

Best Times

	J16	J19	Open	Masters	Snr Mstrs
W1 500 Men					
2003 Ntnls	2.29	2.21	2.21	2.31	2.16
2004 Ntnls	3.09	2.50	2.41	2.46	2.58
2004 Wlds	2.23	2.23	2.14	2.25	2.30
Wlds Best	2.23	2.09	2.02	2.16	2.16

W1 500 Women					
2003 Ntnls	2.43	2.37	2.37	2.41	2.51
2004 Ntnls	3.17	3.17	3.02	3.24	3.26
2004 Wlds	2.52	2.52	2.38	2.45	2.56
Wlds Best	2.43	2.36	2.28	2.35	2.51

W6 500 Men					
2003 Ntnls	1.58	1.58	1.52	2.01	2.06
2004 Ntnls	2.02	1.56	1.52	1.57	1.57
2004 Wlds	1.57	2.00	1.56	1.59	2.06
Wlds Best	1.57	1.48	1.41	1.54	2.06

W6 500 Women					
2003 Ntnls	2.12	2.12	2.13	2.18	2.29
2004 Ntnls	2.14	2.11	2.17	2.08	2.20
2004 Wlds	2.16	2.21	2.19	2.20	2.21
Wlds Best	2.12	2.10	2.02	2.08	2.20

W6 1000/ 1500 Men					
2003 Ntnls	5.30	5.14	7.38	5.04	5.13
2004 Ntnls	5.16	4.51	7.24	4.56	5.10

W6 1000/ 1500 Women					
2003 Ntnls	6.15	5.57	8.38	5.48	5.52
2004 Ntnls	5.30	5.26	8.08	5.24	5.52

W12 Men					
2003 Ntnls	2.03	1.55	1.52	1.58	2.06
2004 Ntnls	2.02	1.56	1.51	1.57	2.06
2004 Wlds	2.00	2.02	1.59	1.58	2.05
Wlds Best	2.00	1.50	1.45	1.56	2.05

W12 Women					
2003 Ntnls	2.11	2.15	2.13	-	-
2004 Ntnls	2.14	2.13	2.07	2.12	2.29
2004 Wlds	2.33	2.14	2.05	2.14	2.34
Wlds Best	2.11	1.59	2.02	2.12	2.24

Notes

"Worlds Best" from Canada Outrigger website - has been adjusted where other times are faster than this

2004 Worlds and Best Times have not been included for turn races (these were on a 500m course rather than 250m)

2004 W1 nationals were on a slow course - 2003 times are more relevant