



## SPRINT STANDARDS FOR RACING

### K1 and C1 TIMES ON A FAST COURSE

Marathon	HC	Sprint Racing Class	1000m	500m	200m
Div 1	0	<i>Olympic 3:24 and 1:36 K1</i>	3.26	1.36	0.35.00
	1	<i>World Champion Men K1</i>	3.30	1.38	0.35.66
	2		3.34	1.40	0.36.33
	3	Men A Kayak	3.38	1.42	0.37.00
	4		3.42	1.44	0.37.66
	P 5		3.46	1.46	0.38.33
Div 2	D 6	Men B Kayak, <i>World Champion Men C1, Women K1</i>	3.50	1.48	0.39.00
	7	Boys A Kayak	3.54	1.50	0.39.66
	8	Women A Kayak	3.58	1.52	0.40.33
	9	Men A Canoe	4.02	1.54	0.41.00
	P 10	Masters A Kayak	4.06	1.56	0.41.66
Div 3	D 11	Men C Kayak, Masters B Kayak	4.10	1.58	0.42.33
	12	Boys B Kayak	4.14	2.00	0.43.00
	13	Women B Kayak, Girls A Kayak	4.18	2.02	0.43.66
	14	Men B Canoe	4.22	2.04	0.44.33
	P 15	Boys A Canoe	4.26	2.06	0.45.00
Div 4	D 16	Men D Kayak, Masters C Kayak	4.30	2.08	0.45.66
	17	Boys C Kayak	4.34	2.10	0.46.33
	18	Women C Kayak, Girls B Kayak	4.38	2.12	0.47.00
	19	Women Masters A	4.42	2.14	0.47.66
	P 20	Men C Canoe, Boys B Canoe, Women A Canoe	4.46	2.16	0.48.33
Div 5	D 21	Masters D Kayak, Boys D Kayak	4.50	2.18	0.49.00
	22	Women D Kayak, Girls C Kayak	4.54	2.20	0.49.66
	23	Women Masters B	4.58	2.22	0.50.33
	24	Women B Canoe, Girls A Canoe	5.02	2.24	0.51.00
	P 25	Men D Canoe, Boy C Canoe	5.06	2.26	0.51.66
Div 6	D 26	Women C Canoe, Girls B Canoe	5.10	2.28	0.52.33
	27	Boys D Canoe	5.14	2.30	0.53.00
	28		5.18	2.32	0.53.66
	29	Girls D Kayak	5.22	2.34	0.54.33
	P 30		5.26	2.36	0.55.00

*Paddlers with slower times than above are advised to compete in regional regattas*





## SPRINT STANDARDS FOR RACING

### K1 and C1 TIMES ON A FAST COURSE

<i>Div 7</i> <i>(See Note 4)</i>	<i>D</i>	31	<i>Women D Canoe, Girls C Canoe</i> <i>(See Note 4)</i>	5.30	2.38	
		32		5.34	2.40	
		33		5.38	2.42	
		34		5.42	2.44	
	<i>P</i>	35		5.46	2.46	
<i>Div 8</i> <i>(See Note 4)</i>	<i>D</i>	36	<i>Girls D Canoe, Girls D Canoe</i>	5.50	2.48	
		37		5.54	2.50	
		38		5.58	2.52	
		39		6.02	2.54	
	<i>P</i>	40		6.06	2.56	
		Minimum K1 National Regatta <i>(See Note 5)</i>		3.00		
		Minimum Mini Sprint A <i>(See Note 6)</i>		3.30		
		Minimum Mini Sprint B <i>(See Note 6)</i>		4.00		

#### Notes:

1. Promotions (P) and demotions (D) are possible on 1000m, 500m, 200m and marathon results.
2. The handicap (HC) is the number of seconds longer that it takes to paddle the distance a zero paddler covers in one minute.
3. These are the times for K1 and C1 on a fast course.
4. It is recommended that paddlers slower than 5mins 30secs for 1000m and 2mins 38secs for 500m compete in regional regattas rather than in the national regattas.
5. Paddlers aged 12 and over paddlers can only race if they can paddle 500m in under 3 minutes.
6. Under 12 paddlers can only race if they can paddle 500m in under 4 minutes.

