

Canada Summer Games

Team Alberta: 2000m Erg Standards for 2009

These times must be *beaten not just matched*. (i.e. to make team outright as a Heavy Man, the time must be *under* 6:30.0, 6:29.9 would be acceptable).

These standards must be met under the **supervision of a club or provincial coach**. The Erg test must also be pulled in 2009 (erg standards meet in 2008 do not qualify for making the team or funding for CSG in 2009)

To be eligible for funding and to try out for the CSG team athletes must compete in the Alberta Open Regatta on June 27th, 2008; the Alberta Indoor Championships in February 2009; and the Alberta Open Regatta June 27th, 2009. If an athlete cannot attend one of one of these events, a valid reason must be provided in advance and will be considered by the ARA coaching staff and executive.

Lightweights must be weighed in before their erg test to qualify for lightweight standards.

Lightweight Men Erg weigh-in weight: 165lbs (75.0kg)

Lightweight Women Erg weigh-in weight: 135lbs (61.3kg)

Category	On Team outright (free pass onto team!)	ARA Junior Silver Standard (or <i>target team average</i> , earns Henley funding in 2008)	ARA Camp Funding Standard (will be <i>eligible</i> for funding support to attend camps)	Camp Minimum (can <i>attend</i> CSG training and selection camps)
Heavy Men	6:30	6:36	6:45	7:00
Lightweight Men	6:45	6:50*	7:00	7:15
Heavy Women	7:30	7:35	7:45	8:05
Lightweight Women	7:50	8:05*	8:10	8:20

*-No official ARA Junior Lightweight "Silver" or "Bronze" standards, no Henley 2008 funding as there is no Junior Lightweight at Henley