



Flatwater Sports Excellence

2022 Event Schedule

| Date | Event | Discipline | Course |
|-----------------------------|--|----------------------------------|----------|
| May 14 & 15 ★ | Row Ontario Small Boats Regatta | Rowing | South |
| May 21 & 22 | SNRC South Niagara Invitational | Rowing | South |
| June 4 & 5 | CKO Sprints | Canoe Kayak | North |
| June 10 & 11 | Welland Dragon Boat Festival | Dragon Boat | North |
| June 12 | CanAqua Swim, Run Challenge | Swimming, Running | Waterway |
| July 17 | Triathlon Club of Burlington | Triathlon | North |
| June 18 ★ | Tony Biernacki Sr. Memorial Regatta | Rowing | North |
| June 25 to 26 | Rose City Triathlon | Triathlon | North |
| July 3 ★ | Cora Regatta | Rowing | South |
| July 3 | Canadian Tire Welland Floatfest | Community | Waterway |
| July 10 ★ | Row Ontario Provincial Masters Regatta | Rowing | North |
| July 16 | WOD High Performance Regatta | Canoe Kayak | North |
| July 22 | CKO Summer Games | Canoe Kayak | North |
| July 23 & 24 ★ | Row Ontario Provincial Championships | Rowing | South |
| July 29 to 31 | WOD Trials & Championships | Canoe Kayak | North |
| August 6 to 21 | Canada Summer Games | Canoe Kayak, Triathlon, Swimming | North |
| August 8 to 13 | SNRC Training Camp | Rowing | South |
| August 27 | Paddle with a Purpose | Rowing | South |
| September 1 | CanAqua Open Water Swim | Swimming | North |
| September 3 | Triathlon Ontario | Triathlon | North |
| September 17 & 18 | Niagara Falls Barrelman Triathlon | Triathlon | North |
| September 24 | Head of the Welland 5 Bridges Fall Classic | Rowing | Waterway |
| September 30 to October 3 ★ | DBC Fall Combine Camp | Dragon Boat | North |

★ 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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