

2026 Australia A Team Expression of Interest

Background:

In 2026 Rowing Australia will continue its strategy to increase the depth of talent aspiring for the 2026 World Championships, the National Training Centre's and the 2028 Los Angeles Olympics. Athletes will be given the opportunity to compete in the 2026 Holland Bekker Cup and World Cup III events as part of an Australia A Team. Team membership is aimed at, but not limited to, graduating Australian student athletes abroad, exceptionally, Australian based athletes who are outside of the selected Senior Team World Cup Tour crews and achieve Benchmark and selection standards. Australia A Team athletes will be eligible to be considered for the 2026 World Rowing Championships.

Athlete Assessment

Invitations for Australia A will be based and assessed from the following:

1. Complete both a 2km ergo test and a long-distance ergo test (either 5k or 6k) within the selection window, which spans from 1 October, 2025 to 5 May 2026. The cut off ergometer standard is:
 - a. Men <=5:58.0
 - b. Women <=6:54.0
 Please submit ergometers scores to: <https://docs.google.com/forms/d/e/1FAIpQLSd-vuWCYXeeCRZdshtX0Pq9Iq5NFGRKaODgIqK1wSEelq94Q/viewform?usp=dialog>
2. Previous International performances and future potential will be key considerations.
3. Current training data
4. Australian based athletes will be assessed as part of the Senior A selection process and will need to satisfy the requirements set out in the Senior A Event Requirements, which are available on the RA website at <https://rowingaustralia.com.au/national-team-selection>

Nominations can be made via the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSeV4pqHrqFGYXreoLB2lxfs5E242foqM3FePloKWdqax35aRA/viewform?usp=dialog>

Specific Activity Details:

ACTIVITY	2025 Australia A Team - Activity Dates
Close of team nominations	30 March, 2026
Submission window of data	1 October 2025 – 1 May 2026
Australia A Team announced	8 May, 2026
Holland-Bekker	20 – 21 June, 2026 Amsterdam, NED
World Cup III	26 – 28 June, 2026, Lucerne, SUI

NOTES:

1. Australia A athletes must have nominated for the 2026 Australian Senior A Team.
2. Be a current financial member of a registered Rowing Club in Australia.
3. Be a current financial member of a Member Association (State) of Rowing Australia.
4. Be committed to the nominating for the 2027 Australian Rowing Team.
5. U23 athletes will be considered if they have won a U23 World Championship medal and been a member of at least two U23 Australian Rowing Teams.
6. Every athlete is required to submit the following information by 17:00 AEDT on 1 May, 2026:
 - a. 2km ergometer result

- b. A long distance ergo test 6km/5km erg result (dependent upon program). Ergometer testing submission includes an accompanying ergometer screen photo of the result (including date).
- c. Ergometer testing is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the RA website at <https://rowingaustralia.com.au/sports-science>.

7. Selection into the Australia A Team is a development pathway and not a guarantee of entry into Senior Team Trials. Progression to Senior A opportunities are determined by:

- a. Performance through the 2026 Season.
- b. Training and performance throughout the Australia A campaign.

The depth and performance needs of the Senior Team.

8. Additional Selection Considerations include:

- a. Number of nominations across sculling, Bow side and Stroke side
- b. Athlete availability for full campaign participation
- c. Athlete suitability for targeted boat classes
- d. Broader strategic needs of the national team system

9. Following the conclusion of the Lucerne Regatta the selectors will make decisions about any athlete to stay with the Senior Squads for consideration for the 2026 World Championship Australian Rowing Team. Athletes not invited would travel home at this point.