

Canoe Sprint Senior Selection Policy 2024

All athletes wishing to be considered for Senior Team selection during 2024 should complete the online registration document by 6th March 2024 [here](#) or link: https://britishcanoeing.formstack.com/forms/pre_registration_form (This will be available from January 2024)

Athletes wishing to contact the IP in relation to the relevant provisions in this policy should do so via email to enquiries.internationalpanel@britishcanoeing.org.uk

SECTION A: PURPOSE AND PRINCIPLES

1. Purpose

The purpose of the Canoe Sprint selection policy is to clearly outline the processes which will lead to the selection of the GBR Senior Canoe Sprint Teams for all 2024 international events named within this policy. It also aims to support the longer-term goals of the sprint strategy to 2024 and 2028. Please note that 2024 Olympic Selection is governed by a separate policy.

2. Principles

- 2.1. The primary focus of National Team Selection will be to optimise performance in targeted Olympic events, in particular seeking to maximise qualification of quota places and performance at the 2024 Paris Olympic Games.
- 2.2. The Selection Policy seeks to select the best athletes in a transparent way that prioritises optimal preparation time for achievement of international success, primarily on a first past the post basis.
- 2.3. Selection will be based on results in selection races together with, and subject to, an assessment of performance standards and all eligible athletes will be considered equally for selection against the stated selection criteria regardless of club, training location, age, Home Nation and programme status.
- 2.4. Selections will be made in alignment to, and in support of, targeted events and boat priorities of the World Class Programme (WCP) in 2024.
- 2.5. The single domestic selection weekend allows athletes to optimally prepare for the Olympic qualification event and 2024 Paris Olympic Games without the constraints of a multi-point selection.
- 2.6. Nominations for each event will only be based upon performances in that event.
- 2.7. The composition of crew boats entering the qualification races set out in this Policy will be determined by the WCP. The process for this will be communicated to athletes by 1st October 2023.

SECTION B. ELIGIBILITY AND PERFORMANCE STANDARDS

3. Eligibility

- 3.1. To be eligible to be selected to any 2024 GBR Team, athletes/crews must meet the following conditions (full detail can be found in British Canoeing's [Eligibility Policy](#)):
 - 3.1.1. Meet age and nationality criteria for international competitions as outlined below
 - 3.1.2. Be a full member of British Canoeing or Home Nation Association that enables participation in competition
 - 3.1.3. Athletes on a funded programme need to have signed their Programme Athlete Agreement. Athletes outside Programme funding will also be expected to sign up to the British Canoeing Great Britain Team participation agreement on accepting selection at least two weeks before travelling to the first competition as well as settling any outstanding payments prior to travel.
- 3.2. Where athletes compete in more than one eligible selection event, the policy will be applied in isolation for each specific event.
- 3.3. British Canoeing reserves the right to deselect an athlete who has been found guilty of a disciplinary offence under British Canoeing/ICF rules. This includes doping offences.

4. International Eligibility

- 4.1. Selection will be subject to eligibility in accordance with competition rules laid down by the International Canoe Federation (ICF) and the European Canoe Association (ECA).
- 4.2. The first year an athlete can compete at World and European Senior/U23/Junior Championships is the year of their 15th birthday.

5. Performance Standards

The International Panel (IP), will apply a performance standard for all selections under this policy to ensure athletes/crews are of the appropriate level for the competition they are being considered for. The detail of the application of performance standards can be found in **Appendix 1**.

SECTION C: GREAT BRITAIN SPRINT SENIOR TEAM SELECTION 2024

6. Senior Team Selection Overview

- 6.1. There will be a single point of domestic selection at the April regatta (13th/14th /15th April) for a place in the team for World Cups 1 & 2 and the 2024 European Championships.
- 6.2. World Cup 1 will focus on Olympic events only, whilst World Cup 2 and the European Championships will consider selections across all specified events.
- 6.3. Selection for all events will be based on either recognition for qualifying a quota place at the 2023 World Championships or performances in the April Selection regatta.

