10:30 AM	1000m Sprint Block 1		1000m	Whonnock Lake
10:30 AM	11:00 AM	Break			Whonnock Lake
11:00 AM	12:30 PM	1000m Sprint Block 2		1000m	Whonnock Lake
12:30 PM	1:30 PM	Lunch Break			Whonnock Lake
1:30 PM	2:00 PM	Medal Presentations			
2:00 PM	6:00 PM	Kayak Polo Block 1 & Development Block 2			Whonnock Lake
6:00 PM	6:30 PM	Clean/Pack-up			Main Beach

SUNDAY, JULY 21

Start	End	Event	Location
7:30 AM	8:30 AM	Warm-up	Hammond Pool
8:30 AM	12:00 PM	Kayak Polo Tournament	Hammond Pool
12:00 PM	1:00 PM	Clean/Pack-up	Hammond Pool