

Scottish Sprint League 2026

Regatta I	Sunday 14 th June	Kinghorn Loch, Kirkcaldy
Regatta II	Saturday 20 th June	Sprint Championships, Strathclyde Park
Regatta III	Saturday 22 nd August	Strathclyde Park Regatta
Regatta IV	Sunday 30 th August	Kinghorn Loch, Kirkcaldy

For each of the above events the races which will count for Sprint League points in 2026 are listed below.

	Kinghorn (June & August)	Strathclyde Park (June)	Sprint Championships
Under 8 lightning	100m, 200m, 500m	500m	
Under 10 lightning	100m, 200m, 500m	500m	200m, 500m
Open Under 12 K1	200m, 500m, 1000m	500m	200m, 500m
Under 14, 16, 18 K1	200m, 500m, 1000m	200m, 500m	200m, 500m, 1000m
Senior, Veteran, Master K1	200m, 500m, 1000m	200m, 500m	200m, 500m, 1000m

Regatta organisers should include all the Lightning and K1 races listed for their venue. Regatta organisers may include K2 events, longer distance events such as 2km, 6km & 10km races and fun events if they wish, however, only the singles races listed above will count for Sprint League points.

At each regatta paddlers will only be eligible to participate in one class and their choice of class should be clearly identified on their entry form and recorded prior to the start of racing. Depending on the number of entries, regatta organisers will be permitted to run races which include more than one class, however classes will be separated when Sprint League points are awarded. If an U10 paddler enters Open U12 at their first regatta of the season they can choose to enter Lightning at the next or vice versa.

Sprint League Points

Points will be awarded separately for male and female in each age group in descending order: 20,17,15,13,11,10,9,8,7,6,5,4,3,2,1,1,1, and all competitors will score at least one point.

The committee will award trophies for those at the top of each category in the league after all the regattas. Paddlers in the U14 and older age groups will only score points in one age group throughout the league. Paddlers in the U10 and U8 Lightning Classes will be permitted to score points in the Open U12 K1 class at one regatta and their appropriate Lightning class at another regatta. The calculation of points will be verified by the committee.