7. 2024 Senior Sprint International Competitions and Selection Announcements

Announcements by the IP of selections made at identified selection regattas will be as per Table 1:

Table 1				
Event Type	Competition/Regatta	Venue	Date	Date of IP Announcement
Selection	World Cups 1 & 2 & European Championships Team Selection	Holme Pierrepont	13 th /14 th /15 th April 2024	On www.britishcanoeing.org.uk by 5pm Friday 19 th April 2024
International	World Cup 1	Szeged, HUN	10 th -12 th May 2024	N/A
International	World Cup 2	Poznan, POL	24 th -26 th May 2024	N/A
International	Sen European Championships	Szeged, HUN	13 th -16 th June 2024	N/A

8. Canoe Sprint World Cup & European Championship Team Selection

- 8.1. Selection for all events listed in Tables 2 & 3 will be determined using the results of the April 2024 selection regatta except in events where an Olympic quota is secured at the 2023 World Championships - see section 8.3.2.
- 8.2. Events in Table 3 will be selected based on the race result in a single event at the April regatta and subject to an assessment of performance standards and the application of any exceptional circumstances (see section 11), the winning boat in each listed event will be selected.
- 8.3. Events in Table 2 will be selected based on up to 3 races and subject to an assessment of performance standards, up to 2 boats can be selected for the World Cup events and the top boat for the European Championships. Selection order will be determined as follows:
 - 8.3.1. **Olympic Events where a boat quota place has not been qualified prior to the April Regatta:**
Subject to 8.4 below, any athlete or crew winning Race 1 and Race 2 will be deemed the highest ranked boat in that event. In the case of a different winner in Race 1 and Race 2, there will be a third race (Race 3) in that event between the two first placed boats from Races 1 and 2 to confirm the highest and second ranked boat in that event. A ranking for 3rd place onwards will be determined from the results of Race 1 and Race 2 by adding the two positions achieved by each athlete/crew to organise athletes/crews into their final selection position. Race position is equated to points (e.g., 3rd place = 3 points) with the lowest total equating to the higher ranking. In the event of a tie in points/ranking, the athlete/crew with the closest combined percentage time to the winner across Race 1 and Race 2 will be deemed the higher ranking athlete/crew. Athletes/crews not starting in either race 1 or race 2 will score 10 points for ranking purposes.
 - 8.3.2. **Olympic Events where a Boat Quota place has been qualified at the 2023 Global Qualification Event:** Subject to 8.4 below,
 - 8.3.2.1. In any event where British Canoeing has received written confirmation from the ICF on or before 31st January 2024 of a boat quota place having been qualified at the 2023 Global Qualification Event, the athlete or crew will be deemed to have one race win in that event from Race Zero. If that athlete or crew wins Race 1 at the April selection in that event, they will be selected. If there is a different winner of Race 1 then Race 2 will be contested between the winner of Race Zero and the winner of Race 1 to confirm the highest and second ranked boat in that event. A ranking for 3rd place onwards will be determined from the order of results for remaining athletes/crews from Race 1.

- 8.3.2.2. Where a boat quota place has been qualified at the 2023 Global Qualification Event but this was not confirmed in writing by the ICF until after 31st January 2024 and/or where a crew boat quota place has been qualified at the 2023 Global Qualification Event but the crew boat composition has changed for Race 1 then the selection process will be determined by 8.3.1 above.
- 8.4. Where athletes have been selected for multiple events within the World Cup and/or European Championships, the prioritisation listed in the registration process will be considered at the IP meeting regarding the events they would like to be considered for. Subject to an assessment of performance standard, an athlete or boat will be guaranteed selection in their first priority boat only. If an athlete wishes to be considered for multiple events the IP will at its sole discretion make a decision on which event(s) the athlete is selected for.
- 8.5. Race entries for events not listed in Tables 2 & 3 can be made from athletes already selected to the team, and where the event does not compromise their priority races - see also 9.4.

Table 2: World Cup 1 & 2 & European Championship Events			
Men's Kayak	Women's Kayak	Women's Canoe	Men's Canoe
K2 500m	K1 500m	C1 200m	C1 1000m
K4 500m	K2 500m	C2 500m	C2 500m
K1 1000m	K4 500m		

Table 3 World Cup 2* & European Championship* Events			
Men's Kayak	Women's Kayak	Women's Canoe	Men's Canoe
K1 200m	K1 200m	C2 200m	C1 500m
K2 200m	K2 200m	C1 500m	C1 5000m
K1 500m	K1 1000m	C1 5000m	
K2 1000m	K1 5000m		
K1 5000m			

