

## PADDLE-ABILITY

### Paddle-Ability Time bands for Kayak 500 metres 2026

Time band	Men	Junior Men	Women	Junior Women
A	2:26*	2:46*	2:40*	3:00*
B	2:41	3:01	2:55	3:15
C	3:01	3:21	3:15	3:35
D	3:26	3:46	3:40	4:00
E	3:56	4:16	4:10	4:30
F	4:26	4:46	4:40	5:00
G	4:56	5:16	5:10	5:30
I	5:26	5:46	5:40	6:00
J	5:56	6:10	6:10	6:30

\*= 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 British National Regatta the following are the Time Standards for Band C.

To compete in the main National 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 the main National 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 a British National Regattas must have posted a 500m time of **4 minutes or less**.