

# Canoe Sprint U23 Selection Policy 2024

## **Introduction:**

For athletes in this development bracket some careful planning and prioritisation is encouraged. The individual selection points for events across the season, allows athletes to gain valuable race experience and to create more opportunities for more athletes to experience international competition. Whilst there are many options and paths to take, the IP would like to encourage athletes and coaches to prioritise the U23 World & European Championships as it is believed that these events provide the most appropriate opportunities to continue developing the skills required to excel in competition. In addition to these Championships, there are also opportunities for representation at Senior competitions (World Cups, European Championships, World Championships). Athletes wishing to represent at these events are advised to consider the requirements of selection and attendance to each event and discuss their priorities with their coaches. Athletes need to make sure that they do everything they can to keep injury and illness free and race at the relevant selection events.

**All athletes wishing to be considered for Senior & U23 Team selection during 2024 should complete the online registration document by 6<sup>th</sup> March 2024 [here](#) or link:**

**[https://britishcanoeing.formstack.com/forms/pre\\_registration\\_form](https://britishcanoeing.formstack.com/forms/pre_registration_form)**

**Athletes wishing to contact the IP in relation to the relevant provisions in this policy should do so via email to [enquiries.internationalpanel@britishcanoeing.org.uk](mailto:enquiries.internationalpanel@britishcanoeing.org.uk)**

## **SECTION A: PURPOSE AND PRINCIPLES**

### **1. Purpose**

The purpose of the Canoe Sprint selection policy is to clearly outline the processes which will lead to the selection of the GBR U23 Canoe Sprint Teams for all 2024 international events named within this policy. It also aims to support the longer-term goals of the sprint strategy to 2028 and 2032.

### **2. Principles**

- 2.1. The primary focus of National Team Selection will be to optimise performance in targeted Olympic events.
- 2.2. The Selection Policy seeks to select the best athletes in a transparent way that prioritises optimal preparation time for achievement of international success.
- 2.3. Selection will be based on results in selection races and subject to an assessment of performance standards. All eligible athletes will be considered equally for selection against the stated selection criteria regardless of club, training location, age, Home Nation and programme status.
- 2.4. The Selection Policy provides opportunities to use unfilled event places for development opportunities.
- 2.5. Selections will be made in alignment to, and in support of, the Canoe Sprint Performance Strategy.

## **SECTION B. ELIGIBILITY AND PERFORMANCE STANDARDS**

### **3. Eligibility**

- 3.1. To be eligible to be selected to any 2024 GBR Team, athletes/crews must meet the following conditions (full detail can be found in British Canoeing's [Eligibility Policy](#)):
  - 3.1.1. Meet age and nationality criteria for international competitions as outlined below
  - 3.1.2. Be a full member of British Canoeing or Home Nation Association that enables participation in competition
  - 3.1.3. Athletes on a funded programme need to have signed their Programme Athlete Agreement. Athletes outside Programme funding will also be expected to sign up to the British Canoeing Great Britain Team participation agreement on accepting selection at least two weeks before travelling to the first competition and settle any outstanding payments prior to travel.
- 3.2. Where athletes compete in more than one eligible selection event, the policy will be applied in isolation for each specific event.
- 3.3. British Canoeing reserves the right to deselect an athlete who has been found guilty of a disciplinary offence under British Canoeing/ICF rules. This includes doping offences.

#### 4. International Eligibility

4.1. Selection will be subject to eligibility in accordance with competition rules laid down by the International Canoe Federation (ICF) and the European Canoe Association (ECA).

4.1.1. The first year a junior or U23 athlete can compete at World and European Senior/U23/Junior Championships is the year of their 15<sup>th</sup> birthday.