*Subject to the event being on the relevant regatta programme

9. General Provisions

- 9.1. The IP reserves the right not to nominate, or to de-select for any international event, any individual or crew athlete or reserve on the following grounds:
- 9.1.1. Medical grounds – i.e. when an injury/illness may, in the reasonable opinion of the IP, inhibit the achievement of appropriate performance and/ or mean the athlete cannot reasonably be considered fit to travel; or
- 9.1.2. Suitability as a team member, where for example (but not limited to) an athlete's behaviour or attitude leads the IP to determine in its reasonable opinion that the selection of such athlete would be inappropriate; or
- 9.1.3. Poor form – i.e., when an athlete's form in events and/or training has decreased to such a level that, in the reasonable opinion of the IP, they would no longer be able to achieve the required level of performance to be competitive at the applicable competition(s).
- 9.2. Any decisions taken in accordance with 9.1 will only be made following consultation with the athlete, appropriate BC coaches and/or medical reports and in the case of 9.1.3. include reference to applicable performance standards.
- 9.3. Following the selection of a crew boat to the World Cup or European Championships, the British Canoeing Senior Podium Coach must propose any changes to the composition of the crew due to injury, illness, poor performance or other circumstance to the IP who will consider the circumstances and determine an appropriate process to follow.
- 9.4. The British Canoeing Senior Podium Coach has discretion to use events within any international event within this policy, that are unfilled for further start line opportunities that do not otherwise compromise performance. This must be communicated to the Chair of the IP in advance of the nominal entry deadline for the event.
- 9.5. A non-travelling reserve may be named in each individual event based solely on position in the identified selection race where performance standards have been achieved. In order of selection, named reserves will only travel in the event of injury or illness to a selected athlete or where a place(s) is declined.

SECTION D: CONTINGENCY AND EXCEPTIONAL CIRCUMSTANCES

10. Contingency

- 10.1. The IP retains the right to implement contingency measures where circumstances arise that prevent full, fair and competitive racing and adapt racing to ensure as fair a selection process as possible. This may include circumstances such as weather conditions and Covid-19 implications.
- 10.2. The IP will monitor weather conditions in advance of, and during a selection race, and has a process for communication of real-time information in this regard.
- 10.3. If weather conditions or other significant issues arise rendering it inappropriate or impossible to conduct a selection race during or, in advance of competition, the IP may declare that a race(s) will not be used for selection and invoke one or more of the following non-exclusive alternatives:
 - 10.3.1. Rescheduling of any affected selection race(s) to early morning/ evening racing within the same regatta (if scheduling and weather conditions permit).
 - 10.3.2. Rescheduling of any affected selection races to an alternative competition (if appropriate)
 - 10.3.3. Rescheduling to a reserve date if available and appropriate.
 - 10.3.4. Amending lane draw for direct comparability of performances
- 10.4. Any decision made under these provisions of the policy will be made by a minimum of two IP Members and where possible, in consultation with the chief official.
- 10.5. All IP announcements relevant to contingencies will be posted on www.britishcanoeing.org.uk. During competitions, important information will be posted at race control on the live results messaging, on the British Canoeing social media or messaging App.

11. Exceptional circumstances

- 11.1. Should an athlete miss a Selection event due to illness or injury during, or prior to, elements of the 2024 selection process; or have any other exceptional circumstances, the IP reserves the right to provide an opportunity for such a boat to be eligible for selection. For the purposes of this clause, exceptional circumstances are unplanned, unexpected, unavoidable and unforeseen.
- 11.2. Where an athlete wishes to invoke this clause, exceptional circumstances requests should be directed to the IP prior to the commencement of the selection competition via email at enquiries.internationalpanel@britishcanoeing.org.uk and should provide:
 - 11.2.1. Certificated evidence of illness or injury, or other significant exceptional circumstance.
 - 11.2.2. Any evidence the athlete wishes the IP to consider which demonstrates in both training and racing, a superior performance level than other selected athletes.
- 11.3. To be considered for an exceptional circumstances, an athlete must be able to demonstrate the following performance level:
 - 11.3.1. Achieved the A final or placed in the top 3 in the B final in an Olympic Event at the 2023 World Championships. When considering whether an athlete meets the criteria outlined above, the IP will consider the following:
 - 11.3.2. The athlete's training and racing profile (from GBR performance analysis data);
 - 11.3.3. ICF World Ranking, Performance at Olympic, Senior World Championship, Senior European Championship and/or World Cup races within the previous 24 months.
- 11.4. Where the IP accepts an exceptional circumstance request following the process detailed above, the IP reserves the right to:
 - 11.4.1. Identify a single race opportunity whereby the lowest ranked boat that has been selected and the identified athlete(s) would compete for a GBR Team place. If this situation arises more detail would be provided following the IP meeting immediately after the appropriate Selection race series.
 - 11.4.2. Where no athlete has been selected for the relevant event under this policy, accept the exceptional circumstances and select the athlete;
 - 11.4.3. Substitute the selection of the athlete under this policy with the selection of the athlete making the exceptional circumstances request
- 11.5. All decisions under this Clause that relate to injury, illness (including Covid-19) or medical conditions will be determined by the IP members. When assessing if an athlete is fit to race, the decision of the IP is final.
- 11.6. **The IP has the sole discretion to invoke the provisions in this clause and any decision is final and not subject to appeal.**

