



Canoeing Events (16)

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| Men's C-1 1000m | Women's C-1 200m |
| Men's C-2 500m | Women's C-2 500m |
| Men's K-1 1000m | Women's K-1 500m |
| Men's K-2 500m | Women's K-2 500m |
| Men's K-4 500m | Women's K-4 500m |
| Men's C-1 Slalom | Women's C-1 Slalom |
| Men's K-1 Slalom | Women's K-1 Slalom |
| Men's Kayak Cross | Women's Kayak Cross |



Photo via Paris 2024



How Olympic Canoeing Works

Canoeing in the Olympics is broken down into two categories: **sprints** and **slalom**.

The sprint events (*shown right*) are races straight to the finish line from either 200, 500 or 1,000 meters away. Besides the obvious differences in distance, sprint events also carry based on the number of canoers and whether a canoe or kayak is used. If you were wondering what the difference was between the two, a canoe has an open top and athletes kneel and use a paddle with a single blade while a kayak has a closed top and athletes sit and use a doubled-bladed paddle.

So, for example, the *Men's C-2 500m* race is a 500 meter kayak (C = Canoe, K = Kayak) race with two athletes in the same kayak.

The competition begins with heats where as many as eight individuals or teams will compete in a single race. The field is trimmed down after each round beginning with the heats and again in the quarterfinals and semifinals. Competitors who did not advance to the finals will have the opportunity to race again in the *small finals*. However, the medals are up for grabs in the sprint **finals** with all 10 events concluding between August 8 to August 10.

Slalom events take place on a manmade course containing rapids and various obstacles that the athletes must maneuver around. The goal is to reach the end of the course as quickly as possible while avoiding a two-second penalty for touching a gate. If a gate is completely missed, a 50-second penalty is assessed which is a penalty that is almost impossible to overcome. This event also starts with heats and the athletes with the top times move into the semifinals and eventually the finals.

New in the Paris 2024 games is **Kayak Cross** (*shown left*). This event is very similar to the other slalom events but rather than a race against the clock, athletes compete directly against three other canoers in a race to the finish. The course is similar to slalom course but competitors are allowed to touch the gates.



Photo via InsideTheGames



Photo via Canadian Olympic Committee

Canoe Sprints Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Tue, Aug 6	3:30 AM	Men's K-4 500m Heats
Tue, Aug 6	4:00 AM	Women's K-4 500m Heats
Tue, Aug 6	4:30 AM	Men's C-2 500m Heats
Tue, Aug 6	5:00 AM	Women's C-2 500m Heats
Tue, Aug 6	5:30 AM	Men's K-2 500m Heats
Tue, Aug 6	6:10 AM	Women's K-2 500m Heats
Tue, Aug 6	7:10 AM	Men's K-4 500m QFs
Tue, Aug 6	7:20 AM	Women's C-2 500m QFs
Tue, Aug 6	7:50 AM	Men's C-2 500m QFs
Tue, Aug 6	8:10 AM	Women's K-2 500m QFs
Tue, Aug 6	8:30 AM	Men's K-2 500m QFs
Wed, Aug 7	3:30 AM	Women's K-1 500m Heats
Wed, Aug 7	4:40 AM	Men's K-1 1000m Heats
Wed, Aug 7	5:40 AM	Men's C-1 1000m Heats
Wed, Aug 7	7:30 AM	Women's K-1 500m QFs
Wed, Aug 7	8:10 AM	Men's K-1 1000m QFs
Wed, Aug 7	8:40 AM	Men's C-1 1000m QFs
Thu, Aug 8	4:30 AM	Women's C-1 200m Heats
Thu, Aug 8	5:20 AM	Men's C-2 Semis
Thu, Aug 8	5:40 AM	Women's K-4 500m Semis
Thu, Aug 8	5:50 AM	Men's K-4 500m Semis
Thu, Aug 8	6:40 AM	Women's C-1 200m QFs
Thu, Aug 8	7:20 AM	Men's C-2 Finals
Thu, Aug 8	7:40 AM	Women's K-4 500m Finals
Thu, Aug 8	7:50 AM	Men's K-4 500m Finals
Fri, Aug 9	4:30 AM	Women's C-2 500 Semis
Fri, Aug 9	4:50 AM	Women's K-2 500m Semis
Fri, Aug 9	5:10 AM	Men's K-2 500m Semis
Fri, Aug 9	5:30 AM	Men's C-1 1000m Semis
Fri, Aug 9	5:10 AM	Men's K-2 500m Semis
Fri, Aug 9	5:30 AM	Men's C-1 1000m Semis
Fri, Aug 9	6:40 AM	Women's C-2 Finals
Fri, Aug 9	7:00 AM	Women's K-2 500m Finals
Fri, Aug 9	7:20 AM	Men's K-2 500m Finals
Fri, Aug 9	7:40 AM	Men's C-1 1000m Finals
Sat, Aug 10	4:30 AM	Women's K-1 500m Semis
Sat, Aug 10	5:10 AM	Men's K-1 1000m Semis
Sat, Aug 10	5:40 AM	Women's C-1 200m Semis
Sat, Aug 10	6:40 AM	Women's K-1 500m Finals
Sat, Aug 10	7:10 AM	Men's K-1 1000m Finals
Sat, Aug 10	7:40 AM	Women's C-1 200m Finals

Canoe Slalom Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Sat, July 27	9:00 AM	Men's C-1 Heats Run 1
Sat, July 27	9:50 AM	Women's K-1 Heats Run 1
Sat, July 27	11:10 AM	Men's C-1 Heats Run 2
Sat, July 27	12:00 PM	Women's K-1 Heats Run 2
Sun, July 28	9:30 AM	Women's K-1 Semifinal
Sun, July 28	11:45 AM	Women's K-1 Final
Mon, July 29	9:30 AM	Men's C-1 Semifinal
Mon, July 29	11:20 AM	Men's C-1 Final
Tue, July 30	9:00 AM	Women's C-1 Heats Run 1
Tue, July 30	10:00 AM	Men's K-1 Heats Run 1
Tue, July 30	11:10 AM	Women's C-1 Heats Run 1
Tue, July 30	12:10 PM	Men's K-1 Heats Run 1
Wed, July 31	9:30 AM	Women's C-1 Semifinal
Wed, July 31	11:25 AM	Women's C-1 Final
Thu, Aug 1	9:30 AM	Men's K-1 Semifinal
Thu, Aug 1	11:30 AM	Men's K-1 Final
Fri, Aug 2	9:30 AM	Women's Kayak Cross Time Trial
Fri, Aug 2	10:40 AM	Men's Kayak Cross Time Trial
Sat, Aug 3	9:30 AM	Women's Kayak Cross Round 1
Sat, Aug 3	10:40 AM	Men's Kayak Cross Round 1
Sat, Aug 3	12:05 PM	Women's Kayak Cross Repechage
Sat, Aug 3	12:45 PM	Men's Kayak Cross Repechage
Sun, Aug 4	9:30 AM	Men's Kayak Cross Heats
Sun, Aug 4	10:45 AM	Women's Kayak Cross Heats
Mon, Aug 5	9:30 AM	Women's Kayak Cross QFs
Mon, Aug 5	9:52 AM	Men's Kayak Cross QFs
Mon, Aug 5	10:15 AM	Women's Kayak Cross Semifinals
Mon, Aug 5	10:28 AM	Men's Kayak Cross Semifinals
Mon, Aug 5	10:43 AM	Women's Kayak Cross Finals
Mon, Aug 5	10:48 AM	Men's Kayak Cross Finals

