



**NATIONAL
SPRINT
REGATTAS**

**Paddle UK Sprint Racing National Regatta
Open & British National Regatta
including Paracanoe, Senior, Under 23
and Junior selection events**

PADDLEUK

12th – 13th April 2025

Saturday

07:30 Course opens
07:45 Warm-up period opens
08:15 Start gate practise opens at 200m
08:45 Start gate practise and warm-up closes

1	09:04	Men C	K1	1000	H1
2	09:08	Men C	K1	1000	H2
3	09:12	Men B	K1	1000	F
4	09:16	Boys B	K1	1000	F
5	09:20	Boys C	K2	1000	F
6	09:28	Boys U18	K1	1000	H1
7	09:32	Boys U18	K1	1000	H2
8	09:36	Boys U18	K1	1000	H3
9	09:44	Men Senior/U23	K1	1000	H1
10	09:48	Men Senior/U23	K1	1000	H2
11	09:52	Men Senior/U23	K1	1000	H3
12	10:00	Canoe Men Senior/U23 + Boys U18/16	C1	1000	F
13	10:08	Men C	K1	1000	F
14	10:24	Girls D	K1	500	H1
15	10:28	Girls D	K1	500	H2
16	10:32	Girls D	K1	500	H3
17	10:36	Girls U18	K1	500	H1
18	10:40	Girls U18	K1	500	H2
19	10:48	Women Senior/U23	K1	500	H1
20	10:52	Women Senior/U23	K1	500	H2
21	10:56	Women Senior/U23	K1	500	H3
22	11:04	Canoe Women Senior/U23 + Girls U18/16	C1	500	F
23	11:12	Boys D	K4	500	F
24	11:24	Boys A/B	K2	1000	F
25	11:28	Men A-D	K2	1000	F
26	11:36	Boys U18	K1	1000	F1
27	11:40	Boys U18	K1	1000	F2
28	11:44	Men Senior/U23	K1	1000	F1
29	11:48	Men Senior/U23	K1	1000	F2
30	12:00	Women A-D + Canoe Men/Boys C/D	K2	500	F
31	12:08	Girls D	K1	500	F1
32	12:12	Girls D	K1	500	F2
33	12:16	Girls C	K1	500	F
34	12:20	Girls A/B	K1	500	F
35	12:28	Boys D	K1	500	H1
36	12:32	Boys D	K1	500	H2
37	12:36	Boys D	K1	500	H3
38	12:40	Boys D	K1	500	H4
39	12:44	Boys C	K1	500	H1
40	12:48	Boys C	K1	500	H2
41	12:56	Men D	K1	500	H1
42	13:00	Men D	K1	500	H2
43	13:04	Paddle-Ability (Sat) R1	K1	500	F1
44	13:08	Paddle-Ability (Sat) R1	K1	500	F2
45	13:16	Girls U18	K1	500	F
46	13:20	Women Senior/U23	K1	500	F1
47	13:24	Women Senior/U23	K1	500	F2

48	13:28	Girls C/D	K2	500	H1
49	13:32	Girls C/D	K2	500	H2
50	13:40	Mini Sprint A	K1	500	F
51	13:44	Mini Sprint B	K1	500	F
52	13:48	Women D	K1	500	F
53	13:52	Women B/C	K1	500	F
54	14:00	Men A/B	K2	500	F
55	14:04	Boys A/B	K2	500	H1
56	14:08	Boys A/B	K2	500	H2
57	14:16	Boys D	K1	500	F1
58	14:20	Boys D	K1	500	F2
59	14:24	Boys C	K1	500	F
60	14:28	Men D	K1	500	F
61	14:32	Girls A/B	K2	500	F
62	14:36	Girls C/D	K2	500	F
63	14:40	Paddle-Ability (Sat) R2	K1	500	F1
64	14:44	Paddle-Ability (Sat) R2	K1	500	F2
65	15:00	Para Men KL2/3 R1	K1	200	F
66	15:04	Para Women KL2/3 R1	K1	200	F
67	15:08	Canoe Men Senior/U23 + Boys U18/16	C1	200	F
68	15:16	Canoe Women Senior/U23 + Girls U18/16	C1	200	F
69	15:28	Boys A/B	K2	500	F
70	15:32	Boys C	K2	500	F
71	15:36	Men C/D	K2	500	F
72	15:40	Women A-D + Girls A-C	K4	500	F
73	15:56	Girls U18	K1	200	H1
74	16:00	Girls U18	K1	200	H2
75	16:04	Women Senior/U23	K1	200	H1
76	16:08	Women Senior/U23	K1	200	H2
77	16:12	Women Senior/U23	K1	200	H3
78	16:16	Paddle-Ability (Sat) R1	K1	200	F1
79	16:20	Paddle-Ability (Sat) R1	K1	200	F2
80	16:28	Men Senior/U23	K1	200	H1
81	16:32	Men Senior/U23	K1	200	H2
82	16:36	Men Senior/U23	K1	200	H3
83	16:40	Men Senior/U23	K1	200	H4
84	16:48	Boys U18	K1	200	H1
85	16:52	Boys U18	K1	200	H2
86	16:56	Boys U18	K1	200	H3
87	17:00	Mini Sprint A	K1	200	F
88	17:04	Mini Sprint B	K1	200	F
89	17:16	Para Men KL2/3 R2	K1	200	F
90	17:20	Para Women KL2/3 R2	K1	200	F
91	17:28	Mixed Boys/Girls D	K4	200	F
92	17:36	Girls U18	K1	200	F
93	17:40	Women Senior/U23	K1	200	F1
94	17:44	Women Senior/U23	K1	200	F2
95	17:48	Paddle-Ability (Sat) R2	K1	200	F1
96	17:52	Paddle-Ability (Sat) R2	K1	200	F2
97	18:00	Men Senior/U23	K1	200	F1
98	18:04	Men Senior/U23	K1	200	F2
99	18:12	Boys U18	K1	200	F1
100	18:16	Boys U18	K1	200	F2

