



Rowing Ireland
High Performance
Performance Strategy 2017

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Rowing Ireland

Performance Strategy 2017

Junior, Under 23, Senior and Para Rowing

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Rowing Ireland

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Contents

1. Overview

1.1 Context

This document focuses on the High Performance trialing and the selection process.

The High Performance Program will encourage and support rowers making the transition to the Long term Athlete Development Pathway. The Pathway consists of the Coupe de la Jeunesse for those with more than one year left as juniors, the Junior World Championships for juniors, and the Under 23 World Championships are the main priority on the pathway that leads to the Senior World Championships, Olympic qualification and Olympic Games.

The main objective is to have our best performers reaching the podium at target events. To achieve this, the structured assessment and selection process has to be followed by all rowers. However, if an outstanding athlete appears the Lead Coach (LC), can trial and test the athlete for a squad or crew inclusion even if the athlete has not fulfilled the requirements in the selection procedure.

In the Junior and U23 age categories; geographic, logistic and academic considerations will be considered in producing the best crew combination. Crews will have to race domestically to prove their competitiveness to the Lead Junior Coach (LJC).

If few or no crews achieve World Best Times then the LC and High Performance Director (HPD) will use information gained throughout the year to consider additional crews.

The selection policy is designed for rowers and coxes to demonstrate their ability and suitability for international selection. Crew selection will be finalized approximately eight weeks prior to the FISA Championship Regatta or to the Coupe.

Rowing Ireland's High Performance Program is supported by investment from the Sport Ireland and Sport Northern Ireland. The purpose of this investment is to ensure that Ireland's performances in elite international sport improve and to create consistent success at elite

level which is defined as producing Irish athletes for the finals at European, World, Olympic and Paralympic level.

1.2 Scope

The Strategy sets out the initial framework for selection of Rowing Ireland teams at some or all of the events below. The final selection of events will depend on squad plans, athlete assessment and funding.

Senior

World Cup I	Belgrade, SER	6 – 7 th May
European Championship	Racice, CZE	27 – 28 th May
World Cup II	Poznan, POL	17 – 18 th June
World Cup III	Lucerne, SUI	8 – 9 th July
U23 World Championship	Plovdiv, BUL	22 – 23 July
U23 European Championship	Kruszwica, POL	2 – 3 rd September
World Championship	Sarasota, USA	30 – 1 st October

Para

World Cup II	Poznan, POL	17 – 18 th June
World Championship	Sarasota-Bradenton, USA	30 – 1 st October

Junior

Junior European Championship	Krefeld, GER	20 – 21 st May
Coupe de la Jeunesse	Hazewinkel, BEL	29 – 30 th July
Junior World Championship	Traikaj, LTU	5 – 6 th August

International Regattas

International Para	Gavirate, ITA	13 – 14 May
Royal Henley	Henley, GBR	1 – 2 nd July

2. Requirements for Selection

2.1 Eligibility

Age. A rower or coxswain is classified as a junior until December 31 of the year in which the rower reaches the age of 18. After that date, the rower shall be classified as an Under 23 rower. A rower or coxswain, who is no longer a junior, is classified as an Under 23 rower until December 31 of the year in which the rower reaches the age of 23. After that date, the rower shall be classified as senior.

Passport. All rowers must hold an Irish passport, or a U.K. passport that shows the holder's birthplace to be in Northern Ireland, and be a registered member of Rowing Ireland via a club affiliated to Rowing Ireland. All rowers must meet the passport criteria to participate in FISA European, Junior, U23 and World Championship regattas.

Nationality at FISA events, FISA Rule 19.

If invited to the final trials or later, all senior and para athletes are required to sign a form acknowledging that they are aware of and understand FISA Rule 19. Junior athletes are required to have a parent/guardian signature acknowledging understanding of FISA Rule 19.

Pre-Competition Health Screening at FISA events, FISA Rule 21.

If invited to the final trials or later all junior, senior and para athletes are required to have the Pre-Competition Health Screening done at their own expense before final selection.

Para classification at FISA events, FISA Rule 19.

If invited to the final trials or later all para athletes are required to meet the rules of classification and to have the FISA classification done at their own expense in the specific boat class before final selection.

Commitment and Athlete Agreement.

All rowers will have to demonstrate both ability and motivation to row for Ireland. Athletes will commit themselves to the HP pathway for their rowing future and to the Rowing Ireland community and they must be prepared to sign the Athletes Agreement. Unless they intend to pledge their future to rowing for Ireland rowers should not enter the assessment and selection process.

