

| TIME | | Training Day 1 | Number of Slots / Boats | Interval | Elapsed Time |
|---------------------------------|----------|---|-------------------------|----------|--------------|
| Start | Finish | Saturday 15 July 2023 | | | |
| 7:30:00 | 19:30:00 | Official training | 12 | 1:00:00 | 12:00:00 |
| 19:30:00 | 21:00:00 | Kayak Cross - official training | 1 | 1:30:00 | 1:30:00 |
| TIME | | Training Day 3 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Sunday 16 July 2023 | | | |
| 7:30:00 | 19:30:00 | Official training | 12 | 1:00:00 | 12:00:00 |
| 19:30:00 | 21:00:00 | Kayak Cross - official training | 1 | 1:30:00 | 1:30:00 |
| TIME | | Training Day 4 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Monday 17 July 2023 | | | |
| 7:30:00 | 19:30:00 | Official training | 12 | 1:00:00 | 12:00:00 |
| 19:30:00 | 21:00:00 | Kayak Cross - official training | 1 | 1:30:00 | 1:30:00 |
| 19:45:00 | 20:45:00 | Team leaders meeting | 1 | 1:00:00 | 1:00:00 |
| TIME | | Training Day 5 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Tuesday 18 July 2023 | | | |
| 7:30:00 | 17:30:00 | Official training | 12 | 0:50:00 | 10:00:00 |
| 17:30:00 | 18:20:00 | Kayak Cross - official training | 1 | 0:50:00 | 0:50:00 |
| 19:30:00 | 20:30:00 | Opening Ceremony | 1 | 1:00:00 | 1:00:00 |
| TIME | | Training Day 6 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Wednesday 19 July 2023 | | | |
| 7:30:00 | 13:30:00 | Official training | 12 | 0:30:00 | 6:00:00 |
| 14:00:00 | 15:00:00 | First ITOs meeting | 1 | 1:00:00 | 1:00:00 |
| HEATS EVENTS COURSE | | | | | |
| 14:00:00 | 16:00:00 | Heats events - Course construction | 1 | 2:00:00 | 2:00:00 |
| | | Interval | | | 0:05:00 |
| 16:05:00 | 16:35:00 | Heats events - Course Tuning with demonstration runners | 1 | 0:30:00 | 0:30:00 |
| | | Interval | | | 0:10:00 |
| 16:45:00 | 16:55:00 | Heats events - Course approval | 1 | 0:10:00 | 0:10:00 |
| | | Interval | | | 0:15:00 |
| 17:10:00 | 17:20:00 | Heats events - full length demo run & rehearsal | 4 | 0:02:30 | 0:10:00 |
| | | Interval | | | 1:00:00 |
| 18:20:00 | 18:20:00 | Water OFF | 1 | 0:00:00 | 0:00:00 |
| TIME | | Day 1 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Thursday 20 July 2023 | | | |
| 7:30:00 | 7:45:00 | WATER ON | 1 | 0:15:00 | 0:15:00 |
| 7:45:00 | 8:45:00 | Pole Adjustment and inspection | 1 | 1:00:00 | 1:00:00 |
| HEATS - U23 - GROUP 1 | | | | | |
| 8:45:00 | 8:53:00 | Forerunners | 8 | 0:01:00 | 0:08:00 |
| | | Interval | | | 0:07:00 |
| 9:00:00 | 9:46:00 | MK1 U23 - 1st Run | 46 | 0:01:00 | 0:46:00 |
| | | Interval | | | 0:09:00 |
| 9:55:00 | 10:35:00 | WK1 U23 - 1st Run | 40 | 0:01:00 | 0:40:00 |
| | | Interval | | | 0:05:00 |
| 10:40:00 | 11:44:00 | MK1 Junior - 1st Run | 64 | 0:01:00 | 1:04:00 |
| | | Interval | | | 0:06:00 |
| 11:50:00 | 12:35:00 | WK1 Junior - 1st Run | 45 | 0:01:00 | 0:45:00 |
| | | Interval | | | 0:10:00 |
| 12:45:00 | 13:11:00 | MK1 U23 - 2nd Run | 26 | 0:01:00 | 0:26:00 |
| | | Interval | | | 0:09:00 |
| 13:20:00 | 13:45:00 | WK1 U23 - 2nd Run | 25 | 0:01:00 | 0:25:00 |
| | | Interval | | | 0:05:00 |
| 12:45:00 | 13:34:00 | MK1 Junior - 2nd Run | 49 | 0:01:00 | 0:49:00 |
