

2026 Selection Requirements for the Under 23 Australian Rowing Team PART A (until the end of 2025)

Approved Sept 9, 2025

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 – Underage Teams (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 Under 23 (U23) Team.

These selection requirements form the first part of selection onto the 2026 Under 23 Australian Rowing Team and will be updated in November 2025 to include the final activities required for selection. A key change to previous years is that final selection onto the U23 Australian Rowing Team is planned to be completed closer to the 2026 U23 World Rowing Championships and will be fully integrated with both the Australian based and US College based.

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.

Specific Activity Details:

Selection Requirement	See Note(s)	AUS Based athletes	US Based athletes
5000m Ergometer Test #1	5, 7	3 November 2025	3 November – 30 November 2025
November Domestic 5000m Time Trial	6, 7	5 - 8 November 2025	N / A
2000m Ergometer Test #1	5, 7	8 December 2025	8 December – 30 December 2025
December Domestic 5000m Time Trial	6, 7	3 – 6 December 2025	N / A
National Selection Regatta	7, 8	17 – 20 December 2025	17 – 20 December 2025 (If available)
Australian Rowing Championships		23 – 29 March 2026	
2026 requirements TBC			

Selection Activity	See Note(s)	Selection – Activity Dates
Cross Training camp	4	October 12-19, 2025 Perisher (Aus based athletes only)
Close of team nominations	2, 3	28 November, 2025
World Rowing Under 23 Championships	1	22 - 26 July, 2026 Duisberg, Germany

NOTES:

- 1) Athletes attempting selection in the U23 Team must be 22 years of age or younger on 31 December in the year of selection. 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>)
- 2) **Athlete nominations:**
Athletes wishing to be considered for Under 23 team selection must complete the online nomination form found on the Rowing Australia website (<https://forms.gle/oDrJ6GsxpLXCVooy6>). by 17:00 AEST on 28th November 2025.
- 3) **Coach nominations**
Coaches wishing to be considered for the Australian Under 23 Team must complete the online nomination form found on the Rowing Australia website <https://rowingaustralia.com.au/national-team-selection> by 17:00 AEST on 28th November 2025.
- 4) **October Camp invitations:**
October camp invitations will be based on performances at the 2025 U23 and U19 World Rowing Championships.
- 5) **Ergometer Testing:**
Ergometer testing is to be conducted in accordance with the Rowing Australia testing protocol (<https://rowingaustralia.com.au/sports-science>) and results submitted via Ludum.
- 6) **Domestic 5km Time Trials:**
Domestic 5km Time Trials are to be completed in the athlete's domestic training environment. All athletes to complete the November and December time trial in the single scull.
- 7) **December National Selection Regatta:**
The November 5000m ergometer test, December 2000m ergometer test and on water time trials will be considered for invitations to the December National Selection Regatta. The aim of this camp will be the assessment of crew combinations and suitability of athlete seating.
- 8) **Crew boat assessments and testing:**
The Selectors reserve the right at their sole discretion to choose the crew combinations, that are formed during the December National Camp. The selectors will also reserve the right at their sole discretion to choose the crew combinations, seat racing partners and the matrix of seat racing in the U23 Selection Trials.
- 9) **Senior A selection:**
U23 athletes who are also seeking Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, At the point where such athletes are no longer in contention for Senior A selection, they must then satisfy the remaining requirements set out in these U23 Event Requirements.
- 10) **Extenuating circumstances:**
All athletes must complete all activities stipulated in these U23 Event Requirements unless there are Extenuating Circumstances (as defined in the Selection Policy) that prevent this.
- 11) **Ergometer monitoring:**
Coaches should submit ongoing ergometer monitoring data for each of their athletes on a regular basis. All ergometer results are to be submitted through Ludum.
- 12) **Lightweight athletes:**
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 World Rowing average weight. Therefore, selectors may stipulate individual race weights for athletes at the selection trials.