

Rowing Canada Aviron Gold Medal Prognostic Times 2015 to 2016

		Olympic Events													
		M8+	W8+	M4x	W4x	M4-	LM4-	M2x	W2x	LM2x	LW2x	M2-	W2-	M1x	W1x
Senior	Time	5:18	5:52	5:31	6:06	5:40	5:45	6:00	6:36	6:05	6:45	6:11	6:50	6:32	7:10
	m/s	6.289	5.682	6.042	5.464	5.882	5.797	5.556	5.051	5.479	4.926	5.391	4.878	5.102	4.651

		International Events							
		LM8+	M4+	LM4x	LW4x	W4-	LM2-	LM1x	LW1x
Senior	Time	5:24	5:53	5:37	6:13	6:18	6:18	6:38	7:15
	m/s	6.144	5.666	5.935	5.356	5.291	5.291	5.025	4.598



ROWING
CANADA
AVIRON

		Ergometer Standards			
		Men	Women	Light Women*	Light Men*
2000m	Time	5:45	6:43	7:02	6:10
	split	1:26.2	1:40.7	1:45.5	1:32.5
6000m	Time	18:27	21:20	22:18	19:36
	split	1:32.2	1:46.7	1:51.5	1:38.5

*: at Race Weight + 1kg or if no Race Weight assigned: FISA Max weight

		Paralympic Events			
		LTA4+	TA2x	ASM1x	ASW1x
Senior	Time	3:16	3:55	4:45	5:25
	m/s	5.102	4.255	3.509	3.077

		Paralympic Ergometer Standards				
			LTA	TA	AS	
1000m	Men	NT	Time	3:07	3:40	4:20
		SR	Split	1:33.5	1:50	2:10
	Women	NT	Time	3:16.3	3:51	4:33
		SR	Split	1:38.2	1:55.5	2:16.5