



# 2024 TONY COTE SUMMER GAMES

Hosted by the Lac La Ronge Indian Band

## AUGUST 10-16, 2024



# CANOE/KAYAK

<b>Monday</b>	August 12, 2024					
			<b>Canoes 1 (6)</b>	<b>Canoes 2 (6)</b>		
2:00 PM	Practice					
3:00 PM	Practice					
4:00 PM	Practice					
5:00 PM	Practice					
6:00 PM	Practice					
8:00 PM	COACHES MEETING					
<b>Day 1</b>						
<b>Tuesday</b>	August 13, 2024					
8:00 AM	Athlete Changes (Coach Morning Meeting)					
8:30 AM	Athlete Warm Up & Course Overview & Safety					
9:00 AM		U17	Female	Double (C-2) 3000 metres	HEAT 1	
9:10 AM		U17	Female	Double (C-2) 3000 metres	HEAT 2	
9:45 AM		U17	Female	Double (C-2) 3000 metres	HEAT 3	If Needed
9:55 AM		U17	Male	Double (C-2) 3000 metres	HEAT 1	
10:30 AM		U17	Male	Double (C-2) 3000 metres	HEAT 2	
10:40 AM		U17	Male	Double (C-2) 3000 metres	HEAT 3	If Needed
11:15 AM		U15	Mixed	Double (C-2) 1000 metres	HEAT 1	
11:25 AM		U15	Mixed	Double (C-2) 1000 metres	HEAT 2	
11:35 AM		U15	Mixed	Double (C-2) 1000 metres	HEAT 3	
	LUNCH					
1:00 PM		U17	Female	Double (C-2) 3000 metres	FINAL	
1:45 PM		U17	Male	Double (C-2) 3000 metres	FINAL	
2:30 PM		U15	Mixed	Double (C-2) 1000 metres	FINAL	
	ATHLETE CATCH UP					
3:00 PM		U17	Mixed	Double (C-2) 3000 metres	HEAT 1	
3:10 PM		U17	Mixed	Double (C-2) 3000 metres	HEAT 2	
3:45 PM		U17	Mixed	Double (C-2) 3000 metres	HEAT 3	
3:55 PM		U15	Male	Double (C-2) 3000 metres	HEAT 1	
4:30 PM		U15	Male	Double (C-2) 3000 metres	HEAT 2	
4:40 PM		U15	Male	Double (C-2) 3000 metres	HEAT 3	If Needed
5:15 PM		U15	Female	Double (C-2) 3000 metres	HEAT 1	
5:25 PM		U15	Female	Double (C-2) 3000 metres	HEAT 2	
6:00 PM		U15	Female	Double (C-2) 3000 metres	HEAT 3	If Needed
6:45 PM		U17	Mixed	Double (C-2) 3000 metres	FINAL	
**This time may be 6pm						
<b>Day 2</b>						
<b>Wednesday</b>	August 14, 2024					
8:00 AM	Athlete Changes (Coach Morning Meeting)					
8:30 AM	Athlete Warm Up & Course Overview & Safety					
9:00 AM		U15	Male	Solo (C-1) 1000 metres	HEAT 1	
9:05 AM		U15	Female	Solo (C-1) 1000 metres	HEAT 1	
9:20 AM		U15	Male	Solo (C-1) 1000 metres	HEAT 2	
9:25 AM		U15	Female	Solo (C-1) 1000 metres	HEAT 2	
9:40 AM		U15	Male	Solo (C-1) 1000 metres	HEAT 3	
9:45 AM		U15	Female	Solo (C-1) 1000 metres	HEAT 3	
9:45 AM		U17	Male	Solo (C-1) 1000 metres	HEAT 1	
9:50 AM		U17	Female	Solo (C-1) 1000 metres	HEAT 1	
9:50 AM		U17	Female	Solo (C-1) 1000 metres	HEAT 2	





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# CANOE/KAYAK

9:55 AM		U17	Male	Solo (C-1) 1000 metres	HEAT 2	
9:55 AM		U17	Male	Solo (C-1) 1000 metres	HEAT 3	
10:00 AM		U17	Female	Solo (C-1) 1000 metres	HEAT 3	
Athlete Catch Up						
11:00 AM		U15	Male	Solo (C-1) 1000 metres	FINAL	
11:15 AM		U15	Female	Solo (C-1) 1000 metres	FINAL	
11:30 AM		U17	Male	Solo (C-1) 1000 metres	FINAL	
11:45 AM		U17	Female	Solo (C-1) 1000 metres	FINAL	
LUNCH						
1:00 PM		U15	Male	Double (C-2) 3000 metres	FINAL	
1:45 PM		U15	Female	Double (C-2) 3000 metres	FINAL	
2:30 PM		U17	Mixed	Double (C-2) 6000 metres	DIRECT FINAL	
4:00 PM		U15	Male	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 1	
4:20 PM		U15	Male	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 2	
4:40 PM		U15	Male	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 3	
5:00 PM		U17	Female	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 1	
5:20 PM		U17	Female	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 2	
5:40 PM		U17	Female	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 3	
6:00 PM		U15	Male	Kayak Solo (K-1) 1000 metres (DEMO)	FINAL	
6:30 PM		U17	Female	Kayak Solo (K-1) 1000 metres (DEMO)	FINAL	

<b>Day 3</b>						
Thursday August 15, 2024						
8:00 AM	Athlete Changes (Coach Morning Meeting)					
8:30 AM	Athlete Warm Up & Course Overview & Safety					
9:00 AM		U15	Mixed	Double (C-2) 3000 metres	HEAT 1	
9:15 AM		U15	Mixed	Double (C-2) 3000 metres	HEAT 2	
9:45 AM		U15	Mixed	Double (C-2) 3000 metres	HEAT 3	If Needed
10:30 AM		U17	Mixed	Double (C-2) 1000 metres	HEAT 1	
10:50 AM		U17	Mixed	Double (C-2) 1000 metres	HEAT 2	
11:10 AM		U17	Mixed	Double (C-2) 1000 metres	HEAT 3	If Needed
ATHLETE CATCH UP						
11:30 AM		U15	Female	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 1	
11:50 AM		U15	Female	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 2	
12:10 PM		U15	Female	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 3	If Needed
12:30 PM		U17	Male	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 1	
12:50 PM		U17	Male	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 2	
1:10 PM		U17	Male	Kayak Solo (K-1) 1000 metres (DEMO)	HEAT 3	
LUNCH						
1:30 PM		U17	Mixed	Double (C-2) 1000 metres	FINAL	
1:50 PM		U15	Mixed	Double (C-2) 3000 metres	FINAL	
2:20 PM		U17	Male	Kayak Solo (K-1) 1000 metres (DEMO)	FINAL	
2:00 PM		U15	Female	Kayak Solo (K-1) 1000 metres (DEMO)	FINAL	
3:00 PM		U17	Male	Double (C-2) 6000 metres	DIRECT FINAL	
4:00 PM		U17	Female	Double (C-2) 6000 metres	DIRECT FINAL	

