

Canoe Sprint Junior Selection Policy 2025

All athletes wishing to be considered for Junior Team selection during 2025 should complete the online registration document by Sunday 16th March 2025 [here](#) or link:

Athletes wishing to contact the IP in relation to the relevant provisions in this policy should do so via email to enquiries.internationalpanel@paddleuk.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 Junior Canoe Sprint Teams for all 2025 international events named within this policy. It also aims to support the longer-term goals of the sprint strategy to 2028.

2. Principles

- 2.1. The primary focus is to create a stable selection policy which, where possible, will aim to provide similar dates and mechanisms of selections each year to enable coaches and athletes to have more clarity over selection and plan throughout the cycle, rather than responding to changes year on year.
- 2.2. The Selection Policy seeks to provide a progressive competition pathway for junior athletes to gain international experience, provide learning opportunities and to deliver performances in a staged approach.
- 2.3. The Selection Policy seeks to select the best athletes/crews in a transparent way that prioritises crew boat selection by selecting individual boats separately and therefore creating a more stable pool of athletes eligible for crew boat formation. Entry into pools will be via a transparent process.
- 2.4. Selection will be based on results in identified selection races and subject to, an assessment of performance standards and 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.
- 2.5. Selections will be made in alignment to, and in support of, targeted events and boat priorities identified by the IP's Competition Strategy outlined in **Appendix A**.

SECTION B. ELIGIBILITY AND PERFORMANCE STANDARDS

3. Eligibility

- 3.1. To be eligible to be selected to any 2025 GBR Team, athletes/crews must meet the following conditions (full detail can be found in Paddle UK'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 Paddle UK 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 Paddle UK Great Britain Team participation agreement on accepting selection at least two weeks before travelling to the first competition as well as settling 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. Paddle UK reserves the right to deselect an athlete who has been found guilty of a disciplinary offence under Paddle UK/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).
- 4.2. The first year an athlete can compete at World and European Senior/U23/Junior Championships is the year of their 15th birthday.
- 4.3. The last year an athlete can compete at World and European Junior Championships is the year of their 18th birthday.

SECTION C: GREAT BRITAIN SPRINT JUNIOR TEAM SELECTION 2025

5. Junior Team Selection Overview

- 5.1. Selection of Individual boats and selection to the crew boat 'pool' for the European and World Championships will be based upon performances at the selection Regatta on 12th/13th April at Holme Pierrepont.
- 5.2. Selection of Crew boats for the European and World Championships will be based upon performances at the selection Regatta on 31st May/1st June at Holme Pierrepont.
- 5.3. Selection for the Olympic Hopes Regatta will be based upon performance at the selection Regatta on the 12th/13th July at Holme Pierrepont. Note- All athletes who are selected for the Junior Europeans and/or Junior Worlds team who remain U18 for 2026 are automatically selected to the 2025 Olympic Hopes team.
- 5.4. Team selection for all events will be based on performances in the identified selection regattas.

6. 2025 Junior 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	Date of IP Announcement
Selection	K1/C1 Selection for Junior European & Junior World Champs. Junior European and Junior World Championship Crew Boat Process.	Holme Pierrepont	12 th /13 th April 2025	On www.paddleuk.org.uk by 5pm Friday 18 th April 2025
Nomination	Crew Boat combinations confirmed for June Selection Regatta	-	TBC	On www.paddleuk.org.uk by TBC
Selection	Crew Boat Selection for Junior European and World Championships	Holme Pierrepont	31st May -1st June 2025	On www.paddleuk.org.uk by 5pm Friday 6th June 2025
Selection	Selection to Olympic Hopes Pool	Holme Pierrepont	12 th /13 th July 2025	On www.paddleuk.org.uk by 5pm Friday 18 th July 2025
International	Junior European Championships	Pitesti, ROM	3rd- 6th July 2025	N/A
International	Junior World Championships	Montemor,POR	23rd-27th July '25	N/A
International	Olympic Hopes	TBC	TBC	N/A

7. 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 details of the application of performance standards can be found in **Appendix A**.

8. K1 & C1 Selection to Junior European and World Championships

- 8.1. Subject to 8.3 an assessment of performance standard, the highest ranked available athletes in the events in **Table 2** at the April 12th/13th regatta will be selected to the Junior European and World Championship team.
- 8.2. At the time of publication of the policy, the IP are aware of a number of possible changes related to the 2025 European Championships proposed for discussion at the ECA congress in March 2025. Following the ECA congress, the IP will provide any policy updates if they are required.
- 8.3. 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 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.
- 8.4. Entries for the mixed relay/5k relay (worlds only) will be nominated from the selected team in priority order of the longer distance.
- 8.5. In the unanticipated event of the inclusion of K1 5000m events, the International Panel will explore opportunities to identify an appropriate selection process that also reflects the format of the race to which the selection is for (e.g. with/without portages). A clarification will be made within 6 weeks of any selection race.

