



## Provincial Ergometer Standards

Womens 2000m Ergometer Standard							
	Club Elite		Provincial Development		Provincial Elite		National Target
	Time	Watts	Time	Watts	Time	Watts	Time
Jr	07:40	230	07:31	244	07:25	256	7:18
U23	07:30	245	07:21	261	07:15	272	7:08
Sr	07:19	265	07:11	280	07:05	291	6:50
U23 LWT	07:45	224	07:36	236	07:30	245	7:30
Sr LWT	07:30	245	07:21	261	07:15	272	7:05

Mens 2000m Ergometer Standard							
	Club Elite		Provincial Development		Provincial Elite		National Target
	Time	Watts	Time	Watts	Time	Watts	Time
Jr	06:39	352	06:31	375	6:26.0	390	6:18
U23	06:33	370	06:25	393	6:20.0	410	6:05
Sr	06:22	400	06:15	425	6:10.0	444	5:50
U23 LWT	06:46	335	06:36	361	6:25.0	393	6:20
Sr LWT	06:33	370	06:25	393	6:20.0	410	6:10

Womens 6000m Ergometer Standard							
	Club Elite		Provincial Development		Provincial Elite		National Target
	Time	Watts	Time	Watts	Time	Watts	Time
Jr	24:31	191	24:00	202	23:37	212	23:30
U23	23:56	203	23:26	217	23:07	226	22:36
Sr	23:20	220	22:54	232	22:38	242	21:50
U23 LWT	24:40	183	24:24	193	24:04	201	23:42
Sr LWT	24:04	201	23:34	214	23:16	223	22:35

Mens 6000m Ergometer Standard							
	Club Elite		Provincial Development		Provincial Elite		National Target
	Time	Watts	Time	Watts	Time	Watts	Time
Jr	21:29	282	21:04	300	20:46	312	20:30
U23	21:09	296	20:43	315	20:27	328	19:45
Sr	20:36	320	20:12	340	19:54	355	19:00
U23 LWT	21:41	275	21:08	196	20:34	322	20:15
Sr LWT	20:59	303	20:33	323	20:17	336	19:40

\*National Target is set by RCA coaching staff

\*\*Club Elite, Provincial Development, and Provincial Elite are provincial standards.