SECTION E: GENERAL INFORMATION

12. Responsibility

The Canoe Sprint IP (IP), which is appointed by and reports to the Board of British Canoeing, is responsible for all aspects of developing, approving and managing the implementation of the Canoe Sprint selection policies. The Terms of Reference can be found [here](#).

13. Conflicts of Interest

Any member of the IP shall declare any conflicts or potential conflicts of interest and shall refrain from participation in the discussion of and any vote in respect of any selection matter in which they have a material conflict of interest. If a person has any queries in this area, they should consult the British Canoeing Director of Governance.

14. Policy Changes

14.1. The selection policy may be amended at any time by British Canoeing for one or more of the following circumstances:

- 14.1.1. Any changes in rules governing a particular event;
- 14.1.2. Any change in ICF eligibility, rules or programme of events;
- 14.1.3. To give effect to the selection process in case of a drafting error or oversight
- 14.1.4. To clarify any ambiguity to the intended meaning of the selection policy
- 14.1.5. Any other reason determined by British Canoeing at its total discretion that is in the best interest of British Canoeing and in line with the principles outlined for selection
- 14.1.6. Circumstances arising from Covid-19

14.2. Any changes will be communicated on www.britishcanoeing.org.uk

15. Appeals Procedure

15.1. Certain decisions made throughout this Policy are not subject to appeal and where this is the case, specific reference will be made to the decision being final. For other selection decisions made under this Policy, the British Canoeing Appeals process applies and this procedure can be found [here](#).

15.2. Guidance is available from the British Canoeing Performance Wellbeing Coach, zofia.campbell@britishcanoeing.org.uk. UK Sport funded World Class Programme athletes who require support and advice can also contact the BEAA at support@britishathletes.org.

16. Data Protection

16.1. British Canoeing is a privacy conscious organisation and is strongly committed to an individual's right to privacy. All data gathered during the selection process will only be utilised for the purposes of an athlete's participation in a GBR Canoe Sprint Team. This may include administering their event/race entry and certain information may be published as part of the results and rankings of the event/race.

16.2. Any personal data will be processed and stored in compliance with the British Canoeing Data Protection Policy and in accordance with all applicable Data Protection laws in effect at the time of publication of this Selection Policy, including but not limited to, the Data Protection Act 2018 and UK GDPR.

16.3. Further information on British Canoeing's approach to privacy and data protection, including British Canoeing's privacy notices, policies and contact details, can be located in their Privacy Centre (<https://www.britishcanoeing.org.uk/about/privacy-centre>). Should an athlete wish any data British Canoeing hold relating to them to be deleted at any point; they should contact British Canoeing at GDPR@britishcanoeing.org.uk.

17. Policies

This Selection Policy operates in conjunction with all relevant British Canoeing policies including but not limited to, Equality, Anti-Doping Policy, Pregnancy, Safeguarding, Anti-Bullying Policy, Covid Vaccination Policy and Anti-Bribery Policy.

18. Communications

British Canoeing is committed to providing open and informative communication in relation to selection. All athletes will receive formal confirmation of the selection and for those athletes who wish to discuss the outcome of decision made by the IP, the Chair of the IP will be available to speak informally to athletes and in the case of minors, parents.

