

2026 Selection Requirements for the Under 23 Australian Rowing Team & World University Championships Team

FINAL

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 are the final version for the 2025-2026 period. 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 athletes.

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, 14	3 November 2025	3 November – 30 November 2025
November Domestic 5000m Time Trial	6, 7, 14	5 - 8 November 2025	N / A
2000m Ergometer Test #1	5, 7, 14	8 December 2025	8 December – 30 December 2025
December Domestic 5000m Time Trial	6, 7, 14	3 – 6 December 2025	N / A
National Selection Regatta	7, 8, 14	17 – 20 December 2025	17 – 20 December 2025 (If available)
5000m Ergometer Test #2	5, 7, 14	2 February 2026	
2000m Ergometer Test #2	5, 7, 14	17 March 2026	1 March – 31 March 2026
Australian Rowing Championships	9, 10, 14	23 – 29 March 2026	
RA announcement of invitations to Under 23 National Selection Regatta		2 April 2026	2 April 2026
Under 23 National Selection Regatta (Penrith)	10, 14	17 – 22 April 2026	
2000m Ergometer Test #3	5, 7, 14	10 June 2026	10 June 2026
Under 23 National Selection Regatta (Princeton)	10, 14		10 – 12 June 2026
Under 23 National Selection Regatta (Varese)	10, 14	29 June – 1 July 2026	29 June – 1 July 2026

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
December Training Camp	7, 8	December 10 – 16, 2025, Penrith
World Rowing Under 23 Championships	1	22 - 26 July 2026 Duisburg, Germany
World University Championships	15	13 – 15 August, Fanshawe Lake, Canada

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://docs.google.com/forms/d/e/1FAIpQLScvHf1CL8cjzhjncRje3NU_YytGkxAFZTKNKhv3QUkbP4oA/viewform?usp=header) by 17:00 AEST on 28th November
- 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
- 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 (and Training Camp):**
The November 5000m ergometer test, December 2000m ergometer test and on water time trials will be considered for invitations to the December National Camp and 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) **National Championships:**
All athletes are required to participate in at least three events at the national championships, two of which must be for their club, and one of which must be for their State/Territory (if selected). Athletes must race in one small boat. (NB: See notes in point 10 re performance standard and events.)
- 10) **Under 23 National Selection Regatta:**
The Under 23 Selection Trials will be by invitation only. RA will announce the list of U23 athletes invited to the Underage Selection Trials no later than five (5) days after the National Championships. Athletes will be invited based on the following two criteria.
 - a. Sweep athletes achieving a top six placing in the U23 pair at the Australian Rowing Championships, or scullers placing in the top 10 in the U23 single scull at the Australian Rowing Championships. Exceptional performances in fours and doubles will also be considered for invitation.
 - b. Athletes that have met the 5000m or 2000m benchmark ergometer standard in the February and March selection ergometer tests respectively.
 - c. Lightweights must have raced the lightweight single scull at the National Championships and will be invited on merit by the assessment of the Selectors.
- 11) **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.
- 12) **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.
- 13) **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.
- 14) **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.
- 15) **World University Championships:**
Athletes that are eligible for selection onto the World University Championships team (see points below) will be considered for selection once they are no longer in contention for either the Senior A or U23 National Team'
Eligibility:
 - a) Be at least 18 and no older than 25 years of age on the 31 December 2026
 - b) Must be currently enrolled in a proceeding towards a diploma or higher at a recognised higher education institution (as per TEQSA register). Athletes who have graduated from a diploma or higher in the 12 months prior to the event are also eligible.