4.1.2. The last year an U23 may compete in the Under 23 category is the year of their 23<sup>rd</sup> birthday.

#### 5. Performance Standards

The International Panel (IP), will apply a performance standard for all selections under this policy to ensure athletes/crews are of the appropriate level for the competition they are being considered for. The detail of the application of performance standards can be found in Appendix 1. The IP reserve the right to not apply a performance standard either at all or as prescribed in Appendix 1, where circumstances arise which in the IP's reasonable opinion would make the application of the performance standard at Appendix 1 unsuitable.

### SECTION C: GREAT BRITAIN SPRINT U23 TEAM SELECTION 2024

#### 6. U23 Team Selection Overview

6.1 Selection for the European Championships will be based upon performance at the selection Regatta on 13<sup>th</sup>/14<sup>th</sup>/(15<sup>th</sup>) April at Holme Pierrepont.

6.2 Selection for the World Championships will be based upon performance at the selection Regatta on 8<sup>th</sup>/9<sup>th</sup> June at Holme Pierrepont.

6.3 Team Selection for all events will be based on performances in the identified selection regattas.

#### 7. 2024 U23 Sprint International Competitions and Selection Announcements

Announcements by the IP of selections made at identified selection regattas will be as per Table 1:

TABLE 1

Event Type	Competition/Regatta	Venue	Date	
Selection	U23 European Championship Team Selection	Holme Pierrepont, GBR	13 <sup>th</sup> /14 <sup>th</sup> /(15 <sup>th</sup> ) April	On <a href="http://www.britishcanoeing.org.uk">www.britishcanoeing.org.uk</a> by 5pm on Friday 19th April
Selection	U23 World Championship Team Selection	Holme Pierrepont, GBR	8th-9th June	On <a href="http://www.britishcanoeing.org.uk">www.britishcanoeing.org.uk</a> by 5pm on Friday 14th June
International	U23 European Championships	Bratislava, SVK	27-30 June	N/A
International	U23 World Championships	Plovdiv, Bulgaria	17-21 July	N/A

#### U23 EUROPEAN CHAMPIONSHIPS SELECTION

#### 8. European Pool Events

8.1 In addition to being an entry point to the pool, the highest ranked boat in the events listed in Table 2 will have first refusal to be selected to their respective event at the 2024 European U23 Championships, subject to meeting the performance standard in section 5.

Table 2			
Men's Kayak	Women's Kayak	Men's Canoe	Women's Canoe
K1 500m	K1 500m	C1 200m	C1 200m
K1 1000m	K1 1000m	C1 1000m	C1 500m
K1 200m	K1 200m	C2 500m	C2 500m
K2 500m	K2 500m	C2 1000m	C2 200m
K2 1000m			

8.2 Subject to the assessment of performance standards, athletes will be selected to the 2024 European Championship pool by achieving a race position at the selection regatta on April 13th/14th in line with tables 3 & 4. All athletes selected to the pool will be invited to crew boat training days to determine the composition of the Men's and Women's K4.

8.3 All kayak events listed in Tables 3 & 4 are eligible to be used as part of the European Championship Pool. Canoe events selection will be made as described in 8.1.

Table 3			
Men's Kayak Pool - Up to 11 places			
Event	How?	Total No to Pool	Notes
K1 500m	Highest rank boat gains automatic entry to the Pool	Up to 1	The remaining places in the pool will be made from the events listed. Boats must be within 104% of winning boat and will be ranked in order of their percentage to the winner to determine the remaining pool places. In the case of remaining pool places, boats within 106% may be considered at the discretion of the IP.
K1 1000m	Highest rank boat gains automatic entry to the Pool	Up to 1	
K1 200m	Highest rank boat gains automatic entry to the Pool	Up to 1	
K2 500m	Highest rank boat gains automatic entry to the Pool	Up to 2	
K2 1000m	Highest rank boat gains automatic entry to the Pool	Up to 2	

