

		<b>Heavyweight Men</b>				<b>Lightweight Men</b>			<b>Heavyweight Women</b>				<b>Lightweight Women</b>			
		<i>Junior</i>	<i>Under 21</i>	<i>Under 23</i>	<i>Senior A</i>	<i>Under 21</i>	<i>Under 23</i>	<i>Senior A</i>	<i>Junior</i>	<i>Under 21</i>	<i>Under 23</i>	<i>Senior A</i>	<i>Under 21</i>	<i>Under 23</i>	<i>Senior A</i>	
<b>Laboratory Tests</b>	<b>Sum of 7 skinfold (mm)</b>	<b>Healthy performance range (min)</b>	N/A	50	50	45	38	38	34	N/A	70	70	65	47	47	43
		<b>Healthy performance range (max)</b>	N/A		55	52		42	40	N/A		80	75		55	52
	<b>VO<sub>2</sub>max (L/min)</b>	<b>Age Group, Sen A 2011, 2012</b>	N/A	5.90	6.20	6.50	5.20	5.50	6.00	N/A	4.00	4.25	4.60	3.40	3.80	4.10
	<b>LT2 Power (W)</b>	<b>Age Group, Sen A 2011, 2012</b>	N/A	350	370	390	300	320	335	N/A	235	250	265	200	220	240
	<b>Step 7 Distance (m)</b>	<b>Age Group, Sen A 2011, 2012</b>	N/A	1300	1330	1380	1260	1280	1300	N/A	1160	1180	1200	1085	1120	1140
<b>Ergometer Test Battery</b>	<b>Standing 100m</b>	<b>Age Group, Sen A 2011, 2012</b>	00:14.6	00:14.1	00:13.7	00:13.2	00:15.9	00:15.2	00:14.6	00:17.2	00:16.7	00:16.3	00:15.9	00:18.4	00:17.8	00:17.2
	<b>Standing 500m</b>	<b>Age Group, Sen A 2011, 2012</b>	01:18.0	01:17.0	01:16.0	01:15.0	01:27.0	01:25.0	01:22.0	01:32.1	01:31.1	01:30.1	01:29.0	01:37.1	01:36.0	01:35.0
	<b>2000m erg</b>	<b>Age Group, Sen A 2011, 2012</b>	06:10.6	06:00.2	05:53.2	05:48.0	06:20.9	06:13.5	06:08.0	07:06.0	06:54.0	06:46.0	06:40.0	07:14.7	07:06.3	07:00.0
	<b>6000m erg</b>	<b>Age Group, Sen A 2011, 2012</b>	20:08.8	19:34.7	19:12.0	18:55.0	20:26.5	20:02.8	19:45.0	22:32.5	21:54.5	21:29.0	21:10.0	22:46.2	22:19.8	22:00.0
	<b>30 minute erg (20 s/m)</b>	<b>Age Group, Sen A 2011, 2012</b>	8450	8650	8850	9150	8400	8600	8750	7730	7880	8030	8180	7450	7650	7850
<b>Strength &amp; Conditioning Targets</b>	<b>Squat (3RM)</b>	Body weight*	Squat Body weight*	80 – 95% of Sen A	140kg	Body weight*	80 – 95% of Sen A	120kg	Body weight*	Squat Body weight*	80 – 95% of Sen A	105kg	Body weight*	80 – 95% of Sen A	90kg	
	<b>Pull (3RM)</b>	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*	80 – 95% of Sen A	75kg	75% of Body weight*	80 – 95% of Sen A	60kg	
	<b>Clean (1RM)</b>	Body weight*	Clean Body weight*	80 – 95% of Sen A	110kg	Body weight*	80 – 95% of Sen A	90kg	Body weight*	Clean Body weight*	80 – 95% of Sen A	75kg	Body weight*	80 – 95% of Sen A	60kg	
	<b>Bench Press (3RM)</b>	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	95kg	75% of Body weight*	80 – 95% of Sen A	70kg	75% of Body weight*	75% of Body weight*	80 – 95% of Sen A	65kg	75% of Body weight*	80 – 95% of Sen A	50kg	

\*Technical proficiency achieved before attempting any exercise.

N/A = not applicable

			Adaptive Men			Adaptive Women		
			Arms Only	Trunk & Arms	Legs, Trunk, & Arms	Arms Only	Trunk & Arms	Legs, Trunk, & Arms
Ergometer Test Battery	Standing 100m	Senior A	00:20.0	00:19.0	00:16.0	00:24.0	00:20.0	00:18.0
	Standing 250m	Senior A	00:53.0	00:49.0	00:40.5	01:05.0	00:52.0	00:47.0
	1000m	Senior A	04:06.0	03:38.0	03:09.0	04:45.0	03:54.0	03:29.0
	3000m	Senior A	13:11.0	11:25.0	10:11.0	15:20.0	12:34.0	11:16.0
	30 minute erg (20 s/m TA & LTA, 26 s/m A1x)	Senior A	6200	6750	7965	5450	6550	7085
Adaptive Strength & Conditioning Targets	Leg Press (3RM)		N/A	N/A	250kg	N/A	N/A	200kg
	Bench Pull (3RM)		95kg	85kg	85kg	60kg	60kg	60kg
	Bench Press (3RM)		90kg	80kg	80kg	50kg	50kg	50kg

N/A = not applicable

**On-Water Prognostic Times**

	Boat Classes	HW Men	LW Men	HW Women	LW women
On-Water Prognostic Times (Senior A World Best Times) ** / ***	Single Scull	06:33.35	06:47.82	07:07.71	07:28.15
	Double Scull	06:03.25	06:10.02	06:38.78	06:49.77
	Quad Scull	05:36.20	05:45.18	06:10.80	06:23.96
	Coxless Pair	06:14.27	06:26.61	06:53.80	N/A
	Coxless Four	05:41.35	05:45.60	06:25.35	N/A
	Eight	05:19.85	05:30.24	05:55.50	N/A
	Coxed Pair	06:42.16	N/A	N/A	N/A
	Coxed Four	05:58.96	N/A	N/A	N/A
	Adaptive - Boat Classes				
Calculated Prognostics	AM1x	04:51.48			
	AW1x	05:25.17			
	TA2x	04:03.96			
	LTA4+	03:25.33			
	TAM1x	04:18.00			
	TAW1x	04:28.00			
	LTAM1x	03:41.00			
	LTAW1x	03:55.00			

\*\* All age groups will be measured against Senior A World Best Times

\*\*\*Updated Annually at conclusion of Senior A World Championships