All squad and team rowers (senior/u23/junior/para) are required to be available at locations as directed by the LC or LJC or Para Coach in order to participate in the trialing process (camps, erg tests, test weeks, water assessments, athlete education etc.) unless under medical certification or with the agreement of the LC or LJC or Para Coach.

2.2 Assessments, Test, Trials and Ranking

The requirements for rowers to participate are detailed for each squad. The LC and/or HPD may organize additional and compulsory assessments, tests and trials for which reasonable notice will be given. Candidates for selection must participate in the winter assessments and tests as described below. Rowers who are unable to race on water or indoors at an assessment for medical reasons must deliver a medical certificate to the HPD to remain eligible. Only in exceptional circumstances will candidates who do not trial be considered for selection by the HPD.

Junior selection

Listed below are the key dates for junior selection. The Lead Junior Coach (LJC) will send out further details to cover planned training weekends, camps, early water assessments etc. To minimise cost and travel, local time trials and HOR events can be used by agreement with the LJC to identify new contenders through the winter. Camps will be planned during school mid-terms, Christmas - New Year and Easter breaks from school.

Invitations to training days and camps will be issued to the rowers who meet the age criteria and who were on Coupe or Home International teams in 2016. Invites may be issued to J16/J17/J18 rowers who achieved medal performances at the Irish Championship Regatta in July based on their coach nominating them. Nominated athletes must be capable of meeting erg targets.

All junior rowers must complete and submit the results of their test week in November & January, test scores twice (for 2km, & 6 km) to the LJC. This is to determine athlete profile from max power to distance endurance and to help in directing the training effort to the right intensities.

1. First Assessment. Compulsory for juniors: HP Irish Open Ranking. October 8 – 9, 2016 at the NRC.

Saturday: **Compulsory – juniors U18/U17/U16 in 1x or 2-**

Sunday: **Compulsory – juniors U18/U17/U16 in 2x or 4- or 4x- or in a challenge 8+ club/composite.**

Racing commences at 9:00 am. Athletes can be asked to do a 6 km Concept 2 Ergometer test as part of the assessment, if the weather is adverse. The assessment is for all rowers. On Saturday all junior rowers have to race in 1x or 2- and on Sunday in a 2x or 4- or 4x- with free choice to find partners. All rowers have to enter both days. Athletes/ coaches are asked to form their own crew which gives them the best chance of winning. The initial race will be a 2000 or 1900 meter time trial heat. Semifinals and finals will follow depending on

entries. Based on the results of the time trial heats, finals will be drawn and raced over 2000 meters. It is possible that there will be seeding in time trial heats. A pair can be a club or composite pair and athletes/coaches have to find a suitable partner to form a crew with the best chance of winning. The NRC cannot guarantee to provide boats, but the HPD can allocate NRC boats to athletes based on previous results. The objective is to show National Team standards.

2. Assessment, compulsory for juniors

November 26, 2016 at UL, QUB or at clubs

An Indoor 2000 meter Concept 2 Ergometer test all out. To be held during competition at the Provincial Indoor Rowing Championships in Limerick ~~or~~ in Belfast or at a club supervised by a coach with free rate and drag factor. The purpose of the test is to monitor fitness and rank the power output for candidates going for selection.

Cut off scores for Junior's are: Junior Men 6:35 Junior Women 7:35.

The coach has the responsibility to deliver results to the JLC, LC or HPD.

3. Assessment, compulsory for juniors

January 21, 2017

An Indoor 2000 meter Concept 2 Ergometer test all out. To be held during competition at the Irish Indoor Rowing Championships in Limerick with free rate and drag factor. The purpose of the test is to monitor fitness and rank the power output for candidates going for selection.

Cut off for Junior's are: Junior Men 6:32 Junior Women 7:33.

4. Assessment, compulsory for juniors

February 18 – 19, 2017. Venue to be confirmed.

Crews will be formed after this trial weekend and coaches will be asked to take responsibility for crews through the remainder of the season. The assessment will comprise two races in single sculls (1x), coxless pairs (2-) or crew boats as decided by the HPD/LC and LJC. The initial races will be a 2000 or 1900 meter time trial heats. Based on the results of the time trial, finals will be drawn and raced over 2000 meters.

5. Assessment, compulsory for juniors by invitation.

March 25 – 26, 2017 at NRC.

