



# BC CANOE SPRINT REGATTA

## PADDLE-ABILITY OVERVIEW

Paddle-Ability is the term used by British Canoeing to describe all Paddlesport activity for disabled people. The term focuses on a person's ability to take part in Paddlesport rather than their disability.

British Canoeing encourages and supports anyone with any disability or impairment to participate in competition in specific Paddle-Ability events and mainstream competition. Specific Paddle-Ability events are held at National Regattas in Nottingham from April to September. Racing is based on ability (in time bands).

Entries must be submitted, in advance, with other club entries via the Club Team Leaders. If your club does not already have an appointed team leader please contact:  
[paddle-ability@britishcanoeing.org.uk](mailto:paddle-ability@britishcanoeing.org.uk)

Entrants may have an escort boat to provide support to the starting posts; limited support is also permitted during races. Escort paddlers will be expected to wear yellow escort bibs.

The current Paddle-Ability events are available:

- K1: 200m, 500m
- K2: 200m, 500m
- V1: 200m, 500m

Paddle-Ability sprint time bands can be found in the tables below:

<b>200m</b>				
Band	Kayak Men	Kayak Junior Men	Kayak Women	Kayak Junior Women
A+	0.52	1.06	1.12	1.20
A	1.00	1.14	1.20	1.30
B	1.06	1.22	1.30	1.44
C	1.14	1.36	1.44	1.54
D	1.22	1.48	1.54	2.06
E	1.36	2.00	2.06	2.18
F	1.48	2.12	2.18	2.30

<b>500m</b>				
Band	Kayak Men	Kayak Junior Men	Kayak Women	Kayak Junior Women
A+	2.15	2.45	2.40	3.00
A	2.30	3.05	3.00	3.20
B	2.45	3.30	3.20	3.45
C	3.05	4.00	3.45	4.20
D	3.30	4.30	4.20	4.45
E	4.00	5.00	4.45	5.15
F	4.30	5.30	5.15	5.45