Table 4			
Women's Kayak Pool - Up to 9 places			
Event	How?	Total No to Pool	Notes
K1 500m	Highest rank boat gains automatic entry to the Pool	Up to 1	The remaining places in the pool will be made from the events listed. Boats must be within 104% of winning boat and will be ranked in order of their percentage to the winner to determine the remaining pool places. In the case of remaining pool places, boats within 106% may be considered at the discretion of the IP.
K1 1000m	Highest rank boat gains automatic entry to the Pool	Up to 1	
K1 200m	Highest rank boat gains automatic entry to the Pool	Up to 1	
K2 500m	Highest rank boat gains automatic entry to the Pool	Up to 2	

## U23 WORLD CHAMPIONSHIPS SELECTION

### 9. Qualification Criteria

9.1 Where athletes have been selected for multiple events, they and/or their coach will be asked to confirm which events they would like to be considered for and a prioritisation of these events prior to the relevant IP meeting. In this situation, an athlete or boat will be guaranteed selection in their first priority boat only. If an athlete wishes to be considered for multiple events the IP will at its sole discretion make a decision on which event(s) the athlete is selected for.

9.2 Subject to point 9.1 and assessment of performance standard, the highest ranked available boat in the events in Table 5 at the June 8th/9th regatta will be selected to the World Championship team.

9.3 Selection to the following events will be determined by the IP once further details have been confirmed by the organisers; Men's K1 5K relay, Women's K1 5K relay, Men's C1 5K relay, Women's C1 5K relay.

TABLE 5

Men's Kayak	Women's Kayak	Men's Canoe	Women's Canoe	Mixed Events
K1 500m	K1 200m	C1 500m	C1 200m	K2 500m
K2 500m	K1 500m	C2 500m	C1 500m	C2 500m
K4 500m	K2 500m	C4 500m	C2 500m	
K1 1000m	K4 500m	C1 1000m	C4 500m	
K2 1000m	K1 1000m	C2 1000m	C1 1000m	

Events lists subject to confirmation by ICF. Up to two athletes finishing within 102% of a winning selected athlete will be named as a reserve for the U23 World Championships.

## SECTION D: GENERAL PROVISIONS, CONTINGENCY AND EXCEPTIONAL CIRCUMSTANCES

### 10. General Provisions – U23 World Championships & European Championships

10.1. The IP reserves the right not to nominate, or to de-select for the World and/or European Championships or any international event, any athlete or reserve on the following grounds:

10.1.1. Medical grounds – i.e. when an injury/illness may, in the reasonable opinion of the IP and a suitable medical professional, inhibit the achievement of appropriate performance and/ or mean the athlete cannot reasonably be considered fit to travel; or

10.1.2. Suitability as a team member, where for example (but not limited to) an athlete's behaviour or attitude leads the IP to determine in its opinion that the selection of such athlete would be inappropriate; or

10.1.3. Poor form – i.e. when an athlete's form in events and/or training has decreased to such a level that, in the opinion of the IP, they would no longer be able to achieve the required level of performance to be competitive at the applicable competition(s).

10.2. Any decisions taken in accordance with 10.1 will only be made following consultation with the athlete, appropriate BC coaches and/or medical reports and in the case of 10.1.3 include reference to applicable performance standards.

10.3. Following the selection of a crew boat to the U23 World and/or European Championships, the Senior Podium Coach must propose any changes to the composition of the crew due to injury, illness, poor performance or other circumstance to the IP who will consider the circumstances and determine an appropriate process to follow.

10.4. The Senior Podium Coach has discretion to use events within the U23 World & European Championship programme that are unfilled for further start line opportunities that do not otherwise compromise performance. This must be communicated to the Chair of the IP in advance of the relevant competition commencing.

10.5. Up to two non-travelling reserves may be named in each event based solely on position in the identified selection race where performance standards have been achieved. In order of selection, named reserves will only travel in the event of injury or illness to a selected athlete/crew or where a place(s) is declined. In the event of a team place becoming available either within 2 days of the team travelling to a camp or competition or after the team have arrived at a camp or competition, then the Performance Director at their absolute discretion may nominate a replacement but the decision will be final.

