



Dear athletes and coaches,

In response to many requests about the standards that we have established for the various Jr Men's programs, I have provided the table below so you can see the expectations for you or your athlete. In order to have a successful junior men's team, USRowing and the Coaching staff feel that athletes must meet certain physical and performance standards prior to being invited to selection, high performance or development camps. These standards are outlined below:

Camp:	Birth year:	Height :	2K erg :
Junior International	1994 or later	6' or taller	6:20 or faster
High Performance	1995 or later	6' or taller	6:28 or faster
Development	1996 or later 1997/1998	6' or taller 6' or taller	6:40 or faster 6:50 to 7:00

Anaerobic Power: 1' or 500m as fast as possible.

We are looking for the following scores:

Junior International:	1:23.5 for 1' or 1:26.0 for 500m
High Performance:	1:26.0 for 1' or 1:28.5 for 500m
Development:	1:28.5 for 1' or 1:31.0 for 500m

Aerobic Power: 5 x 2000m @ 28-30 spm

Junior International:	1:40.0 or faster
High Performance:	1:42.5 or faster
Development:	1:45.0 or faster