



# Flatwater Sports Excellence

## 2020 Event Schedule

DATE	EVENT	DISCIPLINE	COURSE
May 9-10	AMP Rowing Camp	Rowing	North
May 16-17	South Niagara Invitational Regatta	Rowing	South
May 23-24	★ Row Ontario Small Boat Trials	Rowing	South
June 13	Welland Dragon Boat Festival	Dragon Boat	North
June 20	★ Tony Biernacki Sr. Memorial Regatta	Rowing	North
June 27-28	Rose City Triathlon	Triathlon	Waterway
July 11	★ CORA Championship Regatta	Rowing	South
July 12	★ Row Ontario Provincial Masters Championships	Rowing	North
July 18	Western Ontario Division Divisional Event	Canoe Kayak	North
July 19	On Board	Community	Waterway
July 24-26	★ Canadian Dragon Boat Championships	Dragon Boat	North
Aug 8-9	Western Ontario Division Trial & Championships	Canoe Kayak	North
Aug 15-16	Canoe Kayak Ontario Sprint Ontario Championships	Canoe Kayak	North
Aug 16	Welland Open Water Swim	Swimming	Northern Reach
Aug 22	★ Swim Ontario Open Water Swim Challenge	Swimming	North
Sept 5	Triathlon Ontario Provincial Championships	Triathlon	North
Sept 13	CanAqua Sport Finale	Swim/Run	North
Sept 17-20	★ RCA National Rowing Championships & Canada Cup	Rowing	South
Sept 19-20	Niagara Falls Barrelman Triathlon	Triathlon	North
Sept 26	Head of the Welland 5 Bridges Fall Classic	Rowing	Waterway
Oct 3-4	★ Dragon Boat Canada National Team Selection	Dragon Boat	North
Nov 7-8	★ Canadian University Rowing Championships	Rowing	South

**Come be part of the excitement on the waterway!**



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

**Welland International Flatwater Centre**  
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