TABLE 2

Men		Women	
Kayak	Canoe	Kayak	Canoe
K1 200m*	C1 200m*	K1 200m	C1 200m
K1 500m	C1 500m	K1 500m	C1 500m
K1 1000m	C1 1000m	K1 1000m	C1 1000m
*only available for selection to the Junior European Championships			
Events list subject to confirmation by ECA/ICF. Reserves - Up to 2 Athletes finishing within the performance standard will be named as a reserve for the European and World Championships.			

9. **Crew Boat Selection to the Junior European and World Championships**

- 9.1. Subject to 9.2 and an assessment of performance standard, the highest ranked available boats in the events in **Table 3** at the June 31st May/1st June Regatta will be selected to the Junior European and World Championship team.
- 9.2. Where athletes/crews 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 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.

TABLE 3

Men		Women	
Kayak	Canoe	Kayak	Canoe
K2 500m	C2 500m	K2 500m	C2 500m
K2 1000m	C2 1000m	K4 500m	
K4 500m			
Events list subject to confirmation by ECA/ICF. Reserves - Up to 1 crew finishing within the performance standard will be named as a reserve for the European and World Championships.			

10. Olympic Hopes Selection

10.1 All athletes who are selected for the Junior Europeans and/or Junior World Championships team who remain U18 for the 2026 season are automatically selected to the 2025 Olympic Hopes Team. Note it is the athlete not the boat that is selected. Clarification of those selected under this clause will be published following the June regatta.

10.2 Following the application of 10.1, remaining places will be allocated as outlined in **Table 4 below**

Table 4	Boys Kayak Up to 4 U17 Up to 6 U16/15	Boys Canoe	Girls Kayak Up to 4 U17 Up to 6 U16/15	Girls Canoe
Entry Point 1	Winning K2 500m 1 x U16/15	Winning C2 500m 1 x U16/U15	Winning K2 500m 1 x U16/15	Winning C2 500m 1 x U16/U15
Entry Point 2	Winning K1 500m 1 x U16 Plus 1 x U15	Winning C1 1000m 1 x U16 Plus 1 x U15	Winning K1 500m 1 x U16 Plus 1 x U15	Winning C1 200m 1 x U16 Plus 1 x U15
Entry Point 3	Winning K1 1000m 1 x U16 Plus 1 x U15		Winning K1 200m 1 x U16 Plus 1 x U15	
Entry Point 4	Winning K1 500m 1 x U17	Winning C1 1000m 1 X U17	Winning K1 500m 1 x U17	Winning C1 200m 1 x U17
Entry Point 5	Winning K1 1000m 1 x U17		Winning K1 200m 1 x U17	
In the case that a winning K1/C1 has already been selected through either selection via Worlds or Euros or has already been selected through an entry point in the above table , the next fastest athlete/boat can be considered for selection at the discretion of the IP. This could include an athlete winning a race in an older age group. A Flowchart to assist the understanding of the Olympic Hopes Selection Process Can be Found Here				

11. General Provisions

- 11.1. The IP reserves the right not to nominate, or to de-select for any international event, any individual or crew athlete or reserve on the following grounds:
- 11.1.1. Medical grounds – i.e. when an injury/illness may, in the reasonable opinion of the IP, inhibit the achievement of appropriate performance and/ or mean the athlete cannot reasonably be considered fit to travel; or
 - 11.1.2. 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 reasonable opinion that the selection of such athlete would be inappropriate; or
 - 11.1.3. Poor form – i.e., when an athlete's form in events and/or training has decreased to such a level that, in the reasonable 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).
- 11.2. Any decisions taken in accordance with 11.1 will only be made following consultation with the athlete, appropriate Paddle UK coaches and/or medical reports and in the case of 11.1.3. include reference to applicable performance standards.
- 11.3. Following the selection of a crew boat to the World Cup or European Championships, the Paddle UK Performance Director or designated representative 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.
- 11.4. The Paddle UK Performance Director or designated representative has discretion to use events within any international event within this policy, 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 nominal entry deadline for the event.
- 11.5. A non-travelling reserve may be named in each individual 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 or where a place(s) is declined.
- 11.6. Selection is conditional upon selected athletes on a funded programme having signed their Programme Athlete Agreement and completed a full medical disclosure and the fit to travel process. Athletes outside Programme funding will also be expected to sign up to the Paddle UK Great Britain Team participation agreement on accepting selection at least two weeks before travelling to the first competition, completing the full medical disclosure and fitness to travel process and settle any outstanding payments prior to travel.

