

ROWING ACT CLUB GRADE SYSTEM

EXPECTED TIMES (Min.Seconds) / PERFORMANCE RANGE FOR EACH GRADE

	A GRADE (ie Club)		B GRADE		C GRADE		D GRADE		E GRADE	
	1800m	1800m	1800m	1800m	1800m	1800m	1000m	1000m	1000m	1000m
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
1X	< 7.00	< 7.35	6.55 - 7.20	7.30 - 7.55	7.15 – 7.45	7.50 – 8.25	4.00 - 4.20	4.20 - 4.40	>4.20	>4.40
2X	<6.20	<7.00	6.15 - 6.40	6.50 - 7.15	6.40 - 7.10	7.15 – 7.50	3.40 - 4.00	4.00 - 4.20	>4.00	>4.20
2-	<6.30	<7.10	6.25 - 6.50	7.00 - 7.25	6.50 – 7.25	7.25 – 8.00	3.45 - 4.05	4.05 - 4.25	>4.05	>4.25
4+	<6.10	<6.45	6.10 - 6.35	6.45 - 7.10	6.35 – 7.05	7.10 – 7.40	3.35 - 4.00	3.50 - 4.15	>4.00	>4.15
4-	<6.00	<6.35	6.00 - 6.25	6.35 - 7.00	6.25 - 6.50	7.00 - 7.30	3.30 - 3.55	3.45 - 4.10	>3.55	>4.10
4X+	<6.05	<6.40	6.05 - 6.30	6.40 - 7.05	6.30 - 6.55	7.05 - 7.35	3.30 - 3.55	3.45 - 4.10	>3.55	>4.10
4X-	<5.50	<6.25	5.50 - 6.15	6.25 - 6.50	6.15 - 6.40	6.50 – 7.10	3.30 - 3.50	3.45 - 4.05	>3.50	>4.05
8+	<5.35	<6.10	5.35 - 5.55	6.10 - 6.35	5.55 - 6.20	6.35 – 7.00	3.25 - 3.50	3.40 - 4.05	>3.50	>4.05