Alberta Rowing Association
Provincial Ergometer Standards, 2026

		Bronze	Silver	Gold	Platinum
Junior Men	2,000m	6:48	6:35	6:25	6:15
	6,000m	21:56	21:10	20:40	20:40
Junior Woman	2,000m	7:50	7:38	7:26	7:16
	6,000m	25:16	24:24	23:48	23:48
U23 Lwt Men	2,000m	6:48	6:38	6:28	6:23
	6,000m	22:12	21:27	20:44	20:44
U23 Lwt Women	2,000m	7:48	7:38	7:28	7:20
	6,000m	25:27	24:35	23:58	23:58
Lwt Men	2,000m	6:42	6:32	6:22	6:15
	6,000m	21:47	21:03	20:12	20:12
Lwt Women	2,000m	7:42	7:32	7:21	7:10
	6,000m	24:57	24:06	23:25	23:25
U23 Men	2,000m	6:35	6:26	6:16	6:06
	6,000m	21:26	20:43	20:11	20:11
U23 Women	2,000m	7:35	7:25	7:14	7:04
	6,000m	24:21	23:31	22:56	22:56
Open Men	2,000m	6:24	6:14	6:05	5:55
	6,000m	20:48	20:05	19:35	19:35
Open Women	2,000m	7:24	7:12	7:01	6:52
	6,000m	23:47	22:59	22:24	22:24