

EVENT REQUIREMENTS 2026 AUSTRALIAN ROWING TEAM – BEACH SPRINTS

Approved November 2025

Please Note: Rowing Australia Limited ("RA") intends to review these Beach Sprint Event Requirements each year but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards from time to time prior to the relevant event or trial and the publication or notification shall take effect in accordance with the RA Selection Policy.

Background:

The RA National Selection Policy ("Selection Policy") outlines the broad selection criteria for all rowers and coxswains and can be viewed on the RA website at www.rowingaustralia.com.au. This document operates as an appendix to the Selection Policy and outlines the activities that rowers and coxswains must complete to be eligible for selection consideration for the Australian Beach Sprint Rowing Team.

All athletes must complete all activities stipulated in these 2026 Australian Rowing Team - Beach Sprint Event Requirements unless there are Extenuating Circumstances (as defined in the Selection Policy) that prevent this, in which case Rowing Australia is to be notified of the reason as soon as is practicable, and in accordance with the RA Medical Management Policy and the Selection Policy.

Important Notes:

- a. Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event.
- b. In 2026 the Beach Sprint Event Requirements are aligning with the Classic Rowing Event requirements to streamline between the Olympic disciplines and enable doubling up across both disciplines. 2026 Event Requirements will be updated in December 2025.
- c. Under 19 Beach Sprint Rowers will be selected from performances at the Australian Beach Sprint Championships only.
- d. Australia has also committed to sending Beach Sprint rowers to the Youth Olympic Games, Dakar, 31 October to 13 November 2026. Eligible athletes will have been born after 13 November 2008. Selection and qualification details to follow.
- e. Due to the delayed 2025 World Beach Sprint Finals touring members of the 2025 Australian World Beach Sprint Finals Team have received an invitation to the December 2025 National Time Trial and are exempt from the November and December 2025 Ergometer and Time Trial Event Requirements.
- f. Athletes who have been focussing only on Beach Sprint outside of the competing 2025 Australian World Beach Sprint Team and who haven't undertaken the November 5000m ergometer or November Time Trial will be considered for invitation to the December National Time Trial based on a 5000m ergometer score on Monday 24 November.**
- g. Rowers who have nominated for the 2026 Australian Classic Rowing Team process will also be considered to have also nominated for the 2026 Beach Sprint Team. For those rowers who are only nominating for the 2026 Beach Sprint Team nominations will close on 23 November 2025.

Boat Priorities

The priority senior class boats for the 2026 season will be the Mixed double scull and the Women's and Men's solos. A Mixed Coxed Quad may be selected behind the Olympic Class boats. U19 boats to be considered for selection are the Women's and Men's solos and Mixed Double Scull.

Beach Sprint Specific Selection Details:

Selection Requirement	See Note(s)	2025 Beach Sprint Team – Selection Requirement Dates
5000m Ergometer Test #1	1	3 November 2025
November Domestic 5000m Time Trial	2	5 - 8 November 2025
Nominations by Beach Sprint only athletes close		23 November 2025

5000m Ergometer Beach Sprint Only Nominated	1	24 November 2025
2000m Ergometer Test #1	1	8 December 2025
December Domestic 5km Time Trial	2	17 – 20 December 2025
National Time Trial & Assessments	2	17 – 20 December 2025
TBC		2026

NOTES:

1) 5km and 2km Ergometer Tests:

National ergometer testing is to be conducted in line with Australian Rowing Team ergometer testing protocols, available on the RA website at <https://44155094.fs1.hubspotusercontent-na1.net/hubfs/44155094/2000m-and-5000m-Ergometer-Protocol-2020-Onwards.pdf> must be completed on the date specified in these Event Requirements.

Performances will be assessed against the National ergometer benchmarks available at <https://44155094.fs1.hubspotusercontent-na1.net/hubfs/44155094/2021-2024-Benchmarks-Updated-October-2022.pdf>

Rowers who travelled as part of the 2025 Senior National Team, 2025 NTC Athletes and Returning Paris 2024 who have received Intake 1 invitations will not be required to complete the November 5km Ergometer Test.

For senior athletes outside of the above groups, performance at the November 5000m ergo and November 5000m Domestic Time Trial will determine their invites to the National December 5000m Time Trial and Assessments.

2) National and Domestic 5km Time Trials:

- The Domestic 5km Time Trials are to be completed in the athlete's domestic training environment. The National December 5km Time Trial and Assessments will be by invitation and held on the Nepean River, Penrith and SIRC. The National December 5km Time Trial and Assessments will also be used for selection to the NTC's as stipulated in the NTC guidelines.
- For the November Domestic 5km Time Trial: All rowers nominating for selection must compete in the 1x. Rowers who travelled as part of the 2025 Senior and Beach Sprint National Team, 2025 NTC Athletes and Returning Paris 2024 athletes who have received Intake 1 invitations will not be required to complete the November 5km Time Trial. For senior athletes outside of the above groups, performance at the November 5000m ergo and November 5000m Domestic

Time Trial will determine their invites to the National December 5000m Time Trial and Assessments.

For the December National and Domestic 5km Time Trials: All competing rowers nominating for selection must compete in the 1x.

National 5km Time Trial & Assessments:

Participation at the National 5km Time Trial will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of athletes invited to the National 5km Time Trial by no later than one week following the conclusion of the November Beach Sprint only 5000m Ergometer.

Failure to be invited to the National 5km Time Trial does not preclude an athlete from being selected in the Australian Rowing Team. Athletes not invited to the National 5km Time Trial must complete the December Domestic 5km Time Trial (see Note 4). After the National 5km Time Trials athletes maybe invited for further assessments in Classic and Beach disciplines.

NOTES:

1) Athlete nomination forms can be found at:

<https://rowingaustralia.com.au/national-team-selection>