



### ARA Olympic Gold Medal Standards

Name: \_\_\_\_\_

School: \_\_\_\_\_

Year Group: \_\_\_\_\_

Distance Achieved: \_\_\_\_\_

How do you compare with a potential Olympic athlete?

Distance you achieved \_\_\_\_\_ ÷ by target \_\_\_\_\_ x 100 = \_\_\_\_\_%

YEAR GROUP	ROWING TIME	BOYS TARGET	GIRLS TARGET
7	2 Mins	510m	490m
8	3 Mins	810m	750m
9	4 Mins	1125m	1020m
10	5 Mins	1430m	1275m
11	6 Mins	1720m	1540m
12/13	2000m	07:00.0	07:45.0



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