

PADDLE-ABILITY

Paddle-Ability Time bands for Kayak 200 metres 2026

Time band	Men	Junior Men	Women	Junior Women
A	:51*	:58*	:56*	1:03*
B	:59	1:06	1:04	1:11
C	1:07	1:14	1:12	1:19
D	1:17	1:24	1:22	1:29
E	1:27	1:34	1:32	1:39
F	1:39	1:46	1:44	1:51
G	1:51	1:58	1:56	2:03
H	2:05	2:12	2:10	2:17
I	2:19	2:26	2:24	2:31
J	2:35	2:42	2:40	2:47
K	2:51	2:58	2:56	3:03

* = This is the time standard for any competitors in Paddle-Ability to cross over into main British National 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 British National Regattas must have posted a 200m time of **2 minutes 30 sec or less**