## 11. Contingency

- 11.1. The IP retains the right to implement contingency measures where circumstances arise that prevent full, fair and competitive racing and adapt racing to ensure as fair a selection process as possible. This may include circumstances such as weather conditions and covid-19 implications.
- 11.2. The IP will monitor weather conditions ahead of a selection race, during the race and has a process for communication of real-time information.
- 11.3. If weather conditions or other significant issues arise making it inappropriate or impossible to conduct a selection race during or, in advance of competition, the IP may declare that a race(s) will not be used for selection and invoke one or more of the following non-exclusive alternatives:
- 11.3.1. Rescheduling of any affected selection race(s) to early morning/ evening racing within the same regatta (if scheduling and weather conditions permit).
  - 11.3.2. Rescheduling of any affected selection races to an alternative competition (if appropriate)
  - 11.3.3. Rescheduling to a reserve date if available and appropriate.
  - 11.3.4. Amending lane draw for direct comparability of performances
- 11.4. Any decision made under these provisions of the policy will be made by a minimum of two IP Members and where possible, in consultation with the chief official.
- 11.5. All IP announcements relevant to contingencies will be posted on [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk). During competitions, important information will be posted at race control on the live results messaging, on the British Canoeing social media or messaging App.

## 12. Exceptional circumstances

- 12.1. Should an athlete miss a Selection event due to illness or injury during, or prior to, elements of the 2024 selection process; or have any other exceptional circumstances, the IP reserves the right to provide an opportunity for such a boat to be eligible for selection. For the purposes of this clause, exceptional circumstances are unplanned, unexpected, unavoidable and unforeseen.
- 12.2. Where an athlete wishes to invoke this clause, exceptional circumstances requests should be directed to the IP prior to the commencement of the selection competition via email at [enquiries.internationalpanel@britishcanoeing.org.uk](mailto:enquiries.internationalpanel@britishcanoeing.org.uk) and should provide:
- 12.2.1. Certificated evidence of illness or injury, or other significant exceptional circumstance.
  - 12.2.2. Any evidence the athlete wishes the IP to consider which demonstrates in both training and racing, a superior performance level than other selected athletes.
- 12.3. To be considered for an exceptional circumstances, an athlete must be able to demonstrate the following performance level:
- 12.3.1. For U23 Teams, the athlete should have previously made a minimum of an A final result at the Senior and/or U23 World or Senior And/or U23 European Championship or world cup in the previous 24 months in that event or can demonstrate the equivalent level such as in the case of a crew boat.
- 12.4. When considering whether an athlete meets the criteria outlined above, the IP will consider the following:
- 12.4.1. The athlete's training and racing profile (from GBR performance analysis data);
  - 12.4.2. ICF World Ranking, Performance at Olympic, Senior & U23 World Championship, Senior & U23 European Championship and/or World Cup races within the previous 24 months.
- 12.5. Where the IP accepts an exceptional circumstance request following the process detailed above, the IP reserves the right to:
- 12.5.1. Identify a single race opportunity whereby the lowest ranked boat that has been selected and the identified athlete(s) would compete for a GBR Team place. If this situation arises more detail would be provided following the IP meeting immediately after the appropriate Selection race series.

12.5.2. Where no athlete has been selected for the relevant event under this policy, accept the exceptional circumstances and select the athlete;

12.5.3. Substitute the selection of the athlete under this policy with the selection of the athlete making the exceptional circumstances request

12.6. All decisions under this Clause that relate to injury, illness (including Covid-19) or medical conditions will be determined by the IP members. When assessing if an athlete is fit to race, the decision of the IP is final.

12.7. The IP has the sole discretion to invoke the provisions in this clause and any decision is final and not subject to appeal.

