



Flatwater Sports Excellence

2019 Event Schedule

Date	Event	Discipline	Course	Athletes
May 18-19	SNRC High School Invitational	Rowing	South	1,200
★ May 26	RowOntario Small Boat	Rowing	South	450
June 1-2	Ontario Team Trials	Canoe Kayak	North	250
June 3-4	RCA Junior Selection Camp	Rowing	South	40
June 8	Welland Dragon Boat Festival	Dragon Boat	North	600
★ June 9	Welland SwimRun Challenge & Open Water Swim	Swim/Run	North	100
June 22-23	Rose City Triathlon	Triathlon	Waterway	1,500
★ July 6	Central Ontario Rowing Association	Rowing	South	1,000
July 7	Canadian Tire Welland Floatfest	Community	Waterway	2,000
★ July 14	ROWONTARIO Provincial Masters	Rowing	North	350
July 20	Western Ontario Division High Performance Regatta	Canoe Kayak	North	500
Aug 3-4	Western Ontario Division Trials & Championships	Canoe Kayak	North	500
Aug 11	Welland Canal Open Water Swim	Swimming	North	100
★ Aug 17-18	CKC National Canoe Polo Championships	Canoe Polo	North	200
Aug 31	Triathlon Ontario Draft Legal Provincial Championships	Triathlon	Waterway	300
Sept	Welland Ultra Swim	Swim/Run	Waterway	100
Sept 21-22	Niagara Falls Barrelman Triathlon	Triathlon	North	700
Sept 28	Head of the Welland 5 Bridges Fall Classic	Rowing	Waterway	500

Come be part of the excitement on the waterway!



★ Events with a star require volunteers, please visit us at wifc.ca to sign up
All volunteers receive lunch, a t-shirt and stipend donation to a non-profit of their choice!

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