12. 2025-2026 Advanced Information

- 12.1. **2026 Selection Policies** - The IP will publish the 2026 Selection Policy by 31st December 2025.

SECTION D: CONTINGENCY AND EXCEPTIONAL CIRCUMSTANCES

13. Contingency

- 13.1. 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.
- 13.2. The IP will monitor weather conditions in advance of, and during a selection race, and has a process for communication of real-time information in this regard.
- 13.3. If weather conditions or other significant issues arise rendering 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:
- 13.3.1. Rescheduling of any affected selection race(s) to early morning/ evening racing within the same regatta (if scheduling and weather conditions permit).
 - 13.3.2. Rescheduling of any affected selection races to an alternative competition (if appropriate)
 - 13.3.3. Rescheduling to a reserve date if available and appropriate.
 - 13.3.4. Amending lane draw for direct comparability of performances
 - 13.3.5. Seeding into a straight final to create flexibility to target better conditions.
 - 13.3.6. The IP reserves the right to put 2 or more athletes/crews in adjacent lanes to minimise differences caused by weather conditions.
 - 13.3.7. Using the results of a selection race to determine a top 3 who will then be invited to a race off in better conditions as determined by the IP.
- 13.4. 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.

13.5. All IP announcements relevant to contingencies will be posted on www.paddleuk.org.uk. During competitions, important information will be posted at race control on the live results messaging, on the Paddle Uk social media or messaging App.

14. Exceptional circumstances

- 14.1. Should an athlete miss a Selection event due to illness or injury during, or prior to, elements of the 2025 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.
- 14.2. 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@paddleuk.org.uk and should provide:
- 14.2.1. Certificated evidence of illness or injury, or other significant exceptional circumstance.
- 14.2.2. Any evidence the athlete wishes the IP to consider which demonstrates in both training and racing, a superior performance level than other selected athletes.
- 14.3. To be considered for exceptional circumstances, an athlete must be able to demonstrate the following performance level:
- 14.3.1. Achieved the A final in an Olympic Event at the 2024 Junior World Championships. When considering whether an athlete meets the criteria outlined above, the IP will consider the following:
- 14.4. Where the IP accepts an exceptional circumstance request following the process detailed above, the IP reserves the right to:
- 14.4.1. 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.
- 14.4.2. Where no athlete has been selected for the relevant event under this policy, accept the exceptional circumstances and select the athlete;
- 14.4.3. Substitute the selection of the athlete under this policy with the selection of the athlete making the exceptional circumstances request
- 14.5. 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.
- 14.6. **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

15. Responsibility

The Canoe Sprint IP (IP), which is appointed by and reports to the Board of Paddle UK, 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](#).

16. 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 Paddle Uk Head of Governance.

17. Policy Changes

- 17.1. The selection policy may be amended at any time by Paddle UK for one or more of the following circumstances:
- 17.1.1. Any changes in rules governing a particular event;
- 17.1.2. Any change in ICF eligibility, rules or programme of events;
- 17.1.3. To give effect to the selection process in case of a drafting error or oversight
- 17.1.4. To clarify any ambiguity to the intended meaning of the selection policy
- 17.1.5. Any other reason determined by Paddle UK at its total discretion that is in the best interest of Paddle UK and in line with the principles outlined for selection
- 17.2. Any changes will be communicated on www.paddleuk.org.uk

18. Appeals Procedure

- 18.1. 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 Paddle UK appeals process applies and can be found [here](#).
- 18.2. UK Sport funded World Class Programme athletes who require support and advice can contact the BEAA at support@britishathletes.org. Any athletes who have questions regarding the selection decision may contact the International Panel enquiries.internationalpanel@paddleuk.org.uk. Any athletes who have questions regarding the appeals process may contact appeals@paddleuk.org.uk.

19. Data Protection

- 19.1. Paddle UK 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.
- 19.2. Any personal data will be processed and stored in compliance with the Paddle UK 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.
- 19.3. Further information on Paddle UK's approach to privacy and data protection, including Paddle UK's privacy notices, policies and contact details, can be located in their [Privacy Centre](#). Should an athlete wish any data Paddle UK hold relating to them to be deleted at any point; they should contact Paddle UK at GDPR@paddleuk.org.uk.

20. Policies

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

21. Communications

Paddle UK 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.

