



Rowing Australia / Rowing Victoria Benchmarks

ROWING Victoria			Heavyweight Men					Lightweight Men			Heavyweight Women					Lightweight Women		
			Under 18 Pathway	Junior (U19)	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Under 18 Pathway	Junior (U19)	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A
Laboratory Targets	Sum of 7 skinfolds (mm) Body Composition is not a rowing performance measure. Numbers represent normative ranges for each category	Healthy Performance Range (min)	N/A	N/A	50	50	35	38	38	30	N/A	N/A	60	60	55	47	47	43
		Healthy Performance Range (max)	N/A	N/A		55	45		42	40	N/A	N/A		100	75		55	60
	4 Minute Max (m)	Primary	1275	1300	1336	1363	1390	1240	1273	1307	1097	1112	1139	1166	1210	1089	1114	1140
		Secondary	1230	1258	1300	1336	1363	1209	1240	1273	1072	1087	1112	1139	1166	1065	1089	1114
	4 Minute Max (W)	Primary	420	445	483	513	544	386	418	452	267	279	299	321	359	262	280	300
		Secondary	377	403	445	483	513	358	386	418	250	260	279	299	321	245	262	280
	2mmol/L Power (W)	Primary					330			300					235			215
	4mmol/L Power (W)	Primary					390			370					275			255
VO2peak (L/min)	Aspirational	N/A	N/A	6.20	6.50	6.80	5.65	6.00	6.20	N/A	N/A	4.30	4.50	4.80	3.80	4.00	4.20	
	Lower Expectation	N/A	N/A	5.90	6.20	6.50	5.30	5.65	6.00	N/A	N/A	4.10	4.30	4.50	3.50	3.80	4.00	
Ergometer Targets (mm:ss.0, Metres, Watts)	Drag Factor	Mandatory	125	130			125			105	110			100				
	2000m (mm:ss.0)	Aspirational	06:13.0	06:08.0	06:00.0	05:58.0	05:48.0	06:25.0	06:20.0	06:10.0	07:08.0	07:05.0	07:00.0	06:55.0	06:40.0	07:25.0	07:20.0	07:05.0
		Lower Expectation	06:27.0	06:20.0	06:10.0	06:05.0	05:55.0	06:35.0	06:30.0	06:20.0	07:19.0	07:15.0	07:10.0	07:05.0	06:55.0	07:35.0	07:30.0	07:15.0
	2000m (W)	Aspirational	432	449	480	488	532	393	408	442	286	292	302	313	350	254	263	292
		Lower Expectation	386	408	442	461	501	363	378	408	265	272	282	292	313	238	246	272
	5000m (mm:ss.0)	Aspirational	16:30.0	16:24.0	16:13.0	15:57.0	15:30.0	17:20.5	17:07.0	16:25.0	18:49.0	18:40.0	18:25.3	18:12.0	17:41.0	19:31.1	19:18.0	18:40.0
		Lower Expectation	17:04.0	16:56.0	16:40.0	16:15.7	15:48.7	17:47.6	17:34.1	16:51.6	19:15.0	19:06.3	18:51.6	18:38.3	18:20.8	19:57.4	19:44.3	19:06.4
	5000m (W)	Aspirational	361	367	380	399	435	311	323	366	243	249	259	269	293	218	225	249
		Lower Expectation	326	334	350	377	410	288	299	338	227	232	242	250	262	204	211	232
	30 min R open (Metres)	Aspirational	8855	8950	9140	9300	9525	8550	8680	9045	7890	7950	8100	8200	8400	7595	7767	7950
		Lower Expectation	8554	8667	8893	9122	9337	8334	8457	8807	7715	7767	7912	8007	8096	7428	7595	7767
	30 min R open (Watts)	Aspirational	333	344	367	386	415	300	314	355	236	241	255	265	285	210	225	241
Lower Expectation		301	313	338	364	391	278	290	328	220	225	238	246	255	197	210	225	
30 min R 20 (Metres)	Aspirational	8400	8500	8700	8900	9200	8200	8400	8550	7625	7700	7875	7975	8200	7400	7600	7800	
	Lower Expectation	8232	8330	8526	8722	9015	8036	8232	8379	7430	7505	7680	7775	7995	7215	7410	7605	
30 min R 20 (Watts)	Aspirational	285	295	316	338	374	265	285	300	213	219	234	244	265	195	211	228	
	Lower Expectation	268	278	298	319	352	249	268	282	197	203	217	226	245	180	195	211	
Biomechanical Targets	Stroke Length (deg)	Sweep					88° - 90°			86° - 88°					> 90°			
		Scull					108° - 110°			106° - 108°					> 110°			> 106°
	Catch Angle (deg)	Sweep					-59° ± 1°			-57° ± 1°					-57° ± 1°			
		Scull					-69° ± 1°			-67° ± 1°					-67° ± 1°			-63° ± 1°
	Finish Angle (deg)	Sweep					33° ± 1°			33° ± 1°					33° ± 1°			
		Scull					43° ± 1°			43° ± 1°					43° ± 1°			43° ± 1°
Catch/Finish Slip (deg)	Sweep					4° / 6°			4° / 6°					4° / 6°				
	Scull					4° / 6°			4° / 6°					4° / 6°			4° / 6°	
Strength & Conditioning Targets	Squat (1RM)	Aspirational	Body Weight	Body Weight	Squat Body Weight	80 - 95% of Sen A	150kg	Body Weight	80 - 95% of Sen A	130kg	Body Weight	Body Weight	Squat Body Weight	80 - 95% of Sen A	115kg	Body Weight	80 - 95% of Sen A	100kg
	Bench Pull (1RM)	Aspirational	75% of Body Weight	75% of Body Weight	75% of Body Weight	80 - 95% of Sen A	105kg	75% of Body Weight	80 - 95% of Sen A	80kg	75% of Body Weight	75% of Body Weight	75% of Body Weight	80 - 95% of Sen A	77.5kg	75% of Body Weight	80 - 95% of Sen A	65kg
	Clean (1RM)	Aspirational	Body Weight	Body Weight	Clean Body Weight	80 - 95% of Sen A	115kg	Body Weight	80 - 95% of Sen A	95kg	Body Weight	Body Weight	Clean Body Weight	80 - 95% of Sen A	80kg	Body Weight	80 - 95% of Sen A	62.5kg
	Dead Lift (1RM)	Aspirational				80 - 95% of Sen A	165kg		80 - 95% of Sen A	140kg				80 - 95% of Sen A	130kg		80 - 95% of Sen A	105kg
	Pull / Chin Ups (1RM)	Aspirational				80 - 95% of Sen A	35kg		80 - 95% of Sen A	35kg				80 - 95% of Sen A	17.5kg		80 - 95% of Sen A	17.5kg
	Bench Press (1RM)	Aspirational	75% of Body Weight	75% of Body Weight	75% of Body Weight	80 - 95% of Sen A	100kg	75% of Body Weight	80 - 95% of Sen A	75kg	75% of Body Weight	75% of Body Weight	75% of Body Weight	80 - 95% of Sen A	65kg	75% of Body Weight	80 - 95% of Sen A	50kg