

NORMS FOR TALENT SEARCH IDENTIFICATION OF ROWING

Boys

Age	Min ht. in cm.	Max. body Wt. in Kg	Min. Arm Spams	Shuttle Run test in sec.	2.4 km Running	Pushups in 1 min.	Situps in 1 min.	Swinning mtr. With no timing	Monitoring and skill test on Ergometer
14-15 Yrs.	172-175	68 kg	182 cm	16 sec.	18 min.	20 reps.	25		3min. focusing on body movement and back strength
16-17 Yrs.	182-184	70 kg	188 cm	15 sec.	15 min.	25 reps.	25	100 mtr.	5 min. focusing on body movement and back Strength
18 & above	186 cm	75 kg	196 cm	15 sec.	12 min.	28 reps.	35	100 mtr.	5 min. focusing on body movement and back Strength

Girls

Age	Min ht. in cm.	Max. body Wt. in Kg	Min. Arm Spams	Shuttle Run test in sec.	2.4 km Running	Pushups in 1 min.	Situps in 1 min.	Swinning mtr. With no timing	Monitoring and skill test on Ergometer
14-15 Yrs.	168-170	56 kg	179 cm	17sec.	22 min.	15 reps.	20	100 mtr.	3min. focusing on body movement and back strength
16-17 Yrs.	172-174	58 kg	185 cm	16 sec.	18 min.	18 reps.	20	100 mtr.	5 min. focusing on body movement and back Strength
18 & above	178 & above	62 kg	186 cm	16 sec.	16 min.	20 reps.	25	100 mtr.	5 min. focusing on body movement and back Strength

Note:- BIOMECHANICAL,HEMOGLOBIN & URIC ACID/LACTIC TEST.