

# NATIONAL RACING STANDARDS AND COACHING

## STANDARDS FOR RACING

K1/C1 times on a fast course

MARATHON		HC	1000m	500m	SPRINT	
<b>Div 1</b>			0	3.30	<World Champion K1 Mens A Kayak	
	1.033		1	3.34		
			2	3.38		
			3	3.42		
<b>Men</b>	1.067	P	4	3.46	1.42	
					1.44	1.46
<b>Div 2</b>	1.083	D	5	3.50	World Champ. C1 & WK1 Mens B Kayak Boys A Kayak Women's A Kayak Canoe A: Masters Men's A Kayak	
	1.117		6	3.54		1.48
			7	3.58		1.50
			8	4.02		1.52
<b>Boys</b>	1.150	P	9	4.06	1.54	
					1.56	
<b>Div 3</b>	1.167	D	10	4.10	Men's C Kayak Boys B Kayak Women's B Kayak Girls A Kayak Canoe B: Senior/Junior Masters Men's B Kayak	
	1.200		11	4.14		1.58
			12	4.18		2.00
			13	4.22		2.02
<b>Women</b>	1.233	P	14	4.26	2.04	
					2.06	
<b>Div 4</b>	1.250	D	15	4.30	Men's D Kayak Boys C Kayak Women's C Kayak inc Masters Women's A Girls B Kayak Canoe C: Senior/Junior Masters Men's C Kayak	
	1.283		16	4.34		2.08
			17	4.38		2.10
			18	4.42		2.12
<b>Girls</b>	1.317	P	19	4.46	2.14	
					2.16	
<b>Div 5</b>	1.333	D	20	4.50	Boys D Kayak Girls C Kayak Women's D Kayak inc Masters Women's B Masters Men's D Kayak Canoe D: Senior/Junior	
	1.367		21	4.54		2.18
			22	4.58		2.20
			23	5.02		2.22
	1.400	P	24	5.06	2.24	
					2.26	
<b>Div 6</b>	1.417	D	25	5.10	Girls D Kayak	
	1.450		26	5.14		2.28
			27	5.18		2.30
			28	5.22		2.32
	1.483	P	29	5.26	2.34	
					2.36	
<b>Div 7</b>	1.500	D	30	5.30		
	1.533		31	5.34		2.38
			32	5.38		2.40
			33	5.42		2.42
	1.567	P	34	5.46	2.44	
					2.46	
<b>Div 8</b>	1.583	D	35	5.50		
	1.617		36	5.54		2.48
			37	5.58		2.50
			38	6.02		2.52
	1.650	P	39	6.06	2.54	
					2.56	
	1.667	D				
				Minimum 3.45	Mini Sprint A: K1 Lightning Boys/Girls	
				Minimum 4.15	Mini Sprint B: K1 Lightning Boys/Girls	

P (Promotions) / D (Demotions) are possible on 1000m and/or 500m and marathon results. The H.C. is the number of seconds longer that it takes to paddle the distance a zero paddler covers in one minute.

Placid Water Racing Tests show recommended starting standards.