## SECTION E: GENERAL INFORMATION

### 13. Responsibility

The Canoe Sprint IP, which is appointed by and reports to the Board of British Canoeing, is responsible for all aspects of developing, approving and managing the implementation of the Canoe Sprint selection policies. The Terms of Reference can be found [here](#).

### 14. Conflicts of Interest

Any member of the IP shall declare any conflicts or potential conflicts of interest and shall refrain from participation in the discussion of and any vote in respect of any selection matter in which they have a material conflict of interest. If a person has any queries in this area, they should consult the British Canoeing Director of Governance.

### 15. Policy Changes

15.1. The selection policy may be amended at any time by British Canoeing for one or more of the following circumstances:

15.1.1. Any changes in rules governing a particular event;

15.1.2. Any change in ICF eligibility, rules or programme of events;

15.1.3. To give effect to the selection process in case of a drafting error or oversight

15.1.4. To clarify any ambiguity to the intended meaning of the selection policy

15.1.5. Any other reason determined by British Canoeing at its total discretion that is in the best interest of British Canoeing and in line with the principles outlined for selection

15.1.6. Circumstances arising from Covid-19

15.2. Any changes will be communicated on [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk)

### 16. Appeals Procedure

16.1. Certain decisions made throughout this Policy are not subject to appeal and where this is the case, specific reference will be made to the decision being final. For other selection decisions made under this Policy, the British Canoeing Appeals process applies and this procedure can be found [here](#).

16.2. UK Sport funded World Class Programme athletes who require support and advice can contact the BEAA at [support@britishathletes.org](mailto:support@britishathletes.org). Any athletes who have questions regarding the selection decision may contact the International Panel [enquiries.internationalpanel@britishcanoeing.org.uk](mailto:enquiries.internationalpanel@britishcanoeing.org.uk).

Any athletes who have questions regarding the appeals process may contact [appeals@britishcanoeing.org.uk](mailto:appeals@britishcanoeing.org.uk)

### 17. Data Protection

17.1. British Canoeing is a privacy conscious organisation and is strongly committed to an individual's right to privacy. All data gathered during the selection process will only be utilised for the purposes of an athlete's participation in a GBR Canoe Sprint Team. This may include administering their event/race entry and certain information may be published as part of the results and rankings of the event/race.

17.2. Any personal data will be processed and stored in compliance with the British Canoeing Data Protection Policy and in accordance with all applicable Data Protection laws in effect at the time of publication of this Selection Policy, including but not limited to, the Data Protection Act 2018 and UK GDPR.

17.3. Further information on British Canoeing's approach to privacy and data protection, including British Canoeing's privacy notices, policies and contact details, can be located in their Privacy Centre (<https://www.britishcanoeing.org.uk/about/privacy-centre>). Should an athlete wish any data British Canoeing hold relating to them to be deleted at any point; they should contact British Canoeing at [GDPR@britishcanoeing.org.uk](mailto:GDPR@britishcanoeing.org.uk).

#### **18. Policies**

This Selection Policy operates in conjunction with all relevant British Canoeing policies including but not limited to, Equality, Anti-Doping Policy, Pregnancy, Safeguarding, Anti-Bullying Policy, Covid Vaccination Policy and Anti-Bribery Policy.

#### **19. Communications**

British Canoeing is committed to providing open and informative communication in relation to selection. All athletes will receive formal confirmation of the selection and for those athletes who wish to discuss the outcome of decision made by the IP, the Chair of the IP will be available to speak informally to athletes and in the case of minors, parents.

#### **20. Force Majeure**

"Force Majeure" means any act, event, omission, cause or circumstance not within the reasonable control of British Canoeing or the race organisers, including but not limited to any strike, lockout or other industrial action, any civil commotion or disorder, riot, invasion, war or terrorist activity or threat of war or terrorist activity, any action taken by a governmental or public authority of any kind (including, without limitation, not granting a consent, exemption, approval or clearance), any fire, explosion, storm, flood, earthquake, subsidence, epidemic or other natural physical disaster. In the event of such Force Majeure affecting the application of the policy, the IP shall have the sole discretion, in consultation with the British Canoeing Director of Governance, to make a decision in line with the principles, strategy and mission of this selection policy.