| | | Interval | | | 0:06:00 |
| 13:40:00 | 14:10:00 | WK1 Junior - 2nd Run | 30 | 0:01:00 | 0:30:00 |
| | | Interval | | | 1:00:00 |
| TEAM EVENTS - GROUP 1 | | | | | |
| 15:10:00 | 15:20:00 | Forerunners | 4 | 0:02:30 | 0:10:00 |
| | | Interval | | | 0:05:00 |
| 15:25:00 | 16:10:00 | MK1 U23 Teams | 18 | 0:02:30 | 0:45:00 |
| | | Interval | | | 0:05:00 |
| 16:15:00 | 16:42:30 | WK1 U23 Teams | 11 | 0:02:30 | 0:27:30 |
| | | Interval | | | 0:07:30 |
| 16:50:00 | 17:35:00 | MK1 Junior Teams | 18 | 0:02:30 | 0:45:00 |
| | | Interval | | | 0:05:00 |
| 17:40:00 | 18:10:00 | WK1 Junior Teams | 12 | 0:02:30 | 0:30:00 |
| | | Interval | | | 0:05:00 |
| TEAM EVENTS - MEDALS CEREMONIES | | | | | |
| 18:15:00 | 18:20:00 | MK1 U23 Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:21:00 | 18:26:00 | MK1 Junior Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:27:00 | 18:32:00 | WK1 U23 Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:33:00 | 18:38:00 | WK1 Junior Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:02:00 |
| 18:40:00 | 18:40:00 | Water OFF | 1 | 0:00:00 | 0:00:00 |
| TIME | | Day 2 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Friday 21 July 2023 | | | |
| 7:00:00 | 7:20:00 | WATER ON | 1 | 0:20:00 | 0:20:00 |
| 7:20:00 | 8:45:00 | Pole Adjustment and inspection | 1 | 1:25:00 | 1:25:00 |
| HEATS - GROUP 2 | | | | | |
| 8:45:00 | 8:53:00 | Forerunners | 8 | 0:01:00 | 0:08:00 |
| | | Interval | | | 0:07:00 |
| 9:00:00 | 9:31:00 | MC1 U23 - 1st Run | 31 | 0:01:00 | 0:31:00 |

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| | | Interval | | | 0:09:00 |
| 9:40:00 | 10:17:00 | WC1 U23 - 1st Run | 37 | 0:01:00 | 0:37:00 |
| | | Interval | | | 0:08:00 |
| 10:25:00 | 11:03:00 | MC1 Junior - 1st Run | 38 | 0:01:00 | 0:38:00 |
| | | Interval | | | 0:07:00 |
| 11:10:00 | 11:42:00 | WC1 Junior - 1st Run | 32 | 0:01:00 | 0:32:00 |
| | | Interval | | | 0:08:00 |
| 11:50:00 | 12:06:00 | MC1 U23 - 2nd Run | 16 | 0:01:00 | 0:16:00 |
| | | Interval | | | 0:09:00 |
| 12:15:00 | 12:37:00 | WC1 U23 - 2nd Run | 22 | 0:01:00 | 0:22:00 |
| | | Interval | | | 0:08:00 |
| 12:45:00 | 13:08:00 | MC1 Junior - 2nd Run | 23 | 0:01:00 | 0:23:00 |
| | | Interval | | | 0:07:00 |
| 13:15:00 | 13:32:00 | WC1 Junior - 2nd Run | 17 | 0:01:00 | 0:17:00 |
| | | Interval | | | 1:08:00 |
| TEAM EVENTS - GROUP 2 | | | | | |
| 14:40:00 | 14:37:30 | Forerunners | 3 | 0:02:30 | 0:07:30 |
| | | Interval | | | 0:07:30 |
| 14:45:00 | 14:37:30 | MC1 U23 Teams | 11 | 0:02:30 | 0:27:30 |
| | | Interval | | | 0:07:30 |
| 14:45:00 | 15:12:30 | WC1 U23 Teams | 11 | 0:02:30 | 0:27:30 |
| | | Interval | | | 0:07:30 |
| 15:20:00 | 15:47:30 | MC1 Junior Teams | 11 | 0:02:30 | 0:27:30 |
| | | Interval | | | 0:07:30 |
| 15:55:00 | 16:15:00 | WC1 Junior Teams | 8 | 0:02:30 | 0:20:00 |
| | | Interval | | | 0:10:00 |
| TEAM EVENTS - MEDALS CEREMONIES | | | | | |
| 16:25:00 | 16:30:00 | MC1 U23 Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 16:31:00 | 16:36:00 | MC1 Junior Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 16:37:00 | 16:42:00 | WC1 U23 Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:03:00 |
