



Rowing Australia Benchmarks

		Heavyweight Male					Lightweight Male			Heavyweight Female				Lightweight Female			
		Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A		
Ergometer Targets (mm:ss.s, watts)	Drag Factor	Mandatory	130				125			110				100			
	2000m (mm:ss.s)	Aspirational	06:08.0	06:00.0	05:58.0	05:48.0	06:25.0	06:20.0	06:10.0	07:05.0	07:00.0	06:55.0	06:40.0	07:25.0	07:20.0	07:05.0	
	2000m (W)	Aspirational	449	480	488	532	393	408	442	292	302	313	350	254	263	292	
	5000m (mm:ss.s)	Aspirational	16:24.0	16:13.0	15:57.0	15:30.0	17:20.5	17:07.0	16:25.0	18:40.0	18:25.3	18:12.0	17:41.0	19:31.1	19:18.0	18:40.0	
	5000m (W)	Aspirational	367	380	399	435	311	323	366	249	259	269	293	218	225	249	
	6000m (mm:ss.s)	Aspirational	19:52.7	19:39.4	19:20.0	18:47.3	21:01.3	20:44.9	19:53.9	22:37.5	22:19.7	22:03.6	21:26.1	23:39.5	23:23.7	22:37.6	
	6000m (W)	Aspirational	356	369	387	422	301	313	355	242	252	261	284	211	219	242	
	30 min R _{open} (m)	Aspirational	8950	9140	9300	9525	8550	8680	9045	7950	8100	8200	8400	7595	7767	7950	
	30 min R _{open} (W)	Aspirational	344	367	386	415	300	314	355	241	255	265	285	210	225	241	
	30 min R ₂₀ (m)	Aspirational	8500	8700	8900	9200	8200	8400	8550	7800	7900	8000	8200	7400	7600	7800	
30 min R ₂₀ (W)	Aspirational	295	316	338	374	265	285	300	228	237	246	265	195	211	228		
Biomechanic Targets	Stroke Length (deg)	Sweep				88° - 90°							>90°				
		Scull				108° - 110°							>110°			>106°	
	Catch Angle (deg)	Sweep				-59° ± 1°								-57° ± 1°			
		Scull				-69° ± 1°								-67° ± 1°			-63° ± 1°
	Finish Angle (deg)	Sweep				33° ± 1°								33° ± 1°			
		Scull				43° ± 1°								43° ± 1°			43° ± 1°
	Catch/Finish Slip (deg)	Sweep				4° / 6°								4° / 6°			
		Scull				4° / 6°								4° / 6°			4° / 6°
Strength & Conditioning Targets	Power Clean (1RM)	Aspirational	Body weight*	Clean Body weight*	80 – 95% of Sen A	115kg	Body weight*	80 – 95% of Sen A	95kg	Technical Competence	64kg	72kg	80kg	50kg	57kg	62.5kg	
	Back Squat (1RM)	Aspirational	Body weight*	Squat Body weight*	80 – 95% of Sen A	150kg	Body weight*	80 – 95% of Sen A	130kg	Technical Competence with 90% of Body weight	92kg	103kg	115kg	80kg	90kg	100kg	
	Straight Bar Dead Lift (1RM)	Aspirational			80 – 95% of Sen A	165kg		80 – 95% of Sen A	140kg	Technical Competence with Body weight	104kg	117kg	130kg	84kg	95kg	105kg	
	Pronated Grip Pull / Chin Ups (1RM)	Aspirational			80 – 95% of Sen A	35kg		80 – 95% of Sen A	35kg	1 Body weight Pull Up	5 BW Reps	8 BW Reps	17.5kg*	8 BW Reps	12 BW Reps	17.5kg*	
	Bench Pull (1RM)	Aspirational	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	105kg	75% of Body weight*	80 – 95% of Sen A	80kg	55kg	62kg	70kg	77.5kg	52kg	59kg	65kg	
	Bench Press (1RM)	Aspirational	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	100kg	75% of Body weight*	80 – 95% of Sen A	75kg	48kg	54kg	61kg	67.5kg	44kg	50kg	55kg	