**-End of Policy-**



**Appendix 1 – Performance Standard Data 2024 – International Panel Selection Guidance.**

As per section 5, Performance Standards will be applied to all performances considered under the selection policy. This is to ensure a level of consistency to selections across classes and that all athletes are selected for the appropriate level of competition.

The process for how performance standards will be applied:

1. The IP agrees the standard of team as expressed as a minimum performance level. E.g., Ability to achieve a B final or better.
2. The IP collects all times from the relevant selection regatta and collates the % difference to World Leading Time for each event.
3. The IP collects weather information from the relevant selection regatta through the event.
4. The IP then uses available information to agree where the % of WLT will be set for that selection event, taking into account the above points.
5. The IP may adjust the standard applied to selections to reflect changing conditions during the regatta and the performance impact of conditions on different events.
6. The IP may adjust the standard applied for a particular event to reflect the most recent knowledge of performances within that event.

Whilst this process relies on objective data it is acknowledged that these decisions are ultimately subjective in nature.

The objective data used as guidance in decision making for the IP is shown in Table A and Table B below.

Table A shows the Senior, U23 and Junior WLTs and the % difference between the Senior WLT and U23 and Junior WLTs. A comparison of the % differences can be used as part of the process to understand the performance standards.

**Table A:**

*\*The WLT is the average of the 40 best times recorded at international level competitions.*

Event	Senior WLT*	U23 WLT*	U23 % of Senior WLT	Junior WLT*	Junior % of Senior WLT
K1W 200m	00:38.93	00:40.41	103.6	00:41.44	106.1
K2W 200m	00:36.47	00:41.74	112.6	00:42.88	114.9
K1W 500m	01:47.63	01:50.90	102.9	01:53.60	105.3
K2W 500m	01:37.65	01:42.60	104.8	01:44.40	106.5
K4W 500m	01:30.12	01:33.91	104.0	01:36.40	106.5
K1W 1000m	03:53.54	03:58.60	102.1	04:00.90	103.1
K1M 200m	00:34.01	00:34.70	102	00:35.86	105.2
K2M 200m	00:31.00	00:32.15	103.6	00:33.24	107.0
K1M 500m	01:35.96	01:38.50	102.6	01:40.03	104.1
K2M 500m	01:27.64	01:30.55	103.2	01:32.53	105.3
K4M 500m	01:18.57	01:20.66	102.6	01:23.39	105.8
K1M 1000m	03:24.00	03:29.86	102.6	03:34.10	104.5
K2M 1000m	03:07.90	03:12.83	102.6	03:16.96	104.6
C1W 200m	00:45.35	00:47.29	104.1	00:48.79	107.1
C2W 200m	00:43.55	00:45.25	103.8	00:45.99	105.3
C1W 500m	02:05.99	02:10.63	103.6	02:12.24	104.7
C2W 500m	01:55.42	01:59.67	103.6	02:02.69	105.9
C1M 500m	01:46.75	01:50.66	103.5	01:53.30	105.8
C2M 500m	01:38.37	01:41.34	102.9	01:44.64	106.0
C1M 1000m	03:46.21	03:53.81	103.3	03:56.27	104.3
C2M 1000m	03:27.33	03:34.59	103.4	03:39.29	105.5



Table B shows reference selection ranges for senior, U23 and juniors that will be used as a starting point to agree the performance standard of the relevant team being selected. HPP course record times are also shown as an additional reference for the determination of appropriate performance standards.

