



## GOAL SETTING: RACE TIME TARGETS

The below times are to be used as an indication of what should be targeted in training and racing over the following distances; distances which you perform multiple times per year. These times are to be used as a measure against your Personal Best (PB) in relation to your age group. They are a guide and not meant to be used in the same way as the NAPF time standards as per the Selection Criteria.

Mens	U14	U16	U18	U23	SD
200	43.6	41.4	40.2	38.8	1.8secs
500	2.06	1.58	1.52	1.47	4secs
1000	4.22	4.08	3.56	3.45	8secs
2km	9.30	9.00	8.40	8.20	20secs
6km	30.00	29.30	28.30	27.00	66secs

Womens	U14	U16	U18	U23	SD
200	53.2	50.4	47.9	45.5	2secs
500	2.22	2.16	2.08	2.02	5secs
1000	4.55	4.45	4.35	4.20	10secs
2km	11.00	10.20	9.50	9.20	24secs
6km	35.00	33.30	31.00	30.00	80secs

### Notes

Times are based on single kayak (K1) performance.

Based on fair to favourable conditions.

Highlighted distances reference to gender-based Olympic distances in K1, K2, and K4.

SD = standard deviation from times shown; indicative of the range within the age group.