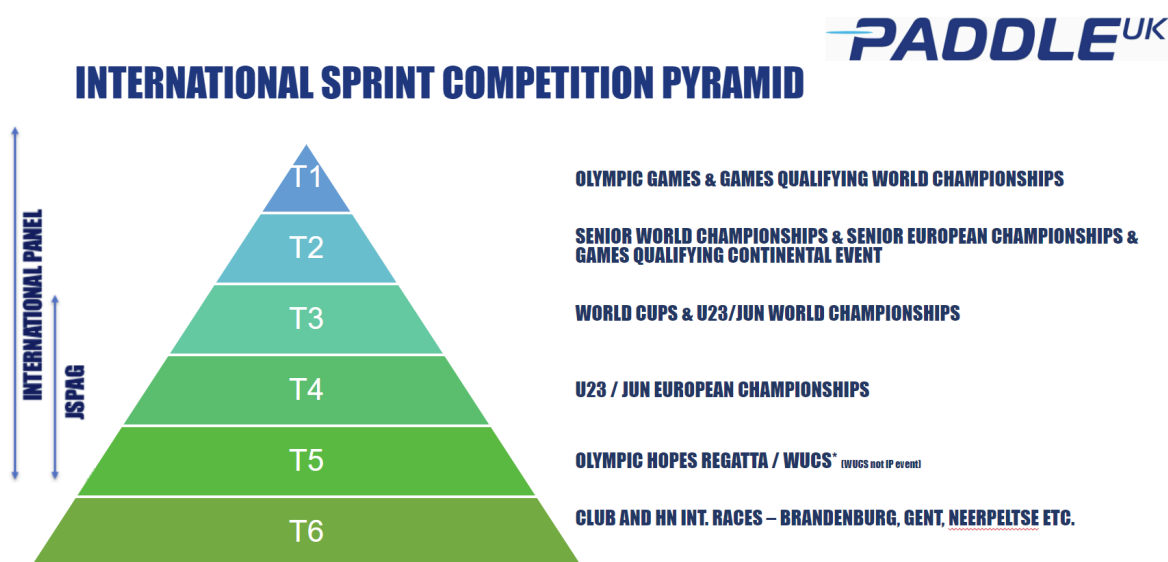
22. Force Majeure

"Force Majeure" means any act, event, omission, cause or circumstance not within the reasonable control of Paddle UK 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 Paddle UK Head of Governance, to make a decision in line with the principles, strategy and mission of this selection policy.

-End of Policy-

Appendix A – International Panel Strategy & Decision Making Process Guidance & Performance Standard Data 2025

The following document sets out further information on why the IP differentiates its selection on an event by basis. Selection policies are not formed in isolation and as such a function of the IP and its selection policies are to support the strategic aims of the sport set out in the Canoe Sprint Strategy 2022-2028. Of particular importance to the IP is that selection policies support the development of crew boats and that stage and age appropriate competitions are provided to support the development of paddlers. To support this the IP works to the following competition pyramid when making its decisions.



Performance Standards

The IP acknowledges that the standard of all international events is now extremely high and this tiering system does not intend to downgrade any athletes achievements in being selected for a GBR team. The aim of the tiering system is to create guidance in how performance standards should be applied to ensure that paddlers have the opportunity to get the appropriate exposure for their stage of development. Based on the tier system the IP would place a lower performance standard on selection for U23/JUN Europeans so that a wider range of athletes can get experience of racing at a championship event whilst maintaining a higher performance standard for the U23/JUN Worlds which takes into account an increased depth of field and therefore more challenge in moving through the rounds of racing.

As per section 7, 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 the team as expressed as a minimum performance level. E.g., Ability to achieve a B final or better. In the case of 5000m events this is a capability to challenge for a top 5 position.
2. The IP collects all times from the relevant selection regatta and collates the % difference to World Leading Time for each event. Where data may not be available (e.g. 5000m) the IP will use comparable data to establish the level of performance demonstrated.
3. The IP can request and use additional information from GPS data collected through the WCP and Talent programmes in training if there is limited data for an athlete or crew from racing.
4. The IP collects weather information from the relevant selection regatta through the event.
5. 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.
6. 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.
7. 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 B shows reference selection ranges for 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.

Note: For events not included in the table below (for example 5000m events), The International Panel will make an assessment of performance particularly in events where there are 5 entries or less and may require supportive evidence to be submitted to the IP by the winning athlete ahead of the selection meeting.