Confined to approximately the TOP 12 male and TOP 12 female athletes from the fourth assessment. Crews will be further evaluated and re-formed (if necessary) at this trial weekend and coaches will be asked to take responsibility for crews through the remainder of the season. The assessment will comprise two races in single sculls (1x), coxless pairs (2-) or crew boats (as decided by the HPD/LC and LJC) and an erg test. Additional erg tests can be used.

These trials are compulsory for all rowers wishing to be considered for teams or crews as part of Rowing Ireland's High Performance Program, if no other pathway has been agreed. Rowers will not be considered for these teams (including reserves), if they have declined an invitation to these trials unless for an exceptional reason agreed in writing by the LJC and HPD.

The focus of the trials used for crews being tested and nominated for Ghent or for the European Junior Championship regatta or for the Coupe team, -will be on small boats. The Easter break will be used for further testing of these crews. The final nominations will take place in May after domestic or international racing and before Leaving Certificate or A Level examinations. Crews have to race after nominations in domestic or international regattas.

Under 23, Senior and Para Rowers selection

- 1. First Assessment. Compulsory for u23, senior & para rowers: HP Irish Open Ranking. October 8 – 9, 2016 at NRC.**

Saturday: Compulsory 1x or 2- for senior/U23 and senior/U23 lightweight, club/composite, ASM1x, ASW1x, TA2x, LTA4+ Mix, club/composite

Sunday: Compulsory 2x, 4- & 4x- for senior/U23 and senior/U23 lightweight, club/composite by choice or in a University/College/Club challenge 8+, club/composite.

Para: ASM1x, ASW1x, TAMix2x, LTAMix4+, club/composite

Racing commences at 9:00 am. Athletes can be asked to do a 6 km Concept 2 Ergometer test as part of the assessment, if the weather is adverse. The assessment is for all rowers and will comprise two events in a single scull (1x), coxless pair (2-) for seniors on Saturday.

On Sunday all rowers have to race a 2x or 4- or 4x- (with a free choice to find partners) or a Challenge 8+. All rowers have to enter both days. The initial races will be a 2000 or 1900 meter time trial heat. Semifinals and finals to follow depending on entries. Based on the results of the time trial heats, finals will be drawn and raced over 2000 meters. It is possible that there will be seeding in time trial heats. The pair can be a club or composite pair and the athlete/coach has to find a suitable partner. The same applies for the 2x, 4- and 4x- and

athletes and coaches should form a crew with the best chances of winning. The NRC cannot guarantee providing boats, but the HPD can allocate NRC boats to athletes based on previous results. The objective is to show National Team standards.

Para athletes will race twice over 1000 meters.

2. Assessment, Compulsory for Under 23, Senior and Para

November 26, 2016 at UL, QUB or at clubs.

An Indoor 2000 meter for U23s and seniors & an indoor 1000 meters for Para. A Concept 2 Ergometer test all out during competition at the Provincial Indoor Rowing Championships in Limerick or in Belfast or at clubs supervised by a coach with free rate and drag factor. The purpose of the test is to monitor fitness and rank the power output for candidates going for selection.

3. Assessment, Compulsory for Under 23, Senior & Para by invitation

December 17 – 18, 2016 at NRC.

A test race at the National Rowing Centre. The assessment will comprise races in single sculls (1x), coxless pairs (2-) or in crews decided by the Lead Coach and HPD over the race distance. Crew boats can be club crews or composite crews as decided by the LC and HPD and will be monitored and evaluated against WBT. All candidates must maintain their performance standard on the ergometer and further tests will be announced for completion.

4. Assessment, Compulsory for Under 23, Senior & Para

January 21, 2017 at UL.

An Indoor 2000 meter & Para 1000 meter on a Concept 2 Ergometer test all out during competition at the Irish Indoor Rowing Championships in Limerick with free rate and drag factor. The purpose of the test is to monitor fitness and rank the power output for candidates going for selection. Note guidelines for erg scores.

5. Assessment, Compulsory for Under 23, Senior & Para by invitation

February 18 – 19, 2017 at NRC.

Successful candidates will race in a time trial heat in single sculls (1x) or coxless pairs (2-) and/or in crews decided by the Lead Coach and the HPD over the race distance and in other speed tests. Pairs and crew boat combinations must be agreed with the LC and HPD prior to the event. All candidates that perform in single sculls, coxless pairs or crew boats must maintain their performance standards on the ergometer and further tests will be announced for completion.

6. Assessment for Under 23, Senior & Para by invitation

March 25 – 26, 2017 at NRC.

