

## Event Requirements for U23 Australian Rowing Team (incorporating specific US-based athlete requirements)

(Updated 12 October, 2017)

**Please Note:** 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 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 [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au). 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.

U23 Athletes who are also seeking Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, which are available on the RA Website (<http://www.rowingaustralia.com.au/national-team-selection-information/>). 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 the U23 Event Requirements.

All athletes must complete all activities stipulated in these Event Requirements unless there are medical reasons or Extenuating Circumstances that prevent this, in which case Rowing Australia is to be notified of the particular reason as soon as is practicable, and in accordance with the RA Medical Management Policy and Selection Policy.

Rowing Australia is enhancing the selection process to provide opportunities for Australian athletes based in the USA. This document contains specific details for US-based Australian athletes. The US-based Australian Program will provide an opportunity to gain selection into a limited number of Under 23 boat classes at the Australian U23 Selection Trial #2. Invitations to attend the Australian U23 Selection Trial #2 will be based on a ranking established by the Selectors of eligible US based athletes and from Australian based athletes that attended the Underage Selection Trials but did not achieve selection at that event.

### **Specific Activity Details – Athletes based in Australia:**

ACTIVITY	See Note(s)	2018 U23 Team - Selection Activity Dates	2019 U23 Team - Selection Activity Dates	2020 U23 Team - Selection Activity Dates
5 km Ergometer Test	3	22 September 2017	20 September 2018	18 September 2019
Sept. Domestic 5km Time Trial	4	28 – 30 September 2017	27-29 September 2018	26-28 September 2019
Close of team nominations	1,2	27 October 2017	19 September 2018	17 September 2019
Coxswain CVs submitted to RA	5	27 October 2017	19 September 2018	17 September 2019
Oct. Domestic 5 km Time Trial	4, 17	26 – 29 October 2017	25-28 October 2018	24-27 October 2019
Nov. Domestic 5 km Time Trial	4, 17	10 – 12 November 2017	9-11 November 2018	8-10 November 2019
30min open rate Ergometer Test	3, 17	27 November – 10 December 2017	5-8 November 2018	4-7 November 2019
Dec. Domestic 5 km Time Trial	4, 17	15 – 17 December 2017	14-16 December 2018	13-15 December 2019
30min open rate Ergometer Test	3	22 January – 5 February 2018	21 January – 4 February 2018	20 January – 3 February 2018
2km Ergometer Test	3	12 February – 12 March 2018	11 February – 11 March 2019	10 February – 9 March 2020
NSW State Championships	6	16 – 18 February 2018	TBC	TBC
National Championships	7	19 – 25 March 2018	25 – 31 March 2019	TBC
Underage Selection Trial	9 – 15	15 – 22 April 2018	TBC	TBC
Invitation list for U23 Selection Trial #2 announced	9a	4 May 2018	TBC	TBC

Training Camp for Trials #2	<b>16</b>	15 – 17 June 2018 (Canberra)	TBC	TBC
U23 Selection Trial #2	<b>9 – 15</b>	18 – 20 June 2018 (Canberra)	TBC	TBC
U23 Team Training Camp	<b>16</b>	23 – 30 June 2018	TBC	TBC
U23 World Championships		25 – 29 July 2018, (Poznan, POL)	TBC	TBC

**Specific Activity Details – Athletes based in the USA:**

ACTIVITY	See Note(s)	2018 U23 Team - Selection Activity Dates	2019 U23 Team - Selection Activity Dates	2020 U23 Team - Selection Activity Dates
Close of team nominations	<b>1,2</b>	1 December 2017	3 December 2018	2 December 2019
Coxswain CVs submitted to RA	<b>5</b>	1 December 2017	3 December 2018	2 December 2019
30min open rate Ergometer Test #1	<b>3, 17</b>	1 December – 31 December, 2017	3 December – 31 December 2018	2 December – 31 December 2019
30min open rate Ergometer Test #2	<b>3</b>	1 January – 28 February 2017	1 January – 28 February 2018	1 January – 28 February 2019
2km Ergometer Test	<b>3</b>	1 – 31 March 2018	1 – 31 March 2019	1 – 31 March 2020
Invitation list for U23 Selection Trial #2 announced	<b>9a</b>	4 May 2018	TBC	TBC
Training Camp for Trials #2		15 – 17 June 2018 (Canberra)	TBC	TBC
U23 Selection Trial #2	<b>9 – 15</b>	18 – 20 June 2018 (Canberra)	TBC	TBC
U23 Team Training Camp	<b>16</b>	23 – 30 June 2018	TBC	TBC
U23 World Championships		25 – 29 July 2018, (Poznan, POL)	TBC	TBC