Table A

Event	SEN WL TIME	U23 WLT	% Difference SEN to U23	JUN WLT	% Difference SEN to JUN
K1M 200m	00:34.01	00:34.69	102.0%	00:35.82	105.3%
K2M 200m	00:31.00	00:32.15	103.7%	00:33.24	107.2%
K1M 500m	01:35.96	01:38.40	102.5%	01:39.79	104.0%
K2M 500m	01:27.64	01:29.86	102.5%	01:31.94	104.9%
K4M500m	01:18.57	01:20.49	102.4%	01:23.12	105.8%
K1M 1000m	03:24.00	03:29.84	102.9%	03:34.10	105.0%
K2M 1000m	03:07.90	03:12.76	102.6%	03:16.69	104.7%
C1M 500m	01:46.75	01:50.05	103.1%	01:53.01	105.9%
C2M 500m	01:38.37	01:40.94	102.6%	01:44.10	105.8%
C1M 1000m	03:46.21	03:52.60	102.8%	03:56.26	104.4%
C2M 1000m	03:27.33	03:34.52	103.5%	03:39.19	105.7%
K1W 200m	00:38.93	00:40.32	103.6%	00:41.29	106.1%
K1W 500m	01:47.63	01:50.75	102.9%	01:53.40	105.4%
K2W 500m	01:37.65	01:42.25	104.7%	01:44.20	106.7%
K4W 500m	01:30.12	01:33.63	103.9%	01:36.05	106.6%
K1W 1000m	03:53.54	03:58.55	102.1%	04:00.77	103.1%
C1W 200m	00:45.35	00:47.04	103.7%	00:48.26	106.4%
C2W 200m	00:43.55	00:45.17	103.7%	00:45.86	105.3%
C1W 500m	02:05.99	02:09.48	102.8%	02:11.12	104.1%
C2W 500m	01:55.42	01:58.56	102.7%	02:01.69	105.4%

Senior, U23 and Junior World Leading Times are calculated separately and are the average of the best 40 time recorded. For Seniors this includes World Cup, European and World Championship events. For U23s and Juniors this includes European and World Championship events.

Table B

Event	JUN WLT	JUN WLT (in seconds)	1%	2%	3%	4%	5%	6%	7%	8%	
			JUN Championship A and B Final Standard in Good* Conditions at HPP, Nottingham								
K1M 200m	00:35.82	35.82	36.18	36.54	36.89	37.25	37.61	37.97	38.33	38.69	
K2M 200m	00:33.24	33.24	33.57	33.90	34.24	34.57	34.90	35.23	35.57	35.90	
K1M 500m	01:39.79	99.79	100.79	101.79	102.78	103.78	104.78	105.78	106.78	107.77	
K2M 500m	01:31.94	91.94	92.86	93.78	94.70	95.62	96.54	97.46	98.38	99.30	
K4M 500m	01:23.12	83.12	83.95	84.78	85.61	86.44	87.28	88.11	88.94	89.77	
K1M 1000m	03:34.10	214.10	216.24	218.38	220.52	222.66	224.56	226.52	228.49	230.46	
K2M 1000m	03:16.69	196.69	198.66	200.62	202.59	204.56	206.52	208.49	210.46	212.43	
C1M 500m	01:53.01	113.01	114.14	115.27	116.40	117.53	118.66	119.79	120.92	122.05	
C2M 500m	01:44.10	104.10	105.27	106.18	107.22	108.26	109.30	110.35	111.39	112.43	
C1M 1000m	03:56.26	236.26	238.62	240.99	243.35	245.71	248.07	250.44	252.34	255.16	
C2M 1000m	03:39.19	219.19	221.38	223.57	225.77	227.96	230.15	232.34	234.53	236.73	
K1W 200m	00:41.29	41.29	41.70	42.12	42.53	42.94	43.35	43.77	44.18	44.59	
K1W 500m	01:53.40	113.40	114.53	115.67	116.80	117.94	119.07	120.200	121.34	122.47	
K2W 500m	01:44.20	104.20	105.24	106.28	107.33	108.37	104.41	110.45	111.49	102.54	
K4W 500m	01:36.05	96.05	97.01	97.97	98.93	99.89	100.85	101.81	102.77	103.73	
K1W 1000m	04:00.77	240.77	243.18	245.59	247.99	250.40	252.81	255.22	257.62	260.03	
C1W 200m	00:48.26	48.26	48.74	49.23	49.71	50.19	50.67	51.16	51.64	52.12	
C2W 200m	00:45.86	45.86	46.32	46.78	47.24	47.69	48.15	48.61	49.07	49.53	
C1W 500m	02:11.12	131.12	132.43	133.74	135.05	136.36	137.68	138.99	140.30	141.61	
C2W 500m	02:01.69	121.69	122.91	124.12	125.34	126.56	127.77	128.99	130.21	131.43	
*Good Conditions are defined as a tail wind of between 1-2.5m/s, water temperature of 18°C. Times that are highlighted blue represent Junior HPP Course Records.											