19. Force Majeure

“Force Majeure” means any act, event, omission, cause or circumstance not within the reasonable control of British Canoeing or the race organisers, including but not limited to any strike, lockout or other industrial action, any civil commotion or disorder, riot, invasion, war or terrorist activity or threat of war or terrorist activity, any action taken by a governmental or public authority of any kind (including, without limitation, not granting a consent, exemption, approval or clearance), any fire, explosion, storm, flood, earthquake, subsidence, epidemic or other natural physical disaster. In the event of such Force Majeure affecting the application of the policy, the IP shall have the sole discretion, in consultation with the British Canoeing Director of Governance, to make a decision in line with the principles, strategy and mission of this selection policy.

20. 2025 Selection Policies

The IP will publish the 2025 Selection Policy by 31st December 2024.

-End of Policy-

Appendix 1 – Performance Standard Data 2024 – International Panel Selection Guidance.

As per section 5, Performance Standards will be applied to all performances considered under the selection policy. This is to ensure a level of consistency to selections across classes and that all athletes are selected for the appropriate level of competition.

The process for how performance standards will be applied:

1. The IP agrees the standard of the team as expressed as a minimum performance level. E.g., Ability to achieve a B final or better. In the case of 5000m events this is a capability to challenge for a top 5 position.
2. The IP collects all times from the relevant selection regatta and collates the % difference to World Leading Time for each event. Where data may not be available (e.g. 5000m) the IP will use comparable data to establish the level of performance demonstrated.
3. The IP collects weather information from the relevant selection regatta through the event.
4. The IP then uses available information to agree where the % of WLT will be set for that selection event, taking into account the above points.
5. The IP may adjust the standard applied to selections to reflect changing conditions during the regatta and the performance impact of conditions on different events.
6. The IP may adjust the standard applied for a particular event to reflect the most recent knowledge of performances within that event.

Whilst this process relies on objective data it is acknowledged that these decisions are ultimately subjective in nature.

The objective data used as guidance in decision making for the IP is shown in Table A and Table B below.

Table A shows the Senior, U23 and Junior WLTs and the % difference between the Senior WLT and U23 and Junior WLTs. A comparison of the % differences can be used as part of the process to understand the performance standards.

Table B shows reference selection ranges for senior, U23 and juniors that will be used as a starting point to agree the performance standard of the relevant team being selected. HPP course record times are also shown as an additional reference for the determination of appropriate performance standards.

Note: For events not included in the table below (for example 5000m events), The International Panel will make an assessment of performance particularly in events where there are 5 entries or less and may require supportive evidence to be submitted to the IP by the winning athlete ahead of the selection meeting.

Table A

Event	Senior WLT*	U23 WLT*	U23 % of Senior WLT	Junior WLT*	Junior % of Senior WLT
K1W 200m	00:38.93	00:40.41	103.6	00:41.44	106.1
K2W 200m	00:36.47	00:41.74	112.6	00:42.88	114.9
K1W 500m	01:47.63	01:50.90	102.9	01:53.60	105.3
K2W 500m	01:37.65	01:42.60	104.8	01:44.40	106.5
K4W 500m	01:30.12	01:33.91	104.0	01:36.40	106.5
K1W 1000m	03:53.54	03:58.60	102.1	04:00.90	103.1
K1M 200m	00:34.01	00:34.70	102	00:35.86	105.2
K2M 200m	00:31.00	00:32.15	103.6	00:33.24	107.0
K1M 500m	01:35.96	01:38.50	102.6	01:40.03	104.1
K2M 500m	01:27.64	01:30.55	103.2	01:32.53	105.3
K4M 500m	01:18.57	01:20.66	102.6	01:23.39	105.8
K1M 1000m	03:24.00	03:29.86	102.6	03:34.10	104.5
K2M 1000m	03:07.90	03:12.83	102.6	03:16.96	104.6
C1W 200m	00:45.35	00:47.29	104.1	00:48.79	107.1
C2W 200m	00:43.55	00:45.25	103.8	00:45.99	105.3
C1W 500m	02:05.99	02:10.63	103.6	02:12.24	104.7
C2W 500m	01:55.42	01:59.67	103.6	02:02.69	105.9
C1M 500m	01:46.75	01:50.66	103.5	01:53.30	105.8
C2M 500m	01:38.37	01:41.34	102.9	01:44.64	106.0
C1M 1000m	03:46.21	03:53.81	103.3	03:56.27	104.3
C2M 1000m	03:27.33	03:34.59	103.4	03:39.29	105.5

*The WLT is the average of the 40 best times recorded at international level competition.