The compulsory assessment will comprise two races in single sculls (1x), coxless pairs (2-) or crew boats for seniors as decided by the LC and HPD. The initial races will be a 2000m or 1900m time trial heat. Based on the results of the time trial, finals will be drawn and raced over 2000m. Invitations to these trials will be issued to rowers, who have demonstrated their standard at the December and February assessments and by Ergometer performances or by agreement with the HPD. Invitations will be issued to Para athletes who have demonstrated the potential to perform to the required standard during training weekends and camp assessments. Para athletes will race at least twice over a 1000m course.

June 11 -12, 2017

This weekend will be used for finalizing all senior teams for domestic/international regattas. Crews have to race after nominations in domestic or international regattas.

2.3 Selection Responsibility

Responsibility for selection of Rowing Ireland boats for Olympic Games & Olympic Youth Games, World Rowing Championship (WRC), World Rowing under 23 Championship (WRU23C), European Rowing Championship (ERC) and World University Games & Championships has been assigned as follows:

Olympic Games, Olympic Youth Games, Paralympics	LC and HPD
WRC & ERC, Para & qualification regattas	LC and HPD
U23WRC, U23 ERC, WUG/WUC	LC and HPD
JWRC & JERC	LJC and HPD
Juniors, Coupe & HI	LJC and HPD

2.4 Medical Exemptions

If a rower cannot attend a trial or other test for medical reasons, the rower must follow the correct procedure. For non- squad candidates, a medical certificate, signed by the rower's doctor and approved by the appropriate Rowing Ireland squad doctor, must be produced and given or sent to the HPD prior to the event and the designated time of withdrawal. National squad rowers must have approval of the Rowing Ireland doctor, who will inform the HPD. Failure to comply is likely to result in a rower becoming ineligible for selection.

3. Strategies

3.1 Senior Squads

All potential rowers who complete assessments to the satisfaction of the HPD and the LC will need to demonstrate their performance at the FISA European Rowing Championship Regatta and/or at FISA World Cup Rowing Regatta(s).

The final decision regarding attendance at the above regattas rests with the HPD. Where rowers/crews are of the appropriate level the FISA World Rowing Championship will be entered. The World Championship Regatta is Rowing Ireland's priority event on the Olympic pathway as it provides Irish rowers with an opportunity to test their ability against the best in the world.

Prioritized Olympic boats & supplemental boats

Women	<u>W1x, W2x, W2-</u> & supplemental boats W4x-, W4-, W8+
Women's Lightweight	<u>LW2x</u> & supplemental boats LW1x/LW4x-
Men's Lightweight	<u>LM2x, LM4-</u> & supplemental boats LM2-/LM1x/LM4x
Men	<u>M2-, M2x,</u> & supplemental boats M4-, M1x, M4x-, M8+

The following sequence will be used; squad formation, crew formation, finalizing crews and then selection.

Squad training will be allocated in a practical way in order to put as little strain as possible on all parties. It will depend on access to equipment, accommodation, water/wind conditions etc. There will also be centralized training weekends and camps.

Squad members will share costs based on agreements between the athletes/coaches within each squad. A training camp and regatta plan incorporating domestic and international regattas, taking into account financial and other limitations will be determined by the HPD in consultation with the squad coaches.

If requested, affiliated Rowing Clubs must be prepared to support the HP programme with boat equipment, coaching, and organisation of practical matters, if the squad is based in their local area. Athletes must be made aware by squad and crew coaches of the responsibility of being a rower or lightweight rower in regard to nutrition, hydration, and weight management.

The HPD will have the final say in the above matters.

3.2 Under 23

International racing experience at Under 23 level is a key step in the development of an athlete. The under 23 World Championship Regatta is Rowing Ireland's priority event on the Olympic pathway allowing our athletes to test their ability against the best in the world in their age group.

The focus will be on Olympic boats, and also on support boats in Non-Olympic categories for development. A training camp and regatta plan incorporating domestic and international regattas, taking into account financial and other limitations will be determined by the HPD in consultation with the squad coaches.

The following sequence will be used; squad formation, crew formation, finalizing crews and then selection.

Once the squad formation has taken place all competitions will be synchronized, so there will be a clear pathway of preparation. There will also be centralized training weekends and camps, with crews being together for a long preparation period.

Squad training will be allocated, so that athletes and coaches can be used in the most practical way putting as little strain as possible on all parties. This will be determined by issues such as access to equipment, accommodation and water/wind conditions etc.

