

Paddle-Ability Timebands for Canoe/Va'a 500 metres

Timeband	Men	Junior Men	Women	Junior Women
A	2:26 *	2:36 *	2:50 *	2:58 *
B	2:41	2:51	3:05	3:13
C	3:01	3:11	3:25	3:33
D	3:26	3:36	3:50	3:58
E	3:56	4:06	4:20	4:28
F	4:26	4:36	4:50	4:58
G	4:56	5:06	5:20	5:28
H	5:26	5:36	5:50	5:58
I	5:56	6:06	6:20	6:28
J	6:26	6:36	6:50	6:58

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

As there are no specific Paracanoe 500 metre races at present, Paracanoe competitors can follow the same path as Paddle-Ability to cross over into Main Regatta Competition

If/when Paracanoe 500m Va'a races are added to the programme, the following times will be required to cross over to Paracanoe competition:

Men VL3 = 2:38

Women VL3 = 3:23

Men VL2 = 2:55

Women VL2 = 3:23

Men VL1 = 3:36

Women VL1 = 3:58

NOTE: all competitors entering Paddle-Ability 500 metre competition at National Regattas must have posted a time of 4 minutes or less