



Dear athletes and coaches,

In response to many requests about the standards that we have established for the various Jr Women 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 women'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	1993 or later	5'9" or taller	7:20 or faster
High Performance	1994 or later	5'9" or taller	7:28 or faster
Development	1995	5'8" or taller	7:40 or faster
	1996/1997	5'8" or taller	7:50 to 8:00

Anaerobic Power: 1' or 500m as fast as possible. We are looking for the following scores:

Junior International: 1:36.5 for 1' or 1:39 for 500m

High Performance: 1:38 for 1' or 1:41.5 for 500m

Development: 1:41.5 for 1' or 1:44 for 500m

Aerobic Power: 4 x 10¹/₂' rates 22; 24; 26; (5' @26/5' @28) – average split for all 4.

Junior International: 2:00 or faster

High Performance: 2:02.5 or faster

Development: 2:05 or faster