Rowing Split Chart · 2,000 m recruiting reference

Times in this table are mathematically generated from each 2,000 m pace: the /500 m split is the 2k time divided by four, and other distances use the same constant pace. Watts use the Concept2-published formula. They are not measured pieces.

College recruiting 2k thresholds[1] below are the three published marks (gets you noticed / competitive for a spot / top recruits). They come from a recruiting counselor, vary by program and year, and are not official NCAA or college standards. An erg score is a threshold, not the deciding factor; coaches also weigh academics, height, on-water results, and character. Named programs are examples only, not official membership. No college endorses Drialta Tools.

How to read

Use the 2,000 m column first. The Men and Women columns name the recruiting tier when that 2k is an exact published cutoff, or a cited championship-boat average. Color shows the threshold: lighter = gets you noticed, middle = competitive for a spot, darker = top recruits. Men are blues; women are reds and magentas. “Sub-6:20” means at or faster than 6:20. One time can belong to more than one tier. Watts are a reference column, not a recruiting standard. The full tier key, example programs, and sources are on page 2.

Mark colors

Men — blues Noticed Competitive Top **Women — reds / magentas** Noticed Competitive Top

Split /500 m	2,000 m	1,000 m	5,000 m	6,000 m	10,000 m	Watts	Men	Women
1:30	**6:00**	3:00	15:00	18:00	30:00	480.1		
1:31.25	**6:05**	3:02.5	15:12.5	18:15	30:25	460.6		
1:32.5	**6:10**	**3:05**	**15:25**	**18:30**	**30:50**	**442.2**	HW Top	
1:33.5	**6:14**	**3:07**	**15:35**	**18:42**	**31:10**	**428.2**	Harvard LW avg	
1:33.75	**6:15**	**3:07.5**	**15:37.5**	**18:45**	**31:15**	**424.8**	HW Top HW Strong	
1:35	**6:20**	**3:10**	**15:50**	**19:00**	**31:40**	**408.2**	HW Top LW Top	
1:36.25	**6:25**	**3:12.5**	**16:02.5**	**19:15**	**32:05**	**392.5**	HW Strong HW Mid D3 NESCAC	
1:37.5	**6:30**	**3:15**	**16:15**	**19:30**	**32:30**	**377.6**	HW Strong LW Top	
1:38.75	**6:35**	**3:17.5**	**16:27.5**	**19:45**	**32:55**	**363.5**	HW Mid D3 NESCAC D3 Mid	
1:40	**6:40**	**3:20**	**16:40**	**20:00**	**33:20**	**350.0**	HW Mid D3 NESCAC	
1:41.25	**6:45**	**3:22.5**	**16:52.5**	**20:15**	**33:45**	**337.2**	D3 Mid	
1:42.5	**6:50**	**3:25**	**17:05**	**20:30**	**34:10**	**325.0**	D3 Mid	
1:43.75	**6:55**	3:27.5	17:17.5	20:45	34:35	313.4		
1:45	**7:00**	3:30	17:30	21:00	35:00	302.3		
1:46.25	**7:05**	3:32.5	17:42.5	21:15	35:25	291.8		
1:47.5	**7:10**	**3:35**	**17:55**	**21:30**	**35:50**	**281.7**		D1 Top
1:48.75	**7:15**	3:37.5	18:07.5	21:45	36:15	272.1		
1:50	**7:20**	**3:40**	**18:20**	**22:00**	**36:40**	**263.0**		D1 Top D1 Strong
1:51.25	**7:25**	**3:42.5**	**18:32.5**	**22:15**	**37:05**	**254.2**		D1 Top D2 D3 NESCAC
1:52.5	**7:30**	**3:45**	**18:45**	**22:30**	**37:30**	**245.8**		D1 Strong
1:53.75	**7:35**	**3:47.5**	**18:57.5**	**22:45**	**37:55**	**237.8**		D1 Strong D2 D3 NESCAC LW Top
1:55	**7:40**	**3:50**	**19:10**	**23:00**	**38:20**	**230.1**		D3 Mid
1:56.25	**7:45**	**3:52.5**	**19:22.5**	**23:15**	**38:45**	**222.8**		D3 NESCAC
1:57.5	**7:50**	**3:55**	**19:35**	**23:30**	**39:10**	**215.8**		D2 D3 Mid
1:58.75	**7:55**	**3:57.5**	**19:47.5**	**23:45**	**39:35**	**209.0**		Club
2:00	**8:00**	**4:00**	**20:00**	**24:00**	**40:00**	**202.5**		D3 Mid

Sources: Full recruiting key and source list on page 2.

Data as of 20 November 2026. For general reference only. Provided as is, without warranty. Verify critical values against the original source. See drialta.com/terms.

Rowing Split Chart · 2,000 m recruiting reference
College recruiting 2k thresholds[1]

Numeric cells are the three published cutoffs for each tier.[1] Where the source gives a range or a single figure instead of three exact times, the published wording is shown and is not turned into an invented cutoff. Example programs are listed as the source names them, plus 2026 championship crews placed only in a fitting tier; they are examples, not official membership.

