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Rowing Canada Aviron - Ergometer Monitoring Program 2008-2009

Junior, Under 23 and Senior Athletes

<u>Submission deadline</u>	<u>Test</u>
November 2 nd , 2008	6km erg
December 14 th , 2008	6km erg
February 1 st , 2009	6km erg or 2km erg at Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie Indoor Rowing Championships (Regina, SK), Championnat québécois d'aviron en sale (Montreal, QC) or Atlantic Indoor Championships (Dartmouth, NS)
March 15 th , 2009	6km erg
April 26 th , 2009	6km or 2km erg

Ergometer tests are to be completed on a Concept II Model C or newer ergometer using the following drag factors:

Sr and U23 Men:	Maximum of 130
Sr and U23 Women:	Maximum of 110
Sr and U23 Lightweight Men	Maximum of 120
Sr and U23 Lightweight Women	Maximum of 110
Jr Men	Maximum of 120
Jr Women	Maximum of 110

Adaptive Athletes

<u>Submission deadline</u>	<u>Test</u>
November 2 nd , 2008	6km erg (LTA), 4km erg (TA), 3km erg (Arms only)
December 14 th , 2008	6km erg (LTA), 4km erg (TA), 3km erg (Arms only)
February 1 st , 2009	LTA - 6km erg or 2km at erg Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie Indoor Rowing

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Member of F.I.S.A., Canadian Olympic Committee/Membre de F.I.S.A., Comité Olympique Canadienne

Championships (Regina, SK), Championnat québécois d'aviron en sale (Montreal, QC) or Atlantic Indoor Championships (Dartmouth, NS)

TA – 4km erg or 1km erg at Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie Indoor Rowing Championships (Regina, SK), Championnat québécois d'aviron en sale (Montreal, QC) or Atlantic Indoor Championships (Dartmouth, NS)

Arms only – 3km erg or 1km erg at Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie Indoor Rowing Championships (Regina, SK), Championnat québécois d'aviron en sale (Montreal, QC) or Atlantic Indoor Championships (Dartmouth, NS)

March 15th, 2009 1km erg (Arms only, TA & LTA)

April 26th, 2009 1km erg (Arms only, TA & LTA)

Ergometer tests are to be completed on a Concept II Model C or newer ergometer using the following drag factors:

Adaptive Men (LTA,TA, Arms only) Maximum of 130
Adaptive Women (LTA,TA, Arms only) Maximum of 120

Rowing Canada's Ergometer Monitoring Program is an important component of the 2009 Selection Document and 2009 Carding Criteria.

Please see the Rowing Canada website under National Team – Info for Athletes for submission procedure.

To be included on further notifications of National Team activities please send your name and e-mail to parfitt@rowingcanada.org

Adam Parfitt
National Team Coordinator
Rowing Canada Aviron