

# NATIONAL RACING STANDARDS AND COACHING

## STANDARDS FOR RACING

K1/C1 times on a fast course

MARATHON		HC	1000m	500m	SPRINT
<b>Div 1</b>			0	3.30	<i>&lt;World Champion K1</i> <b>Mens A Kayak</b>
	1.033		1	3.34	
			2	3.38	
			3	3.42	
<b>Men</b>	1.067	P	4	3.46	
			5	3.50	<i>World Champ. C1 &amp; WK1</i> <b>Mens B Kayak</b> <b>Boys A Kayak</b> <b>Women's A Kayak</b> <b>Canoe A:</b> <b>Masters Men's A Kayak</b>
<b>Div 2</b>	1.083	D	6	3.54	
			7	3.58	
			8	4.02	
<b>Women</b>	1.117		9	4.06	
		<b>Boys</b>	1.150	P	10
<b>Div 3</b>	1.167			D	11
			12	4.18	
			13	4.22	
<b>Girls</b>	1.200		14	4.26	
		P	15	4.30	<b>Men's D Kayak</b> <b>Boys C Kayak</b> <b>Women's C Kayak inc Masters Women's A</b> <b>Girls B Kayak</b> <b>Canoe C: Senior/Junior</b> <b>Masters Men's C Kayak</b>
<b>Div 4</b>	1.250	D	16	4.34	
			17	4.38	
			18	4.42	
<b>Div 5</b>	1.283		19	4.46	
		P	20	4.50	<b>Boys D Kayak</b> <b>Girls C Kayak</b> <b>Women's D Kayak inc Masters Women's B</b> <b>Masters Men's D Kayak</b> <b>Canoe D: Senior/Junior</b>
<b>Div 6</b>	1.333	D	21	4.54	
			22	4.58	
			23	5.02	
<b>Div 7</b>	1.367		24	5.06	
		P	25	5.10	<b>Girls D Kayak</b>
<b>Div 8</b>	1.400	D	26	5.14	
			27	5.18	
			28	5.22	
<b>Div 9</b>	1.417		29	5.26	
		P	30	5.30	
<b>Div 10</b>	1.450		31	5.34	
			32	5.38	
			33	5.42	
			34	5.46	
<b>Div 11</b>	1.483		35	5.50	
		P	36	5.54	
<b>Div 12</b>	1.500	D	37	5.58	
			38	6.02	
			39	6.06	
<b>Div 13</b>	1.533				
		P			
<b>Div 14</b>	1.567	D			
<b>Div 15</b>	1.583				
		P			
<b>Div 16</b>	1.617				
		P			
<b>Div 17</b>	1.650				
		P			
<b>Div 18</b>	1.667				
		P			
<b>Div 19</b>					
		P			
<b>Div 20</b>					
		P			
<b>Div 21</b>					
		P			
<b>Div 22</b>					
		P			
<b>Div 23</b>					
		P			
<b>Div 24</b>					
		P			
<b>Div 25</b>					
		P			
<b>Div 26</b>					
		P			
<b>Div 27</b>					
		P			
<b>Div 28</b>					
		P			
<b>Div 29</b>					
		P			
<b>Div 30</b>					
		P			
<b>Div 31</b>					
		P			
<b>Div 32</b>					
		P			
<b>Div 33</b>					
		P			
<b>Div 34</b>					
		P			
<b>Div 35</b>					
		P			
<b>Div 36</b>					
		P			
<b>Div 37</b>					
		P			
<b>Div 38</b>					
		P			
<b>Div 39</b>					
		P			
<b>Div 40</b>					
		P			
<b>Div 41</b>					
		P			
<b>Div 42</b>					
		P			
<b>Div 43</b>					
		P			
<b>Div 44</b>					
		P			
<b>Div 45</b>					
		P			
<b>Div 46</b>					
		P			
<b>Div 47</b>					
		P			
<b>Div 48</b>					
		P			
<b>Div 49</b>					
		P			
<b>Div 50</b>					
		P			

P (Promotions) / D (Demotions) are possible on 1000m and/or 500m and marathon results. The H.C. is the number of seconds longer that it takes to paddle the distance a zero paddler covers in one minute. Placid Water Racing Tests show recommended starting standards.