

PARALYMPIC GAMES, PARIS 2024



PARACANOE PROGRAM

The paracanoe events at the Paris Paralympic Games will be held in the morning and early afternoon local time. Paris is 8 hours behind Sydney time, so that means we will be able to watch the events on TV in the early evenings of the same day.

Paracanoe events at the Paris Paralympics will be held over three days, from Friday September 6 to Sunday September 8, at the Vaires-sur-Marne Nautical Stadium, the same venue used for kayak/canoe events for the Olympic Games a month earlier.



All races are single-seat, flat-water sprints over 200m. Races are contested in two types of boat, kayak (K) and va'a (V). The kayak is propelled by a double-blade paddle, while the va'a is an outrigger canoe which has a support float and is used with a single-blade paddle. Both kayak and va'a have three different classes for men and women, depending on the classification of an athlete's impairment, with KL1, KL2 and KL3 for kayak and VL1, VL2 and VL3 for va'a.

Australia has a small but very strong and experienced team – all three will be competing in their third Paralympics. They are (left to right) 3-times gold medallist Curtis McGrath, Susan Seipel and Dylan Littehales. All are strong medal chances and McGrath and Seipel are possible double medal chances.



Curtis McGrath, 36, will be defending two gold medals he won in the Tokyo Games. He won gold in the KL2 on his Paralympic debut in Rio in 2016, then won gold in Tokyo in both the KL2 and the VL3. New Zealand-born McGrath lost both legs in 2012 when he stepped on an IED in Afghanistan where he was serving as an Australian Army combat engineer. Only two years later he won his first paracanoe world championship. Last May he won his 12th world title in the KL2 so is in good shape for Paris. He is a powerful finisher who often comes from behind to win. His philosophy is “World champs don't sleep in – achieve one goal and move on to the next,” He and his wife Rachel are awaiting the birth of their first child. They live on the Gold Coast.



Susan Seipel, 38, aims to complete the full medal set in Paris. She already had bronze from the KL2 class in Rio and silver from VL2 in Tokyo. In Paris she will have two shots at gold as she is competing in both classes. Born with a disorder which fuses the joints and muscle formation in her legs, she has challenged her disability in multiple para sports from a young age. As a teenager she was an age group record holder in swimming and later three times Australian champion in para equestrian dressage. She lives on the Gold Coast and is studying psychology.



Dylan Littlehales is only 24 but Paris will be his third Paralympics. He made his international debut at 15, 3 years younger than any other competitor, when he made the B final of the world championships in the KL3 class. The following year he was a semifinalist at the Rio Paralympics at 16. In Tokyo he won his semifinal but had the disappointment of missing out on a podium place by 0.01 sec and came 4th. His semifinal time was faster than the gold medallist's final time. In 2023 he had a major breakthrough when he won the KL3 world championship. Last year he paddled the Hawkesbury Classic and finished 13th overall in 9.59.50.



Paracanoe program (Sydney times)

Friday September 6

18:00 Men's Kayak 200m - KL1 Heats
18:10 Men's Kayak 200m - KL2 Heats (Curtis McGrath)
18:20 Women's Va'a 200m - VL2 Heats (Susan Seipel)
 1830 Women's Va'a 200m - VL3 Heats
18:40 Men's 200m - KL3 Heats (Dylan Littlehales)
 19:25 Women's Kayak 200m - KL1 Heats
19:35 Women's Kayak 200m - KL2 Heats (Susan Seipel)
 19:45 Men's Va'a 200m - VL2 Heats
 19:55 Women's Kayak 200m - KL3 Heats
20:05 Men's Va'a 200m - VL3 Heats (Curtis McGrath)

Saturday September 7

18:00 Men's Kayak 200m - KL1 Semifinals
18:14 Men's Kayak 200m - KL2 Semifinals
18:28 Women's Va'a 200m - VL2 Semis
18:42 Men's Kayak 200m - KL3 Semifinals
 18:56 Women's Va'a 200m - VL3 Semis
 19:20 Men's Kayak 200m - KL1 Final B
 19:28 Men's Kayak 200m - KL1 Final A
19:36 Men's Kayak 200m - KL2 Final B
19:44 Men's Kayak 200m - KL2 Final A
19:52 Women's Va'a 200m - VL2 Final A
20:10 Men's Kayak 200m - KL3 Final B
20:18 Men's Kayak 200m - KL3 Final A
 20:36 Women's Va'a 200m - VL3 Final A

Sunday September 8

18:00 Women's Kayak 200m - KL1 Semis
18:14 Women's Kayak 200m - KL2 Semis
 18:28 Men's Va'a 200m - VL2 Semifinals
 18:42 Women's Kayak 200m - KL3 Semis
18:56 Men's Va'a 200m - VL3 Semifinals
 19:25 Women's Kayak 200m - KL1 Final A
19:33 Women's Kayak 200m - KL2 Final B
19:41 Women's Kayak 200m - KL2 Final A
 10:49 Men's Va'a 200m - VL2 Final A
 20:07 Women's Kayak 200m - KL3 Final A
20:25 Men's Va'a 200m - VL3 Final B
20:33 Men's Va'a 200m - VL3 Final A