

## Paddle-Ability Timebands for Kayak 500 metres

Timeband	Men	Junior Men	Women	Junior Women
A	2:16 *	2:26 *	2:32 *	2:40 *
B	2:31	2:41	2:47	2:55
C	2:51	3:01	3:07	3:15
D	3:16	3:26	3:32	3:40
E	3:46	3:56	4:02	4:10
F	4:16	4:26	4:32	4:40
G	4:46	4:56	5:02	5:10
H	5:16	5:26	5:32	5:40
I	5:46	5:56	6:02	6:10
J	6:16	6:26	6:32	6:40

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

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 the Main Regatta Competition

For paddlers who are aiming to progress further in the Main Regatta the following are the Time Standards for Band C

To compete in Main Regatta Band C, Male Para or Paddle-Ability competitors must achieve a time of 2:06, whilst Female Para or Paddle-Ability competitors must achieve a time of 2:22

To compete in Main Regatta Band C, Junior Male Para or Paddle-Ability competitors must achieve a time of 2:16, whilst Junior Female competitors must achieve a time of 2:32

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