Sunday

07:15 Course opens
07:30 Warm-up period opens
07:45 Warm-up period closes

101	08:00	Boys A-C	K4	500	F
102	08:04	Men C	K1	500	H1
103	08:08	Men C	K1	500	H2
104	08:12	Boys U18	K1	500	H1
105	08:16	Boys U18	K1	500	H2
106	08:20	Boys U18	K1	500	H3
107	08:24	Boys U18	K1	500	H4
108	08:32	Men Senior/U23	K1	500	H1
109	08:36	Men Senior/U23	K1	500	H2
110	08:40	Men Senior/U23	K1	500	H3
111	08:44	Men Senior/U23	K1	500	H4
112	08:48	Canoe Men Senior/U23 + Boys U18/16	C1	500	F
113	08:52	Mini Sprint A	K4	500	F
114	08:56	Paddle-Ability (Sun) R1	K1	500	F
115	09:04	Men B	K1	500	F
116	09:08	Men C	K1	500	F
117	09:12	Boys A/B	K1	500	H1
118	09:16	Boys A/B	K1	500	H2
119	09:28	Girls U18	K1	1000	H1
120	09:32	Girls U18	K1	1000	H2
121	09:36	Women Senior/U23	K1	1000	H1
122	09:40	Women Senior/U23	K1	1000	H2
123	09:44	Women Senior/U23	K1	1000	H3
124	09:48	Girls A/B + Canoe Women/Girls A/B	C1	1000	F
125	09:52	Women A-D	K2	1000	F
126	10:04	Boys U18	K1	500	F1
127	10:08	Boys U18	K1	500	F2
128	10:16	Men Senior/U23	K1	500	F1
129	10:20	Men Senior/U23	K1	500	F2
130	10:24	Boys A/B	K1	500	F
131	10:28	Men A-D	K4	500	F
132	10:32	Paddle-Ability (Sun) R2	K1	500	F

133	10:48	Boys D	K1	200	H1
134	10:52	Boys D	K1	200	H2
135	10:56	Boys D	K1	200	H3
136	11:00	Boys D	K1	200	H4
137	11:04	Boys C	K1	200	H1
138	11:08	Boys C	K1	200	H2
139	11:16	Girls D	K1	200	H1
140	11:20	Girls D	K1	200	H2
141	11:24	Girls D	K1	200	H3
142	11:28	Mini Sprint A	K4	200	F
143	11:40	Girls U18	K1	1000	F
144	11:44	Women Senior/U23	K1	1000	F1
145	11:48	Women Senior/U23	K1	1000	F2
146	11:52	Girls A-C	K2	1000	F
147	11:56	Women B/C	K1	1000	F
148	12:08	Men D	K1	200	F
149	12:12	Boys D	K1	200	F1
150	12:16	Boys D	K1	200	F2
151	12:20	Boys C	K1	200	F
152	12:24	Girls D	K1	200	F1
153	12:28	Girls D	K1	200	F2
154	12:44	Men A-C	K1	5000	F
155	13:12	Women D	K1	200	F
156	13:16	Boys D	K4	200	F
157	13:20	Boys C	K4	200	F
158	13:24	Para Men VL1-3 R1	C1	200	F
159	13:28	Para Women VL3 R1	C1	200	F
160	13:32	Girls C	K1	200	F
161	13:40	Women A-C	K1	5000	F
162	13:44	Canoe Women/Girls A-C	C1	5000	F
163	14:16	Boys D	K2	200	H1
164	14:20	Boys D	K2	200	H2
165	14:24	Girls D	K4	200	F
166	14:32	Boys A-C	K1	5000	F
167	15:04	Girls A-C	K1	5000	F
168	15:36	Mini Sprint A/B	K2	200	F
169	15:40	Boys D	K2	200	F
170	15:44	Para Men VL1-3 R2	C1	200	F
171	15:48	Para Women VL3 R2	C1	200	F
172	15:52	Girls D	K2	200	F

Social media

Why not subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we'll be sharing sprint-related photos and videos going forward.

Please use the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

Hashtags #nottsregatta #canoesprintlegends