

| Event | Race time | Lane | | | | | |
|--------------|------------------|---------------|-----------|-----------|--------------|-----------|-----------|
| | | 1 | 2 | 3 | 4 | 5 | 6 |
| M U178+ | 8:00 AM | | SJP | Greenwich | Saugatuck | Mercer | SJP B |
| | | | 6:23.8 | 6:33.2 | 6:45.2 | 7:03.0 | 7:16.0 |
| W 1V8+ | 8:10 AM | | Mount | Mercer | Rye | Greenwich | |
| | | | 7:06.9 | 7:12.2 | 6:48.7 | 6:55.1 | |
| M 1V8+ | 8:20 AM | | Greenwich | SJP | Saugatuck | Mercer | |
| | | | 6:04.0 | 6:02.1 | 6:21.5 | 6:18.0 | |
| W 2V8+ | 8:30 AM | Greenwich U17 | Rye | Mount | Greenwich | Mercer | Rye U17 |
| | | 7:08.3 | 7:00.1 | 7:26.0 | 7:02.2 | 7:47.5 | 6:54.0 |
| M 2V8+ | 8:40 AM | | Saugatuck | Greenwich | Mercer | SJP | |
| | | | 6:32.9 | 6:17.1 | 6:22.3 | 6:12.5 | |
| W 3V8+ | 8:50 AM | | Greenwich | Mount | Mercer | Rye | |
| | | | 7:13.4 | 7:09.5 | 8:04.7 | 7:07.5 | |
| M 3V8+ | 9:00 AM | | SJP | Greenwich | Saugatuck | Mercer | |
| | | | 6:15.7 | 6:30.0 | 6:34.2 | 6:22.4 | |
| W 4V8+ | 9:10 AM | | Rye | Greenwich | Mount | Rye B | |
| | | | 7:14.7 | 7:13.3 | 7:57.9 | 7:28.7 | |
| M 4V8+ | 9:20 AM | | Saugatuck | Greenwich | SJP | Mercer | |
| | | | 6:50.4 | 6:31.7 | 6:22.5 | 6:40.6 | |
| W 1N/F8+ | 9:30 AM | | | Mount | Mercer | | |
| | | | | 7:41.8 | 8:28.6 | | |
| M 5V/6V8+ | 9:40 AM | | Mercer 5V | SJP 5V | Saugatuck 5V | SJP 6V | Mercer 6V |
| | | | 6:56.0 | 6:42.3 | 6:45.4 | 6:43.9 | 7:10.5 |
| M 1N/F8+ | 10:00 AM | | Greenwich | SJP | Mercer | Saugatuck | |
| | | | 6:37.9 | 6:45.0 | 7:13.4 | 6:47.6 | |
| M 2N/F8+ | 10:20 AM | | Mercer 2N | SJP 2F | Saugatuck 2N | SJP 3F | |
| | | | 7:51.1 | 7:10.2 | 7:07.8 | 7:44.7 | |
| W 2N/F8+ | 11:10 AM | | Mercer 2N | Mount 2F | Mercer 3N | Mount 3F | |
| | | | 8:36.0 | 8:07.2 | DNS | 8:44.1 | |