If requested, affiliated Rowing Clubs must be prepared to support the HP programme with boat equipment, coaching, and organisation of practical matters, if the squad is based in their local area. Athletes must be made aware by squad and crew coaches of the responsibility of being a rower or lightweight rower in regard to nutrition, dehydration, and weight management.

3.3 Junior

The LJC will have further details covering planned training weekends, camps, early water assessments etc. for October – December 2016 & January/February 2017.

3.4 Para

Para athletes may apply via the HPD/Para Coach for inclusion in the current international training group. Assessments at designated development camps will determine if an athlete has potential to perform at the required standard. Athletes will be invited to attend designated training camps. Continuous assessment at these development camps will determine if any individual or crew merits inclusion in the assessments.

Crew and rowers who complete the assessment and development camps to satisfaction of the LC will need to demonstrate their performance at domestic/test races and/or at

international regattas. Based on performance at the above regattas it will be considered entering exceptional crews at the World Championship Regatta.

Due to the need to identify a new crop of athletes, it is anticipated that athletes may come on-stream after the assessment. If such athletes prove to be of the required standard, they can be considered, with agreement of the HPD, for selection for the World Rowing Championship.

3.5 FISU World University Games & Championship

Rowing Ireland is responsible for the selection of the team for the FISU World University Games and Championship Regatta. Rowing Ireland will work closely with SSI/CUSAI to ensure that the best possible team represents Ireland.

A separate selection strategy document relating to the World University Games and Championship regatta detailing the selection procedure will be published later. Crews wishing to be considered for this event will need to attend the assessment in March. Participation in WUG or WUC can be as club or composite crew.

If a university athlete attends the first assessment/ranking, he/she will be considered for the U23 World Championship. Colleges and Universities will be encouraged to participate in the European University Championship Regatta/Games (arranged by Student Sport Ireland) as part of the HPP pathway, in order to gain international experience.

3.6 Weight Management

The weight limits for lightweights at assessment are as follows. Any athlete unable to achieve the prescribed weight will not be eligible for selection:

	<u>Lightweight Men</u>	<u>Lightweight Women</u>
September	75.0 kg	61.5 kg
October	74.5kg	61.0 kg
November	74.0 kg	60.5 kg
December	73.0 kg	59.5 kg
January	72.0 kg	58.5 kg
February	71.0 kg	57.7 kg
March	70.0 kg	57.0 kg

Senior athletes, who will attend early regattas, will be on a lower weight strategy as agreed by the LC. The HPD can make discretionary dispensation from the prescribed weight.

<u>Provincial Indoor Championship</u>	74.0 kg	60.5 kg
<u>Irish Indoor Championship</u>	72.0 kg	58.5 kg

Before selection of a lightweight crew, the crew must have been in weight at a regatta and raced as a lightweight crew.

Athletes and coaches must have awareness of the responsibility of being a rower or lightweight rower in regards to nutrition, hydration, and weight management etc.

4. Coaches

The selection of the squad, team or crew coaches is the responsibility of the LC and the HPD.

- Coaches who wish to be considered for selection for any of the competitions above should contact either the LC or the HPD.
- A coach will be appointed for each selected crew.
- Coaches are most likely to be appointed from amongst those, who have worked closely with the program throughout the season.
- A coach will be allocated to crews bearing in mind the particular requirements of each crew and the particular expertise of each coach.
- Coaches of successful candidates should not assume that they will automatically accompany their candidates to the respective regattas.

Coaches coaching lightweights must make athletes aware of the responsibilities of being a lightweight rower with respect to weight management, nutrition, hydration etc.

- Coaches have to:

-be vetted and certified to work with children and vulnerable people in accordance with, the National Vetting Bill 2012.

- know the policies in relation to the code of conduct and to section 5 below,

- be prepared, as a Rowing Ireland coach, to deal with the relevant points outlined in sections 2 and 3 above.

- take part in coach education and seminars when offered, if available.

- accept that any refunding of expenses as international staff members can only be approved and granted by the HPD.

5. Anti-Doping & Medical Welfare

5.1 Context

Sport Ireland manages the National Testing Program for Rowing Ireland in accordance with the WADA Standard of International Testing. Testing can be either in-competition or out-of-competition. The Sport Ireland also manages testing for FISA, the international governing body of rowing, and for WADA.

