

ICF Selection Classes - Portage (ICF K2, C2,)				Laps	Distance	Portages	
Men	U10			2	7.5km	0	
	U12			3	11.25km	0	
	U14			4	15km	0	
	U16			5	18.75km	4	
	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			5	18.75km	4
		55-59			5	18.75km	4
Women	U10			1	3.75km	0	
	U12			2	7.5km	0	
	U14			3	11.25km	0	
	U16			4	15km	3	
	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
Mixed	35-39			6	22.5km	5	
	40-44			6	22.5km	5	
	45-49			6	22.5km	5	
	50-54			5	18.75km	4	
	55-59			5	18.75km	4	
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			5	18.75km	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	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
Mixed	35-39			6	22.5km	0
	40-44			6	22.5km	0
	45-49			6	22.5km	0
	50-54			5	18.75km	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
Recreational Class (TK2, REC2, LREC2, UN2,)						
Men	35-39			6	22.5km	-
	40-44			6	22.5km	-
	45-49			6	22.5km	-
	50-54			5	18.75km	-
	55-59			5	18.75km	-
	60-64			5	18.75km	-
	65-70			5	18.75km	-
	70-74			4	15km	-
	75-79			3	11.25km	-
	80-84			2	7.5km	-

Women	35-39			5	18.75km	-
	40-44			5	18.75km	-
	45-49			5	18.75km	-
	50-54			4	15km	-
	55-59			4	15km	-
	60-64			4	15km	-
	65-70			4	15km	-
	70-74			3	11.25km	-
	75-79			2	7.5km	-
	80-84			1	3.75km	-
Mixed	35-39			6	22.5km	-
	40-44			6	22.5km	-
	45-49			6	22.5km	-
	50-54			5	18.75km	-
	55-59			5	18.75km	-
	60-64			5	18.75km	-
	65-70			5	18.75km	-
	70-74			4	15km	-
	75-79			3	11.25km	-
	80-84			2	7.5km	-
Canoe Class (TC2, UN2)						
Men	35-39			6	22.5km	-
	40-44			6	22.5km	-
	45-49			6	22.5km	-
	50-54			5	18.75km	-
	55-59			5	18.75km	-
	60-64			5	18.75km	-
	65-70			5	18.75km	-
	70-74			4	15km	-
	75-79			3	11.25km	-
	80-84			2	7.5km	-
Women	35-39			5	18.75km	-
	40-44			5	18.75km	-
	45-49			5	18.75km	-
	50-54			4	15km	-
	55-59			4	15km	-
	60-64			4	15km	-
	65-70			4	15km	-
	70-74			3	11.25km	-

	75-79			2	7.5km	-
	80-84			1	3.75km	-
Mixed	35-39			6	22.5km	-
	40-44			6	22.5km	-
	45-49			6	22.5km	-
	50-54			5	18.75km	-
	55-59			5	18.75km	-
	60-64			5	18.75km	-
	65-70			5	18.75km	-
	70-74			4	15km	-
	75-79			3	11.25km	-
	80-84			2	7.5km	-
Canoe Class (OC2)						
Men	35-39			6	22.5km	-
	40-44			6	22.5km	-
	45-49			6	22.5km	-
	50-54			5	18.75km	-
	55-59			5	18.75km	-
	60-64			5	18.75km	-
	65-70			5	18.75km	-
	70-74			4	15km	-
	75-79			3	11.25km	-
	80-84			2	7.5km	-
Women	35-39			5	18.75km	-
	40-44			5	18.75km	-
	45-49			5	18.75km	-
	50-54			4	15km	-
	55-59			4	15km	-
	60-64			4	15km	-
	65-70			4	15km	-
	70-74			3	11.25km	-
	75-79			2	7.5km	-
	80-84			1	3.75km	-
Mixed	35-39			6	22.5km	-
	40-44			6	22.5km	-
	45-49			6	22.5km	-
	50-54			5	18.75km	-
	55-59			5	18.75km	-

	60-64			5	18.75km	-
	65-70			5	18.75km	-
	70-74			4	15km	-
	75-79			3	11.25km	-
	80-84			2	7.5km	-
<i>Note:</i>						
<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 						