

Paddle-Ability Timebands for Canoe/Va'a 200 metres

Timeband	Men	Junior Men	Women	Junior Women
A	:52 *	:55 *	1:00 *	1:03 *
B	1:00	1:03	1:08	1:11
C	1:08	1:11	1:16	1:19
D	1:18	1:21	1:26	1:29
E	1:28	1:31	1:36	1:39
F	1:40	1:43	1:48	1:51
G	1:52	1:55	2:00	2:03
H	2:06	2:09	2:14	2:17
I	2:20	2:23	2:28	2:31
J	2:36	2:39	2:44	2:47
K	2:52	2:55	3:00	3:03

* = This is the time standard for competitors in Paddle-Ability to cross over into the Main Regatta Competition in Band D.

The following Time Standards are those required for Para Paddlers to enter specific Para Races:

1:00 = entry level for VL3 Men to Paracanoe competition at National Regattas

1:06 = entry level for VL2 Men to Paracanoe competition at National Regattas

1:24 = entry level for VL1 Men to Paracanoe competition at National Regattas

1:13 = entry level for VL3 Women to Paracanoe competition at National Regattas

1:13 = entry level for VL2 Women to Paracanoe competition at National Regattas

1:45 = entry level for KL1 Women to Paracanoe competition at National Regattas

NOTE: all competitors entering Paddle-Ability 200 metre competition at National Regattas must have posted a time of **2 minutes 30 seconds** or less