

# DERWENT CANOE CLUB

## 2010 CHAMPIONSHIPS PROGRAM

### **Saturday 4<sup>th</sup> December**

10am: Gate Setup

12pm: Water on NCE training

2pm: Rapid Sprints

3pm: Ball Race and Iron Bastard

4.30pm NCE training free paddling

ALL DAY LAKE PADDLING

### **Sunday 5<sup>th</sup> December**

9am: Course Set

10am: Water on Slalom

1pm: Head to Head Race

2pm Free Paddling NCE training.