**Table B:**

Event	Senior WLT Time	WLT Time (in seconds)	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%	11%	12%	
			Senior Championships A and B final standard- Good Conditions* in HPP, Nottingham												
						U23 Championships A and B final standard- Good Conditions* in HPP, Nottingham									
									Junior Championships A and B final standard- Good Conditions* in HPP, Nottingham						
K1W 200m	00:38.93	38.93	39.32	39.71	40.10	40.49	40.88	41.27	41.66	42.04	42.43	42.82	43.21	43.60	
K2W 200m	00:36.47	36.47	36.84	37.20	37.57	37.93	38.29	38.66	39.02	39.39	39.75	40.12	40.48	40.85	
K1W 500m	01:47.63	107.63	108.71	109.78	110.86	111.94	113.01	114.09	115.16	116.24	117.32	118.39	119.47	120.55	
K2W 500m	01:37.65	97.65	98.63	99.60	100.58	101.56	102.53	103.51	104.49	105.46	106.44	107.42	108.39	109.37	
K4W 500m	01:30.12	90.12	91.02	91.92	92.82	93.72	94.63	95.53	96.43	97.33	98.23	99.13	100.03	100.93	
K1W 1000m	03:53.54	233.54	235.88	238.21	240.55	242.88	245.22	247.55	249.89	252.22	254.56	256.89	259.23	261.56	
K1M 200m	00:34.01	34.01	34.35	34.69	35.03	35.37	35.71	36.05	36.39	36.73	37.07	37.41	37.75	38.09	
K2M 200m	00:31.00	31.00	31.31	31.62	31.93	32.24	32.55	32.86	33.17	33.48	33.79	34.10	34.41	34.72	
K1M 500m	01:35.96	95.96	96.92	97.88	98.84	99.80	100.76	101.72	102.68	103.64	104.60	105.56	106.52	107.48	
K2M 500m	01:27.64	87.70	88.58	89.45	90.33	91.21	92.09	92.96	93.84	94.72	95.59	96.47	97.35	98.22	
K4M 500m	01:18.57	78.57	79.36	80.14	80.93	81.71	82.50	83.28	84.07	84.86	85.64	86.43	87.21	88.00	
K1M 1000m	03:24.37	204.37	206.41	208.46	210.50	212.54	214.59	216.63	218.68	220.72	222.76	224.81	226.85	228.89	
K2M 1000m	03:07.90	187.90	189.78	191.66	193.54	195.42	197.30	199.17	201.05	202.93	204.81	206.69	208.57	210.45	
C1M 500m	01:46.75	106.75	107.82	108.89	109.95	111.02	112.09	113.16	114.22	115.29	116.36	117.43	118.49	119.56	
C2M 500m	01:38.37	98.37	99.35	100.34	101.32	102.30	103.29	104.27	105.26	106.24	107.22	108.21	109.19	110.17	
C1M 1000m	03:46.21	226.21	228.47	230.73	233.00	235.26	237.52	239.78	242.04	244.31	246.57	248.83	251.09	253.36	
C2M 1000m	03:27.33	207.33	209.40	211.48	213.55	215.62	217.70	219.77	221.84	223.92	225.99	228.06	230.14	232.21	
C1W 200m	00:45.35	45.35	45.80	46.26	46.71	47.16	47.62	48.07	48.52	48.98	49.43	49.89	50.34	50.79	
C2W 200m	00:43.55	43.55	43.99	44.42	44.86	45.29	45.73	46.16	46.60	47.03	47.47	47.91	48.34	48.78	
C1W 500m	02:05.99	125.99	127.25	128.51	129.77	131.03	132.29	133.55	134.81	136.07	137.33	138.59	139.85	141.11	
C2W 500m	01:55.42	115.42	116.57	117.73	118.88	120.04	121.19	122.35	123.50	124.65	125.81	126.96	128.12	129.27	

	Senior Course Records at HPP, Nottingham
	Junior Course Records at HPP, Nottingham. Note: Where course records are not noted they are outside of 112% of WLT.
	*Good Conditions are defined as a tail wind of between 1-2.5m/s, water temperature of 18°C.