

Rowing Canada Aviron - Ergometer Monitoring Program 2009-2010

Junior, Under 23 and Senior Athletes

<u>Submission deadline</u>	<u>Test</u>
October 19 th , 2009	6km erg
December 7 th , 2009	6km erg
February 8 th , 2010	6km erg or 2km erg at Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie Indoor Rowing Championships (Regina, SK), le championnat Québécois ergomètre (St-Hyacinthe, QC) or Atlantic Indoor Championships (Dartmouth, NS)
March 22 nd , 2010	6km erg
May 10 th , 2010	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>
October 19 th , 2009	6km erg (LTA), 4km erg (TA), 3km erg (AS)
December 7 th , 2009	6km erg (LTA), 4km erg (TA), 3km erg (AS)
February 8 th , 2010	LTA - 6km erg or 2km at erg Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie

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Membre de F.I.S.A., Comité Olympique Canadienne, Comité paralympique canadienne

Indoor Rowing Championships (Regina, SK), le championnat Québécois ergomètre (St-Hyacinthe, 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), le championnat Québécois ergomètre (St-Hyacinthe, QC) or Atlantic Indoor Championships (Dartmouth, NS)

Arms only – 1km erg at Canadian Indoor Championship in Toronto, Monster Erg in Victoria, Prairie Indoor Rowing Championships (Regina, SK), le championnat Québécois ergomètre (St-Hyacinthe, QC) or Atlantic Indoor Championships (Dartmouth, NS)

March 22nd, 2010 1km erg (AS, TA & LTA)

May 10th, 2010 1km erg (AS, 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, AS) Maximum of 130
Adaptive Women (LTA,TA, AS) Maximum of 120

Rowing Canada's Ergometer Monitoring Program is an important component of the 2010 Selection Document and 2010 Carding Criteria.

To submit your score, please see the Rowing Canada website (www.rowingcanada.org) and click on the '2009-10 Erg Monitoring' link on the left side of the page. Don't forget to fill in all the fields.

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

Adam Parfitt
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Rowing Canada Aviron