

EVENT REQUIREMENTS 2026 AUSTRALIAN ROWING TEAM – BEACH SPRINTS

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. These Beach Sprint Event Requirements mirror the classic rowing event requirements up until the April U19 and Senior Selection Trials.

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 Note:

Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event.

Boat Priorities

The priority senior class boats for the 2026 season will be the Women's and Men's Solos, and the Mixed Double Scull. 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 which are also Youth Olympic Qualification events (Youth Olympic Games nation quotas are yet to be determined and these event requirements will be updated once that is finalised with World Rowing and the International Olympic Committee). U19 Women & Men's Doubles may be selected behind the Youth Olympic Class boats. Selection will be based on speed achieved throughout the trialling process and the likelihood to make the Quarter Final and Medal. In 2026 scheduling allows for U19 athletes to compete at the U19 World Rowing Classic Championships and the U19 World Beach Sprints.

Beach Sprint Specific Selection Details:

Selection Requirement	See Note(s)	2025 Beach Sprint Team – Selection Requirement Dates
5000m Ergometer Test	2	2 February 2026
2000m Ergometer Test	2	16 March 2026
Australian Rowing Championships, Lake Barrington, Tasmania Athletes seeking senior selection race 2000m M/W1x	3	23-29 March 2026
U19 Selection Trials, Penrith	4	12-14 April 2026
National Selection Regatta	5	16-19 April 2026
Ergometer power testing 10 str with peak power, 250m r40, 1000m r24 (Follow protocol and submit by 1 May 2026)	2	1 May
Beach Sprint Selection Trials #1	6	8-10 May 2026

Ergometer power testing 10 str with peak power, 250m r40, 1000m r24 (Follow protocol and submit by 30 June 2026)	2	30 June 2026
Ergometer power testing 10 str with peak power, 250m r40, 1000m r24 (Follow protocol and submit by 31 August 2026)	2	31 August 2026
Australian Beach Sprint Championships North Kirra, QLD	11	3-6 September 2026
Beach Sprint Selection Trials #2 Sydney	7	12-14 September 2026
Beach Sprint World Championships Qingdao, China	9	11-18 October Racing 15-18 October
Youth Olympic Games, Dakar		31 October – 13 November 2026

Beach Sprint Activities	See Note(s)	Selection- Activity Dates
Close of team nominations/EOI	1	19 April 2026
New Zealand Beach Championships		25-27 April 2026
Filippi Lido Beach Regatta Selected athletes only		5-7 June 2026
Beach Sprint World Championship Team Camp Training Camp		12-20 September 2026
Beach Sprint World Championship Team Prep Camp Training Camp		7-13 October

NOTES:

- 1 Nomination and Eligibility: Athletes and coaches wishing to be considered for selection to the Australian Beach Sprint Rowing Team must complete the online nomination form available on the Rowing Australia website (athletes [HERE](#) and coaches [HERE](#)) by 17:00 AEST on the date specified. Please refer to the Rowing Australia website for the full nomination and eligibility requirements for national team selection [HERE](#).**

- 2 5km, 2km and Power Testing 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/Beach%20Sprint-%20Ergometer%20Power%...> 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.

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.

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.

- 3. Australian National Rowing Championships (ARC), Lake Barrington, Tasmania:**

All athletes nominating for Senior 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).

- Rowers nominating for Beach selection must compete for their club in the 1x.
- Races will be conducted as part of the National Championship regatta.

4. U19 April Classic Rowing Selection Trials

U19 athletes will be identified for Beach Sprint Development opportunities during 2026.

5. National Selection Regatta:

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.

6. Beach Sprint Trials 1.

The purpose of Beach Sprint Trial one is to test and rank athletes in coastal singles and doubles.

7. Beach Sprint Trials 2

Beach Sprint Trial 2 is by invite only based on these event requirements.

The purpose of Beach Sprint Trials 2 is to finalise selection for the Australian Rowing Team for the World Beach Sprint Finals. Testing will be in coastal singles and crew boats.

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 National Beach Sprint Selection Trials, and to conduct ergometer, sprinting and such other tests as required for the Selectors to assess the specified selection criteria.

Selectors will use their experience, knowledge of the event and judgement to select crews of quarter final, to podium standard for the 2026 World Rowing Beach Sprint Finals.

8. RA will announce the final squad for the Beach Sprint Rowing Team, including coaching and handling staff, by no later than 7 days after the conclusion of the 2026 National Beach Selection Trials #2.
9. Participants selected to compete in the Olympic Classes at the 2026 World Rowing Beach Sprint Finals will be fully funded. Non-Olympic crews may be subject to a seat fee contribution for international preparation and competition. U19 athletes will be required to pay a seat fee.
10. Coaches wishing to be appointed onto the Australian Beach Sprint Rowing Team must complete the online nomination form found on the Rowing Australia website [HERE](#), indicating their level of NCAS coaching certification, and outline their boat handling experience by 17:00 AEST on the date specified.
11. The Australian Beach Sprint Championships is compulsory for the Australian Beach Sprint Rowing Squad. In 2026 ART members at the Senior Amsterdam World Championships are exempt. Top ranked U19 men and Women Solo's will be considered to race in the WBSF U19 solo events. Athletes 2 to 3 will be invited to testing at Beach Sprint Trials 2.