

# NORMS FOR TALENT IDENTIFICATION OF KAYAKING/CANOEING SPRINT -2026

## Boys

Age	Min height in Cm	Max Weight in Kg	Min Arm Span	Shuttle run in Sec	2.4 km running	Push up in 1 minutes Minimum Repetition	Sit up in 1 minutes Minimum Repetition	Swimming only for self rescue , no timing	Monitoring and skill test on Ergo meter
12-13	168	58	173	17 sec	20 min	10	15	100 metre	3 min , focusing on body movement and back strength
14-15	172	65	178	17 sec	18 min	25	25		
16-17	176	67	182	16 sec	15 min	25	25	16,17,18 National Modelist	5min, focusing on body movement and back strength
18+	182	72	193	16 sec	12 min	35	35		

## Girls

Age	Min height in Cm	Max Weight in Kg	Min Arm Span	Shuttle run in Sec	2.4 km running	Push up in 1 minutes Minimum Repetition	Sit up in 1 minutes Minimum Repetition	Swimming only for self rescue , no timing	Monitoring and skill test on Ergo meter
12-13	163	48	168	17 sec	20 min	10	10	100 metre	3 min , focusing on body movement and back strength
14-15	166	53	175	16 sec	20 min	15	20		
16-17	170	54	180	15 sec	16 min	18	20	16,17,18 National Modelist	5min, focusing on body movement and back strength
18+	176	58	184	15 sec	14 min	20	25		



Capt- PijushKanti Baroi  
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(DSYW)