

ICF Classes - Portage (K1, K2) - C boats do 1 lap				Laps	Distance	Portages
Men	U16			4	15km	1
	U18			6	22.5km	5
	U23			7	26.25km	6
	Open			8	30km	7
	35-39			6	22.5km	5
	40-44			6	22.5km	5
	45-49			6	22.5km	5
	50-54			6	22.5km	5
	55-59			5	18.75km	4
Women	U16			4	15km	1
	U18			5	18.75km	4
	U23			6	22.5km	5
	Open			7	26.25km	6
	35-39			5	18.75km	4
	40-44			5	18.75km	4
	45-49			5	18.75km	4
	50-54			4	15km	3
	55-59			4	15km	3
ICF Classes - Non Portage (ICF Boats - inc Skis)						
Men	U10			1	3.75km	0
	U12			2	7.5km	0
	U14			3	11.25km	0
	35-39			6	22.5km	0
	40-44			6	22.5km	0
	45-49			6	22.5km	0
	50-54			6	22.5km	0
	55-59			5	18.75km	0
	60-64			5	18.75km	0
	65-69			5	18.75km	0
	70-74			4	15km	0
	75-79			3	11.25km	0
	80-84			2	7.5km	0
Women	U10			1	3.75km	0
	U12			2	7.5km	0

	U14			3	11.25km	0
	35-39			5	18.75km	0
	40-44			5	18.75km	0
	45-49			5	18.75km	0
	50-54			4	15km	0
	55-59			4	15km	0
	60-64			4	15km	0
	65-69			4	15km	0
	70-74			3	11.25km	0
	75-79			2	7.5km	0
	80-84			1	3.75km	0
Recreational Class (TK, SREC, MREC, LREC, UN, Seakayak)						
Men	Open			6	22.5km	0
	35-39			6	22.5km	0
	40-44			6	22.5km	0
	45-49			6	22.5km	0
	50-54			6	22.5km	0
	55-59			5	18.75km	0
	60-64			5	18.75km	0
	65-69			5	18.75km	0
	70-74			4	15km	0
	75-79			3	11.25km	0
	80-84			2	7.5km	0
Women	Open			5	18.75km	0
	35-39			5	18.75km	0
	40-44			5	18.75km	0
	45-49			5	18.75km	0
	50-54			4	15km	0
	55-59			4	15km	0
	60-64			4	15km	0
	65-69			4	15km	0
	70-74			3	11.25km	0
	75-79			2	7.5km	0
	80-84			1	3.75km	0
Canoe Class (TC, J, UN)						
Men	Open			5	18.75km	0
	35-39			5	18.75km	0
	40-44			5	18.75km	0

	45-49			5	18.75km	0
	50-54			5	18.75km	0
	55-59			4	15km	0
	60-64			4	15km	0
	65-70			4	15km	0
	70-74			3	11.25km	0
	75-79			2	7.5km	0
	80-84			1	3.75km	0
Women	Open			4	15km	0
	35-39			4	15km	0
	40-44			4	15km	0
	45-49			4	15km	0
	50-54			3	11.25km	0
	55-59			3	11.25km	0
	60-64			3	11.25km	0
	65-70			3	11.25km	0
	70-74			2	7.5km	0
	75-79			1	3.75km	0
	80-84			1	3.75km	0
Canoe Class (OC)						
Men	Open			5	18.75km	0
	35-39			5	18.75km	0
	40-44			5	18.75km	0
	45-49			5	18.75km	0
	50-54			5	18.75km	0
	55-59			4	15km	0
	60-64			4	15km	0
	65-70			4	15km	0
	70-74			3	11.25km	0
	75-79			2	7.5km	0
	80-84			1	3.75km	0
Women	Open			4	15km	0
	35-39			4	15km	0
	40-44			4	15km	0
	45-49			4	15km	0
	50-54			3	11.25km	0
	55-59			3	11.25km	0
	60-64			3	11.25km	0

	65-70			3	11.25km	0
	70-74			2	7.5km	0
	75-79			1	3.75km	0
	80-84			1	3.75km	0
SUP Class						
Men	Open			5	18.75km	0
	35-39			5	18.75km	0
	40-44			5	18.75km	0
	45-49			5	18.75km	0
	50-54			5	18.75km	0
	55-59			4	15km	0
	60-64			4	15km	0
	65-70			4	15km	0
	70-74			3	11.25km	0
	75-79			2	7.5km	0
	80-84			1	3.75km	0
Women	Open			4	15km	0
	35-39			4	15km	0
	40-44			4	15km	0
	45-49			4	15km	0
	50-54			3	11.25km	0
	55-59			3	11.25km	0
	60-64			3	11.25km	0
	65-70			3	11.25km	0
	70-74			2	7.5km	0
	75-79			1	3.75km	0
	80-84			1	3.75km	0
Note:						
<ul style="list-style-type: none"> • Portages are determined by the design of the course i.e. location of the start • C Boats in the selection classes (Under 18, Under 23 and Open) do one lap less than stated 						