

Paddle-Ability Timebands for Kayak 200 metres

Timeband	Men	Junior Men	Women	Junior Women
A	:49 *	:52 *	:54 *	:57 *
B	:57	1:00	1:02	1:05
C	1:05	1:08	1:10	1:13
D	1:15	1:18	1:20	1:23
E	1:25	1:28	1:30	1:33
F	1:37	1:40	1:42	1:45
G	1:49	1:52	1:54	1:57
H	2:03	2:06	2:08	2:11
I	2:17	2:20	2:22	2:25
J	2:33	2:36	2:38	2:41
K	2:49	2:52	2:54	2:57

* = This is the time standard for any competitors in Paddle-Ability to cross over into Main Regatta Competition in Band D if they wish to do so.

:49 seconds = entry level for KL3 Men to Paracanoe competition at National Regattas

:52 seconds = entry level for KL2 Men to Paracanoe competition at National Regattas

:58 seconds = entry level for KL1 Men to Paracanoe competition at National Regattas

:59 seconds = entry level for KL3 Women to Paracanoe competition at National Regattas

1:01 = entry level for KL2 Women to Paracanoe competition at National Regattas

1:06 = entry level for KL1 Women to Paracanoe competition at National Regattas

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