Event	Senior WLT Time	WLT Time (in seconds)	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%	11%	12%	
			Senior Championships A and B final standard- Good Conditions* in HPP, Nottingham												
TABLE B			U23 Championships A and B final standard- Good Conditions* in HPP, Nottingham												
			Junior Championships A and B final standard- Good Conditions* in HPP, Nottingham												
K1W 200m	00:38.93	38.93	39.32	39.71	40.10	40.49	40.88	41.27	41.66	42.04	42.43	42.82	43.21	43.60	
K2W 200m	00:36.47	36.47	36.84	37.20	37.57	37.93	38.29	38.66	39.02	39.39	39.75	40.12	40.48	40.85	
K1W 500m	01:47.63	107.63	108.71	109.78	110.86	111.94	113.01	114.09	115.16	116.24	117.32	118.39	119.47	120.55	
K2W 500m	01:37.65	97.65	98.63	99.60	100.58	101.56	102.53	103.51	104.49	105.46	106.44	107.42	108.39	109.37	
K4W 500m	01:30.12	90.12	91.02	91.92	92.82	93.72	94.63	95.53	96.43	97.33	98.23	99.13	100.03	100.93	
K1W 1000m	03:53.54	233.54	235.88	238.21	240.55	242.88	245.22	247.55	249.89	252.22	254.56	256.89	259.23	261.56	
K1M 200m	00:34.01	34.01	34.35	34.69	35.03	35.37	35.71	36.05	36.39	36.73	37.07	37.41	37.75	38.09	
K2M 200m	00:31.00	31.00	31.31	31.62	31.93	32.24	32.55	32.86	33.17	33.48	33.79	34.10	34.41	34.72	
K1M 500m	01:35.96	95.96	96.92	97.88	98.84	99.80	100.76	101.72	102.68	103.64	104.60	105.56	106.52	107.48	
K2M 500m	01:27.64	87.70	88.58	89.45	90.33	91.21	92.09	92.96	93.84	94.72	95.59	96.47	97.35	98.22	
K4M 500m	01:18.57	78.57	79.36	80.14	80.93	81.71	82.50	83.28	84.07	84.86	85.64	86.43	87.21	88.00	
K1M 1000m	03:24.37	204.37	206.41	208.46	210.50	212.54	214.59	216.63	218.68	220.72	222.76	224.81	226.85	228.89	
K2M 1000m	03:07.90	187.90	189.78	191.66	193.54	195.42	197.30	199.17	201.05	202.93	204.81	206.69	208.57	210.45	
C1M 500m	01:46.75	106.75	107.82	108.89	109.95	111.02	112.09	113.16	114.22	115.29	116.36	117.43	118.49	119.56	
C2M 500m	01:38.37	98.37	99.35	100.34	101.32	102.30	103.29	104.27	105.26	106.24	107.22	108.21	109.19	110.17	
C1M 1000m	03:46.21	226.21	228.47	230.73	233.00	235.26	237.52	239.78	242.04	244.31	246.57	248.83	251.09	253.36	
C2M 1000m	03:27.33	207.33	209.40	211.48	213.55	215.62	217.70	219.77	221.84	223.92	225.99	228.06	230.14	232.21	
C1W 200m	00:45.35	45.35	45.80	46.26	46.71	47.16	47.62	48.07	48.52	48.98	49.43	49.89	50.34	50.79	
C2W 200m	00:43.55	43.55	43.99	44.42	44.86	45.29	45.73	46.16	46.60	47.03	47.47	47.91	48.34	48.78	
C1W 500m	02:05.99	125.99	127.25	128.51	129.77	131.03	132.29	133.55	134.81	136.07	137.33	138.59	139.85	141.11	
C2W 500m	01:55.42	115.42	116.57	117.73	118.88	120.04	121.19	122.35	123.50	124.65	125.81	126.96	128.12	129.27	

	Senior Course Records at HPP, Nottingham
	Junior Course Records at HPP, Nottingham. Note: Where course records are not noted they are outside of 112% of WLT.
	*Good Conditions are defined as a tail wind of between 1-2.5m/s, water temperature of 18°C.