| 16:45:00 | 16:50:00 | WC1 Junior Teams - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:05:00 |
| KAYAK CROSS - Time Trials | | | | | |
| 16:25:00 | 17:30:00 | Set Kayak Cross Time Trials gates | 1 | 1:05 | 1:05:00 |
| 17:30:00 | 18:11:00 | MX1-U23 | 41 | 0:01:00 | 0:41:00 |
| | | Interval | | | 0:02:00 |
| 18:13:00 | 18:55:00 | MX1-Junior | 42 | 0:01:00 | 0:42:00 |
| | | Interval | | | 0:02:00 |
| 18:57:00 | 19:31:00 | WX1-U23 | 34 | 0:01:00 | 0:34:00 |
| | | Interval | | | 0:02:00 |
| 19:33:00 | 20:02:00 | WX1-Junior | 29 | 0:01:00 | 0:29:00 |
| 20:02:00 | 21:30:00 | Finals Course construction | | | 1:28:00 |
| 21:30:00 | 21:30:00 | Water OFF | 1 | 0:00:00 | 0:00:00 |
| TIME | | Day 3 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Saturday 22 July 2023 | | | |
| 7:10:00 | 7:30:00 | WATER ON | 1 | 0:20:00 | 0:20:00 |
| FINALS EVENTS COURSE | | | | | |
| 7:30:00 | 8:00:00 | Finals events - Course Tuning with demonstration runners | 1 | 0:30:00 | 0:30:00 |
| | | Interval | | | 0:10:00 |
| 8:10:00 | 8:20:00 | Finals events - Course approval | 1 | 0:10:00 | 0:10:00 |
| | | Interval | | | 0:15:00 |
| 8:35:00 | 8:43:00 | Finals events - full length demo run & rehearsal | 4 | 0:02:00 | 0:08:00 |
| | | Interval | | | 1:17:00 |
| SEMI FINAL & FINAL - GROUP 1 | | | | | |
| 10:00:00 | 10:06:00 | Forerunners | 4 | 0:01:30 | 0:06:00 |
| | | Interval | | | 0:09:00 |
| 10:15:00 | 11:00:00 | MK1 U23 - Semi-final | 30 | 0:01:30 | 0:45:00 |
| | | Interval | | | 0:05:00 |
| 11:05:00 | 11:35:00 | WK1 U23 - Semi-final | 20 | 0:01:30 | 0:30:00 |
| | | Interval | | | 0:45:00 |
| 12:20:00 | 13:05:00 | MK1 Junior - Semi-final | 30 | 0:01:30 | 0:45:00 |
| | | Interval | | | 0:05:00 |
| 13:10:00 | 13:40:00 | WK1 Junior - Semi-final | 20 | 0:01:30 | 0:30:00 |
| | | Interval | | | 1:05:00 |
| 14:45:00 | 15:15:00 | MK1 U23 Final | 15 | 0:02:00 | 0:30:00 |
| | | Interval | | | 0:05:00 |
| 15:20:00 | 15:40:00 | WK1 U23 Final | 10 | 0:02:00 | 0:20:00 |
| | | Interval | | | 0:05:00 |
| 14:45:00 | 15:15:00 | MK1 Junior Final | 15 | 0:02:00 | 0:30:00 |
| | | Interval | | | 0:05:00 |
| 15:20:00 | 15:40:00 | WK1 Junior Final | 10 | 0:02:00 | 0:20:00 |
| | | Interval | | | |
| MEDALS CEREMONIES - GROUP 1 | | | | | |
| 15:45:00 | 15:50:00 | MK1 U23 - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 15:51:00 | 15:56:00 | WK1 U23 - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 15:57:00 | 16:02:00 | MK1 Junior - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 16:03:00 | 16:08:00 | WK1 Junior - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | |
| TIME | | Day 4 | Number of Slots / Boats | Interval | Elapsed Time |
| Start | Finish | Sunday 23 July 2023 | | | |
| 7:00:00 | 7:20:00 | WATER ON | 1 | 0:20:00 | 0:20:00 |
| 7:20:00 | 8:45:00 | Pole Adjustment and inspection | 1 | 1:25:00 | 1:25:00 |
| SEMI FINAL & FINAL - GROUP 1 | | | | | |
| 8:45:00 | 8:57:00 | Forerunners | 8 | 0:01:30 | 0:12:00 |
| | | Interval | | | 0:03:00 |

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| 9:00:00 | 9:30:00 | MC1 U23 - Semi-final | 20 | 0:01:30 | 0:30:00 |
| | | Interval | | | 0:05:00 |
