

## BENCHMARK POLICY

2023 INTERSTATE STATE TEAM  
ROWING SOUTH AUSTRALIA

Please Note: Rowing South Australia ("RSA") will review this policy by no later than October of each year but may review and update the policy at any time and the publication or notification shall take effect in accordance with the RSA Selection Policy.

### BACKGROUND

The [RSA State Team Selection Policy](#) outlines the broad selection criteria for all rowers and coxswains and can be viewed on the [RSA website](#). This document operates as an appendix to the Selection Policy and states the minimum expected benchmarks for each crew in the Interstate Regatta.

### PROCESS

RSA acknowledges the State Team is in a growth and development phase and therefore has made adjusted benchmarks for the Interstate Crews. The table below states the minimum expected times for any crew to be selected.

Please note the following:

- Benchmark times are a guide for a selected crews potential to achieve 5th place or better. This is the minimum expectation to be sent to the Australian Rowing Championships. If the crew does not meet the minimum benchmark, it is at the selector's discretion and with the Boards approval a development crew may be sent.
- A 1% allowance has been applied to account for the "slower" West lakes water.
- Benchmark speed order trial is to be conducted in still conditions or with a tail breeze over 1500m.
- This benchmark will be reviewed each year and change depending on results at the Australian Rowing Championships.
- This benchmark provides accountability and standards to both selected crews and coaches.
- PR1X is based on fastest time due to lack of results. This will be considered when applying this benchmark. All other crews are based off the 3<sup>rd</sup> fastest time.

### BENCHMARKS - WATER

EVENT	MAX WIN M/S	3RD FASTEST WIN M/S	AVERAGE % TO 5TH	BENCHMARK SPEED	BENCHMARK SPLIT
M8+	6.21	6.10	6.18%	5.66	01:28.3
W8+	5.44	5.39	6.66%	4.98	01:40.4
LM4-	5.75	5.47	4.05%	5.20	01:36.2
LW4X	5.09	5.04	5.21%	4.73	01:45.7
M1X	4.92	4.87	5.21%	4.57	01:49.5
W1X	4.51	4.47	5.31%	4.19	01:59.4
MPR1X	4.21	4.21	8.91%	3.79	02:11.9
WPR1X	3.63	3.63	18.05%	2.94	02:50.0
MY8+	6.06	5.85	5.36%	5.47	01:31.3
WY8+	5.30	5.14	4.76%	4.85	01:43.2

### BENCHMARKS - ERGOMETER

To see ergometer benchmarks please see the [Rowing Australia Pathways Benchmark Policy](#).