



EVENT REQUIREMENTS UNDER 19 AUSTRALIAN ROWING TEAM

Updated January, 2026

Please Note: Rowing Australia Limited (“RA”) intends to review these Event Requirements by no later than September of 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 – Underage Teams (“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 Under 19 (“U19”) Team.

Specific Activity Details:

ACTIVITY	See Note(s)	2026 Team Activity Dates
State Championships/Regattas, Domestic Time Trials, Ergometer Testing & National Championships (participation strongly encouraged)	1	
Close of athlete and coach nominations	2, 3	28 February 2026
2km Ergometer Test	4	2 March – 5 April 2026
Close date for submission of entries for Selection Trials	5, 6, 7	7 April, 2026
Underage Selection Trials	6 – 12	13 – 16 April, 2026 (Bump in and briefing 12 April) SIRC, Penrith
U19 Team Induction Day (For all 2026 U19 National team members)	15	17 April 2006, SIRC, Penrith
World Rowing Junior Championships		5 – 9 August, 2026, Plovdiv, BULGARIA

NOTES:

1. Athletes are strongly encouraged to participate in domestic activities and regattas.
2. **Nomination:** Athletes wishing to be considered for Under 19 team selection must complete the online nomination form found on the Rowing Australia website (<https://forms.gle/Go895GUNuZmX4jt8>) by 17:00 AEDT on the date specified.
3. **Nomination:** Coaches wishing to be appointed onto the Australian Under 19 Team must complete the online nomination form found on the Rowing Australia website (<https://forms.gle/WchLafCuSmvZznxLA>) by 17:00 AEDT on the date specified.
4. **Eligibility:** ALL athletes seeking selection must submit a 2km ergometer result:
 - (a) The ergometer must be completed in the window of March 2 – April 5, 2026 and submitted through the state Pathway contact.
 - (b) All **2km Ergometer Tests** are to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the RA website at <https://rowingaustralia.com.au/sports-science>. Tests must be completed under the direction of the state Pathway contact (contact details available at <https://rowingaustralia.com.au/domestic-pathway>). Performances will be assessed against the National Ergometer Benchmarks available at <https://rowingaustralia.com.au/sports-science>.
5. **Eligibility:** Athletes attempting selection in the Under 19 Team must be 18 years of age or younger on 31 December in the year of selection (*eg in 2026, athletes must be 18 years of age or younger on 31 December 2026*). Please refer to the Rowing Australia website for the full nomination and eligibility requirements for national team selection (<https://rowingaustralia.com.au/national-team-selection>).
6. **National Under 19 Selection Trials entries:** All entries into the National Under 19 Selection Trials must be submitted through the Athlete's state Pathway contact to jlane@rowingaustralia.com.au by the date specified. The National Under 19 Selection Trials may include:
 - Grading Race
 - Further trialling and/or Speed Order Trial, to be by invitation, as determined by Selectors.
7. Crews vying for selection in **coxed boats** must nominate their preferred coxswain at the point of entry. Under 19 coxswains will be selected with their crew, should the crew be selected.
8. The Selectors reserve the right at their sole discretion to choose the crew combinations, seat racing partners and the matrix of seat racing in the U19 Selection Trials, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria.
9. Selectors will use their experience, knowledge and judgement to select crews of podium standard for the 2026 World Rowing Junior Championships. Selectors will use the results of testing and assessments outlined in these Event Requirements and compare boats between each other against the Under 19 World Best Time to ascertain a crew's potential to achieve the selection standard. Consideration may be given to 'development' crews who may be selected outside of these standards.
10. RA will announce (in accordance with the Selection Policy) the Australian Under 19 Team by no later than 5 days following the conclusion of the Selection Trials.
11. Participants selected to the Australian Under 19 team must pay a seat fee contribution for international preparation and competition. For reference the seat fee in 2025 was \$7950, the 2026 fee is yet to be finalised.
12. The Interstate Schools Pathway Eight/coxless quad activities do not form part of the selection process for the Australian Under 19 Team. Therefore, the winning crews for these events will not be considered for selection to the Australian Under 19 Rowing Team. Athletes who are participating in the Interstate Schools Pathway activity and who also wish to be considered for the Australian Under 19 Team are required to nominate as per Note 4, to complete all activities specified in these Event Requirements and to compete in the Grading Race (see note 5).
13. Attendance at all U19 Team Training Camps and completion of all testing activities are mandatory for all athletes and coaches named in the Australian Under 19 Team.
14. U19 Scullers are encouraged to pursue Beach Sprint selection alongside their classic rowing aspirations, please see the Beach Sprint Event Requirements available on the RA website (<https://rowingaustralia.com.au/national-team-selection>).
15. Athletes and coaches selected to the 2026 U19 Team are to attend a team induction day on April 17th.