| 9:35:00 | 10:05:00 | WC1 U23 - Semi-final | 20 | 0:01:30 | 0:30:00 |
| | | Interval | | | 0:45:00 |
| 10:50:00 | 11:20:00 | MC1 Junior - Semi-final | 20 | 0:01:30 | 0:30:00 |
| | | Interval | | | 0:05:00 |
| 11:25:00 | 11:55:00 | WC1 Junior - Semi-final | 20 | 0:01:30 | 0:30:00 |
| | | Interval | | | 0:45:00 |
| 12:40:00 | 13:00:00 | MC1 Junior Final | 10 | 0:02:00 | 0:20:00 |
| | | Interval | | | 0:05:00 |
| 13:05:00 | 13:25:00 | WC1 Junior Final | 10 | 0:02:00 | 0:20:00 |
| | | Interval | | | 0:05:00 |
| 13:30:00 | 13:50:00 | MC1 U23 Final | 10 | 0:02:00 | 0:20:00 |
| | | Interval | | | 0:05:00 |
| 13:55:00 | 14:15:00 | WC1 U23 Final | 10 | 0:02:00 | 0:20:00 |
| | | Interval | | | 0:10:00 |
| MEDALS CEREMONIES - GROUP 1 | | | | | |
| 14:25:00 | 14:30:00 | MC1 Junior - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 14:31:00 | 14:36:00 | WC1 Junior - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 14:37:00 | 14:42:00 | MC1 U23 - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 14:43:00 | 14:48:00 | WC1 U23 - Medals ceremony | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:00:00 |
| 14:48:00 | 15:58:00 | Set Extreme Slalom Course | 1 | 0:05:00 | 1:10:00 |
| | | Interval | | | 0:02:00 |
| KAYAK CROSS - Quarter final | | | | | |
| 16:00:00 | 16:14:00 | MX1-U23 - heats | 4 | 0:03:30 | 0:14:00 |
| | | Interval | | | 0:01:00 |
| 16:15:00 | 16:29:00 | MX1-Junior - heats | 4 | 0:03:30 | 0:14:00 |
| | | Interval | | | 0:01:00 |
| 16:30:00 | 16:44:00 | WX1-U23 - heats | 4 | 0:03:30 | 0:14:00 |
| | | Interval | | | 0:01:00 |
| 16:45:00 | 16:59:00 | WX1-Junior - heats | 4 | 0:03:30 | 0:14:00 |
| | | Interval | | | 0:06:00 |
| KAYAK CROSS - Semi final | | | | | |
| 17:05:00 | 17:11:00 | MX1-U23 - Semi-final | 2 | 0:03:00 | 0:06:00 |
| | | Interval | | | 0:01:00 |
| 17:12:00 | 17:18:00 | MX1-Junior - Semi-final | 2 | 0:03:00 | 0:06:00 |
| | | Interval | | | 0:01:00 |
| 17:19:00 | 17:25:00 | WX1-U23 - Semi-final | 2 | 0:03:00 | 0:06:00 |
| | | Interval | | | 0:01:00 |
| 17:26:00 | 17:32:00 | WX1-Junior - Semi-final | 2 | 0:03:00 | 0:06:00 |
| | | Interval | | | 0:03:00 |
| KAYAK CROSS - Final | | | | | |
| 17:35:00 | 17:38:00 | MX1-U23 - Final | 1 | 0:03:00 | 0:03:00 |
| | | Interval | | | 0:00:00 |
| 17:38:00 | 17:41:00 | MX1-Junior - Final | 1 | 0:03:00 | 0:03:00 |
| | | Interval | | | 0:00:00 |
| 17:41:00 | 17:44:00 | WX1-U23 - Final | 1 | 0:03:00 | 0:03:00 |
| | | Interval | | | 0:00:00 |
| 17:44:00 | 17:47:00 | WX1-Junior - Final | 1 | 0:03:00 | 0:03:00 |
| | | Interval | | | 0:08:00 |
| MEDALS CEREMONIES - KAYAK CROSS & CLOSING CEREMONY | | | | | |
| 17:55:00 | 18:00:00 | MX1-U23 - medals presentation | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:01:00 | 18:06:00 | MX1-Junior - medals presentation | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:07:00 | 18:12:00 | WX1-U23 - medals presentation | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:13:00 | 18:18:00 | WX1-Junior - medals presentation | 1 | 0:05:00 | 0:05:00 |
| | | Interval | | | 0:01:00 |
| 18:19:00 | 18:22:00 | CLOSING CEREMONY | 1 | 0:03:00 | 0:03:00 |
| 18:40:00 | 18:40:00 | Water OFF | 1 | 0:00:00 | 0:00:00 |