Mark colors

Men — blues Noticed Competitive Top

Women — reds / magentas Noticed Competitive Top

Men

Tier	Noticed	Competitive	Top
D1 heavyweight — top	Sub-6:20	Sub-6:15	Sub-6:10
e.g. Cal, Washington, Harvard, Yale, Princeton, Brown			
D1 heavyweight — strong	Sub-6:30	Sub-6:25	Sub-6:15
e.g. Wisconsin, Navy, Syracuse, Penn, Notre Dame, Virginia, Michigan, Ohio State			
D1 heavyweight — mid (Dad Vail / competitive varsity)	Sub-6:40	Sub-6:35	Sub-6:25
e.g. Colgate, Drexel, Hobart, Temple, Lehigh, Bucknell, GWU			
D1 lightweight — top	Sub-6:30	low 6:20s	Sub-6:20
e.g. Harvard; also Harvard (2026 IRA lightweight 1V, third straight title)			
D3 — top (NESCAC)	Sub-6:40	Sub-6:35	Sub-6:25
e.g. Trinity (2026 IRA Division III champion; NESCAC member)			
D3 — mid	Sub-6:50	Sub-6:45	Sub-6:35
Lightweight — second tier			
Competitive times at second-tier lightweight programs are published as sub-6:35 to sub-6:40. That is a range, not three exact marks.			
Lower D1 / competitive club, including ACRA			
e.g. competitive ACRA teams; Purdue (2026 ACRA varsity eight champion) Recruiting 2k times for this group are published in the 6:30s to 6:40s, and scholarship-granting programs generally want 6:40 or faster for athletic-aid consideration. No three-column cutoffs were published for this group.			

Women

Tier	Noticed	Competitive	Top
D1 openweight — top	Sub-7:25	Sub-7:20	Sub-7:10
e.g. Texas, Stanford, Cal, Virginia, Michigan, Wisconsin, Ohio State, and Ivy League programs; also Tennessee (2026 NCAA third)			
D1 openweight — strong / some top D3	Sub-7:35	Sub-7:30	Sub-7:20
D2	Sub-7:50	Sub-7:35	Sub-7:25
D3 — top (NESCAC)	Sub-7:45	Sub-7:35	Sub-7:25
D3 — mid	Sub-8:00	Sub-7:50	Sub-7:40
Lightweight — top programs			Sub-7:35
e.g. Radcliffe (Harvard), Princeton, Stanford, Wisconsin Top women's lightweight programs seek sub-7:35. That is a single published figure, not a three-column row.			
Lower D3 / club		Sub-7:55	
e.g. Middlebury (2026 ACRA varsity eight champion) Competitive 2k times at lower D3 and club programs are published as under 7:55. That is a single published figure, not a three-column row.			

Method

Chart marks are the three published thresholds—gets you noticed, competitive for a spot, and top recruits—for each tier in the source table.[1] Example programs are listed as the source names them, plus 2026 championship crews placed only in a fitting tier; they are examples, not official membership. Syracuse and Harvard program-published figures are cited as corroboration only. On-water times are not converted to erg scores. These benchmarks come from a recruiting counselor and vary by program and year; an erg score is a threshold, not the deciding factor.

Sources (accessed 20 November 2026)

[1] Sparks, Ryan Sparks, College Rowing Erg Score Standards: What Scores Mean for Recruiting (30 March 2026) — source of the three-column 2k thresholds and of the program names listed as examples. https://www.sparks.net/blog/college-rowing-erg-score-standards

Syracuse University men's rowing, U.S. Students — about 6:20 or faster by the start of senior year; usual athletic-scholarship candidates usually below 6:10 (corroboration only, not an Ivy band). https://www.cusemrowing.com/recruiting/us-students

Harvard University Athletics, Men's Lightweight Rowing Recruiting — rough standard 2K sub 6:30 (corroboration only). https://admin.gocrimson.com/sports/2023/9/19/mens-lightweight-rowing-recruiting.aspx

Rowing News, Andy Anderson, Revenge of the Lightweights (18 September 2025) — 2025 IRA champion Harvard men's lightweight eight average 2K erg 6:14, with two athletes under 6:10. https://www.rowingnews.com/revenge-of-the-lightweights/

IRA, 123rd recap — 2026 HW 1V podium (Washington, Cal, Princeton) and Harvard LW 3-peat; Trinity D3 1V (on-water; used only to place examples). https://www.irarowing.com/news/123rd-ira-recap

NCAA.com (31 May 2026) — Texas won the 2026 NCAA D1 women's championship; Stanford second, Tennessee third (on-water; used only to place examples). https://www.ncaa.com/news/rowing/article/2026-05-31/texas-wins-2026-ncaa-di-rowing-championship

row2k (22 May 2026) — 2026 ACRA V8 champions: Purdue men, Middlebury women (on-water; used only to place examples). https://www.row2k.com/events/features/2026/1226/acra-2026-v8s-be-uncatchable/

NESCAC news (30 May 2026) — Trinity College, a NESCAC member, won the 2026 IRA Division III men's 1V (on-water; used only to place an example). https://nescac.com/news/2026/5/30/trinity-wins-back-to-back-ira-division-iii-national-championship-in-mens-rowing.aspx

Concept2 Watts Calculator (formula only). https://www.concept2.com/training/watts-calculator

Sources: Complete citations appear in the source list on this page.
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