5.2 Registered Testing Pool

The Registered Testing Pool (RTP) is a list of athletes agreed between Sport Ireland and Rowing Ireland, who meet the following criteria:

- * Athletes on the carding scheme in the Contract, World Class and International categories
- * Athletes in the developmental category from high risk sports listed in the Council's Test Distribution Plan and other sports targeted by the Council
- * Olympic or Paralympic Qualifiers
- * Athletes who are included in an International Federation RTP
- * Any athlete currently serving a period of ineligibility
- * Any athlete who wishes to return from retirement and was previously in the RTP
- * Any other athlete that is required to be target tested under Clause 4.4.2 of the International Standard for Testing

5.3 National Testing Pool

Any participating athlete may be tested at any Rowing Ireland event as part of The National Testing Pool, at home, in camps and in international competitions.

5.4 Prohibited Substances

The WADA Prohibited List is an International Standard issued annually by WADA that identifies classes of substances and methods that are prohibited in-competition, out-of-competition, and in particular sports. Substances and Methods are classified by categories (e.g., steroids, stimulants, gene doping). The Prohibited List is updated continuously; it can be accessed on the WADA Website.

5.5 Further Information

Please refer to the Anti-Doping section of the Sport Ireland's website www.irishsportsCouncil.ie for more information. Remember, ignorance of regulations & procedures is not a defense.

5.6 Medical Welfare

Rowers and coaches shall ensure that the state of health and fitness of the competitor will allow the competitor to compete at a level commensurate with the competition level in the particular event.

For all rowers at World Rowing Championship and World Rowing Cup Regattas:

- The senior rower has to undergo a FISA Pre-Competition Health Screening which includes a questionnaire, an annual physical examination & ECG. The rower has to confirm in writing that such screening has been completed.
- For junior rower screening, parents have the responsibility and shall confirm in writing that such screening has been completed, and that FISA Codes are respected.

Reference the FISA website www.worldrowing.com/medical . The site includes the rules of the Olympic Movement Medical Code adopted by FISA, and Medical Rules for a) Men’s and Women’s Events, Health, Insurance and b) Medical provisions; Health of Rowers - medical codes of principles, code of medical ethics. FISA rules 20, 21, 22, 99 and Bye - laws to rule 99, Pre-competition Health Screening, Medical officer, Intravenous re-hydration, Injections/no needle policy, and Determinations of eligibility from rule 20.

6. Ergometer Guiding Standard;

Concept 2 erg with free rate and drag factor. Scores are subject to an ongoing adjustment.

Junior

Men, 2 k:	November & January,	6:40 & 6:36
Women, 2k:	November & January,	7:40 & 7:35.4
Men, 2k;	March & May,	6:30 & 6:26
Women, 2k	March & May,	7:30 & 7:25

International and European elite levels

Men, 2k & 6k	6:08 & 20:00,	6:20 & 20:20,
Women, 2k & 6k	7:00 & 22:20,	7:20 & 23:10

World record times	Men, 2 k & 6k:	5:47.0 & 19:15.5
	Women, 2k & 6k:	6:30.2 & 21:14.7

Standard distance of 2000 meters,

Senior and U23

Men

Women

Athlete Performance & Fitness levels.

	<u>HW</u>	<u>Lightweight</u>	<u>HW</u>	<u>Lightweight</u>
Development, 2k & 6k	6:21 & 21:00,	6:36 & 21:20,	7:16 & 23:20,	7:40 & 24:10
Pre Elite, 2k & 6k	6:11 & 20:30,	6:26 & 20:50,	7:06 & 22:50,	7:30 & 23:40
Elite, 2k & 6k	6:01 & 20:00,	6:16 & 20:20,	6:56 & 22:20,	7:20 & 23:10

<i>International elite, 2k & 6k</i>	5:56 & 19:30,	6:11 & 19:50,	6:48 & 21:50,	7:16 & 22:40
<i>World elite, 2k & 6k</i>	5:50 & 19:20,	6:05 & 19:40,	6:42 & 21:40,	7:10 & 22:30
<i>Olympic elite, 2k & 6k</i>	5:46 & 19:10,	6:01 & 19:30,	6:38 & 21:30,	7:06 & 22:20

World record times	5:36.6 & 18:06,	5:56.7 & 19:18,	6:25.0 & 21:06,	6:54.7 & 22:02
Split time	1:24.1	1:29.2	1:36.2	1:43.7

World records: Standard distance of 2,000 & 6000 meters, Concept 2 Ergometer

Lightweight Men: 75 kg (165 lb) maximum weight

Lightweight Women: 61.5 kg (136 lb) maximum weight