

## 2026 Event Requirements for Senior (Olympic & Paralympic) Australian Rowing Team

Updated May 2026

**Please Note:** Rowing Australia Limited (“RA”) intends to review these Selection Requirements by no later than September of each year but may review and update these Selection Requirements at any time, including by announcing and publishing further or varied requirements and standards from time to time prior to the relevant selection event or trial and the publication or notification shall take effect in accordance with the RA Selection Policy.

### **Background:**

The Rowing Australia (RA) National Selection Policy – Senior Team (Selection Policy) outlines the broad selection criteria for all rowers and coxswains and can be viewed on the RA website at <https://rowingaustralia.com.au/national-team-selection>. This document operates as an appendix to the RA Selection Policy and outlines the activities that rowers and coxswains must complete to be eligible for selection consideration for the Australian Senior Team.

All Athletes must complete all activities stipulated in these Event Requirements unless:

- expressly provided otherwise in these Selection Requirements; or
- granted an exemption for Extenuating Circumstances in accordance with the Selection Policy.

### **Important Notes:**

- Where an athlete is provided an exemption from an activity stipulated in this Selection Requirement, the athlete will not be excluded from consideration for selection on the grounds that the athlete failed to satisfy that activity in the Selection Requirements. Without limiting the application of the selection criteria and the discretion given to the selectors in the Selection Policy, an exemption does not entitle the athlete to participate in further or additional trials into a selected or priority boat, or a crew that has already achieved a benchmark or performance standard or prognostic.
- In addition to the activities stipulated in these Selection Requirements, athletes invited to the National Training Centre (“NTC”) must also complete all activities stipulated in the NTC Invitation Guidelines.
- Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event. RA will focus its resources on maximising performances at the 2028 Olympic and Paralympic Games. Therefore, it is not a priority of RA to select non-Olympic and non-Paralympic boat classes. Notwithstanding this, athletes selected as reserves to support selected Paralympic Class boats may be selected to race in a Non-Paralympic categories at World Cups and international regattas. Lightweight will only be considered for selection in exceptional situations based on medal winning probability.
- Specific requirements for lightweight athletes are set out in Note 5.
- With appropriate notice (not less than 7 days) National Team Assessments and Testing can take place within the NTC’s that are not listed in these Selection Requirements.
- Crews and scullers may be confirmed at any point during the selection process. This will facilitate certainty and optimise crew and sculler development.

**Specific Activity Details:**

Selection Requirement	See Note(s)	2025 Senior Team - Selection Requirement Dates
5000m Ergometer Test #1	4	3 November 2025
November Domestic 5000m Time Trial	5	5 - 8 November 2025
2000m Ergometer Test #1	4	8 December 2025
December Domestic 5km Time Trial	5	17 – 20 December 2025
National Time Trial & Assessments	5	17 – 20 December 2025
5000m Ergometer Test # 3	4	2 February 2026
Lightweight Weight Management	6	
2000m Ergometer Test	4	16 March 2026
National Championships	10	23 - 29 March 2026
RA announcement of invitations to National Selection Regatta	7	2 April 2026
2000m Ergometer Test	4	13 April 2026
National Selection Regatta	7, 10	17 – 19 April 2026
World Cup Training Squad Announced	9	20 April 2026
World Cup Boats Announced	9	8 May 2026
World Cup I, Seville, Spain	11	29 – 31 May 2026
World Cup II, Plovdiv, Bulgaria	11	12 – 14 June 2026
World Cup III, Lucerne, Switzerland	11	26 – 28 June 2026
Team announcement for World Championships	9	no later than 24 July 2026
2026 World Championships, Amsterdam, The Netherlands	11	23 – 30 August 2026

Selection Activity	See Note(s)	Selection – Activity Dates
Closing date for completion of athlete and nomination forms	1	29 August 2025
Closing date for completion of coxswain CVs	2	5 September 2025
Olympic Class Athletes 30 Minute R20 Ergometer	3	Week commencing 6 April 2026
Paralympic Class Athletes 30 Minute Ergo – PR3'2 R22 PR1's & 2's R24	3	Week commencing 6 April 2026

## NOTES:

### 1) Closing date for completion of athlete nomination forms:

Athletes wishing to be considered for Senior team selection must complete, by the date specified in these Event Requirements, the online nomination form found on the RA website at:

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

An athlete that has already submitted an Expression of Interest to train at the NTC pursuant to the NTC Invitation Guidelines will be deemed to have also submitted a nomination for the National Team pursuant to these Event Requirements.

### 2) Closing date for completion of coxswain CVs:

Nominating coxswains must submit a coxing CV, including two coaching referees by 17:00 AEDT on the date specified in these Selection Requirements to: [wdiplock@rowingaustralia.com.au](mailto:wdiplock@rowingaustralia.com.au)

This CV should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit recordings and/or participate in a coxswain selection interview.

In selecting any coxswains, the Selectors will assess performances in the activities specified in these Selection Requirements against the Selection Criteria in the Selection Policy.

### 3) 30 Minute Ergometer Tests:

To assess base fitness between the ARC and National Selection Regatta all candidates are required to do a 30' Ergometer Test.

Olympic Class athletes will do a 30' Rate 20 ergometer.

Paralympic Class athletes will do a 30 Minute Ergometer at stroke rate:

PR3's – Rate 22

PR1's & 2's – Rate 24

The 30min ergometer testing is to be conducted in line with the specific protocol, available at the RA website at: <https://44155094.fs1.hubspotusercontent-na1.net/hubfs/44155094/30%20min%20Fixed%20Rate%20Protocol%20V2.0.pdf>

### 4) 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

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

NTC athletes are exempt from the 16 March 2026 2000m ergometer test. This test will be a consideration for invitations to the April National Selection Regatta.

### 5) National and Domestic 5km Time Trials:

a) 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.

b) For the November Domestic 5km Time Trial: All rowers nominating for selection must compete in the 1x, in exceptional circumstances the Selectors may consider a 2- entry. PR3 Rowers may be directed to sculling or sweep. Rowers who travelled as part of the 2025 Senior 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, in exceptional circumstances the Selectors may consider a 2- entry. PR3 Rowers may be directed to sculling or sweep.

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 Domestic 5km Time Trial.

In determining the athletes who will be invited to the National 5km Time Trial, the Selectors will assess performances in the Domestic 5km Time Trials and the 5000m ergometer testing. 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 5km Time Trials athletes maybe invited for further assessments.

For the December National and Domestic 5km Time Trials: All competing rowers nominating for selection must compete in the 1x, in exceptional circumstances the Selectors may consider a 2- entry. PR3 Rowers may be directed to sculling or sweep.

### 6) Lightweight athletes:

There will be no RA or program funding available for lightweight crews. National Team touring will be fully self-funded.

Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing:

a) Prior to 1 January 2026: athletes must be no greater than the following weights - Men 75.0 kg and Women 62.0 kg;

- b) For the February 5Km ergo test: athletes must be no greater than the following weights - Men 73.5 kg and Women 60 kg;
- c) At the National Championships: athletes must abide by Rowing Australia entry rules;
- d) At the Selection Trials (if invited): athletes must complete all events at or below World Rowing maximum weight (i.e. Men 72.5kg and Women 59.0kg), notwithstanding that crews must achieve FISA average weight. Therefore, selectors may stipulate individual race weights for athletes at the selection trials.

**7) Selection Trials:**

Participation at the National Selection Regatta will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of athletes invited to the Selection Trials by no later than 7 days after the conclusion of the Australian Rowing Championships. In determining the athletes who will be invited to attend the National Selection Regatta, the Selectors will assess performances in the singles and pairs of the respective categories at the Australian Rowing Championships as well as activities specified in these Selection Requirements against the criteria in the Selection Policy.

NTC athletes have an automatic invitation to the National Selection Regatta.

**8) Crew boat assessments and testing:**

Crew boat testing and assessments will be separate from the National Selection Regatta. In principle these tests will be done within the National Training Centres.

The Selectors reserve the right at their sole discretion to choose the crew combinations, seat racing partners and the matrix of seat racing in National Team testing and assessments, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria.

**9) World Championship and World Cup Tour Team announcements:**

The World Cup Training Squad will be announced on 20 April 2026.

The crews for the 2025 World Cup Tour will be announced on 8 May 2026.

The World Championship Team will be announced no later than 24 July 2026.

**10) Australian National Rowing Championships (ARC), Lake Barrington, Tasmania:**

All Olympic athletes nominating for National Team selection are required to participate in at least three events during this regatta, at least two of which must be for their club, and at least one of which must be for their State/Territory (if selected).

- a) Rowers nominating for sculling selection must compete for their club in the 1x, and those that have nominated for sweep must compete for their club in the 2-. The selectors may nominate 2- combinations to be raced at the ARC.
- b) Para Rowers are required to race in their classified boat type and race for their state if selected. The selectors may nominate 2- combinations to be raced at the ARC
- c) Races will be conducted as part of the National Championship regatta.

Such athletes must also participate in a maximum of one event for their State/Territory (if selected).

**11) World Rowing Championships Boat Minimum Selection Standard:**

Selectors will use their experience, knowledge and judgement to select crews to reach a minimum selection standard for the 2026 World Rowing Championships. They are based on the standard required to achieve a LA 2028 Qualification position.

During the domestic season selectors will use the results of testing and assessments outlined in these Selection Requirements and compare boats between each other against RA Gold Medal Times to ascertain the boats potential to achieve the World Rowing Championship minimum selection standard at the World Cups. Consideration will be given to boats with “young seniors” who may be selected outside of these standards.

During the International Season the Selectors will use their discretion and judgement in applying the standard including assessing boats that have finished ahead of Australian crews in World Cup results, other World Cup racing and International Regattas. Judgement will be used for extenuating circumstances e.g., injury, illness or crew changes... Consideration will be given to boats with “young seniors” who may be selected outside of these standards.

Boat Class (Male and Female)	Olympic Qualification Positions - 2027 World Championships	Australian Minimum Selection Standards
1x	10	12
2x	10	12
4x	7	9
2-	10	12
4-	7	9
8+	5	8
PR1 1X	TBC	8
PR2 Mixed 2X	TBC	8
PR3 Mixed 2X	TBC	6
PR3 Mixed 4+	TBC	6

Notwithstanding anything in these Selection Requirements, the Selectors have the power, in accordance with the Selection Policy, to change the composition of a boat as a result of performances at World Cup 1 or World Cup II (as the case may be). Should the selectors choose to exercise their discretion under the Selection Policy, then that boat as modified may compete at subsequent World Cups or the World Championships (as the case may be).

For the avoidance of doubt, the act of changing the composition of that boat does not disqualify it from being selected to compete at subsequent World Cups; or to be selected for the World Championships (as the case may be).

**12) General:**

- a) Reference to a rower or to rowers in these Selection Requirements means oarsmen and oarswomen.
- b) Reference to an athlete or athletes in these Selection Requirements means all eligible rowers and coxswains
- c) Reference to a crew in these Selection Requirements includes a single sculler.