## NOTES:

- 1) **Eligibility:** Athletes attempting selection in the U23 Team must be 22 years of age or younger on 31 December in the year of the respective U23 World Rowing Championships (eg for the 2018 U23 World Rowing Championships, athletes must be 22 years of age or younger on 31 December 2018).
- 2) **Nomination:** Athletes and coaches wishing to be considered for Under 23 team selection must complete the online nomination form found on the Rowing Australia website (<http://www.rowingaustralia.com.au/national-team-selection-information/>) by the date specified.
- 3) **National Ergometer testing** is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the RA website at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/> and must be completed and submitted to the athlete's State Pathway Head Coach on the date specified. Performances will be assessed against the National Ergometer Benchmarks available at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/>.
- 4) **Domestic 5km Time Trials** are to be completed in the Athlete's domestic training environment.
  - a) For the September and October Domestic 5km Time Trials: All rowers must compete in the 1x at both trials.
  - b) For the November and December Domestic 5km Time Trials: All rowers may, for each trial, choose whether to row in the 1x or 2-.
- 5) **Nominating coxswains** must submit a coxing CV, including two coaching referees, and one recent coxswain recording, by 17:00 AEDT to [nwagstaff@rowingaustralia.com.au](mailto:nwagstaff@rowingaustralia.com.au) on the date specified. The CV should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit further recordings and/or participate in a coxswain selection interview.
- 6) **NSW State Championships:** All athletes nominating for National Team selection are required to participate.
  - a) Rowers are required to race in the oldest age category for which they are seeking selection
  - b) Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
  - c) Rowers are strongly encouraged to compete in other boat categories in addition to the small boat.
- 7) **The Sydney International Rowing Regatta (National Championships):** All athletes nominating for National Team selection are required to participate.
  - a) Rowers must race in the oldest age category for which they are seeking selection
  - b) Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
  - c) Athletes must race in their nominated weight category
  - d) Races will be conducted as part of the National Championship Regatta.
  - e) Rowers must also race at least one medium or big boat within this regatta (i.e. double, fours, quads or eights).
- 8) **Lightweight athletes** are required to be within the following weight ranges for racing, time trials, and any national testing:
  - a) Prior to NSW State Championships: Athletes must be no greater than the following weights - Men 74.2 kg and Women 60.4 kg
  - b) For racing at the NSW State Championships athletes must be at no greater than FISA maximum weight (Men 72.5kg and Women 59.0 kg)
  - c) For racing at the National Championships athletes must abide by Rowing Australia rules.
  - d) Lightweight athletes invited to participate at the Underage Selection or Australian Under 23 Selection Trial #2 are required to complete all events at or below FISA maximum weight (i.e. Men 72.5kg and Women 59.0kg), notwithstanding that crews must achieve FISA average weight.
- 9) Participation of U23 athletes at the **Underage Selection Trial** will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of U23 athletes invited to the Underage Selection Trial by no later than five (5) days after the conclusion of the National Championships. In determining the athletes who will be invited to attend the Underage Selection Trial the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.
  - a) Invitations to attend the Australian U23 Selection Trial #2 will be based on a ranking established by the Selectors of Australian based athletes that attended the Underage Selection Trials but did not achieve selection at that event and eligible US based athletes. For US based athletes, the following may be used to inform Selectors in compiling the invitation list:
    - Ergometer results assessed against National Ergometer Benchmarks
    - US College crew results (taking into account the relative quality of the athlete's US College crew and competition).
- 10) 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 Underage Selection Trials, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria. In applying this discretion, selectors must act in accordance with Clause 2.6 of the Selection Policy.
- 11) **Minimum Standard On-Water Performance Benchmarks**

The **minimum standard on-water performance benchmarks** required in each boat class under consideration for the Under 23 World Championships are as follows:

	UNDER 23 WOMEN	UNDER 23 MEN
1x	07:48.0	07:06.9
2-	07:28.1	06:42.0
2x	07:16.5	06:29.2
4-	06:49.3	06:05.7
4+		06:19.0
4x	06:43.7	05:57.1
8+	06:26.1	05:40.9
L1x	07:56.9	07:11.7
L2-		06:49.2
L2x	07:18.9	06:36.3
L4-		06:14.9
L4x	06:48.5	06:03.3

The minimum standard on-water performance benchmarks assume competition over 2km in neutral environmental conditions. Accordingly, the Selectors may make adjustment (if any) to the benchmarks for environmental conditions as they see fit by reference to speed order or comparative trials or races as decided by the Selectors in their absolute discretion (the **Adjusted Performance Benchmarks**). The Selectors may also use the

Adjusted Performance Benchmarks to rank the performance of crews.

Achievement of the **Adjusted Performance Benchmarks** does not guarantee selection. The Adjusted Performance Benchmarks are the minimum on-water performance standards required for the Selectors to consider a boat for selection. The Selectors will not recommend selection of a boat to compete at the Under 23 World Championships unless a crew has achieved an Adjusted Performance Benchmark in that boat at or prior to the **Underage Selection Trials or Australian Under 23 Selection Trial #2**.

If an athlete races in two or more boats that achieve an Adjusted Performance Benchmark at a selection trial, the Selectors have a discretion to nominate each boat if the boat with the replacement athlete or athletes demonstrates to the Selectors' satisfaction that it can achieve an Adjusted Performance Benchmark.

#### **Podium Standard On-Water Performance Benchmarks**

The **podium standard on-water performance benchmarks** for each boat class under consideration for the Under 23 World Championships are as follows:

	<b>UNDER 23 WOMEN</b>	<b>UNDER 23 MEN</b>
<b>1x</b>	07:41.9	07:01.1
<b>2-</b>	07:21.4	06:37.6
<b>2x</b>	07:10.2	06:26.0
<b>4-</b>	06:44.3	06:01.6
<b>4+</b>		06:15.4
<b>4x</b>	06:37.9	05:54.1
<b>8+</b>	06:21.3	05:38.1
<b>L1x</b>	07:54.2	07:07.4
<b>L2-</b>		06:44.4
<b>L2x</b>	07:15.2	06:32.7
<b>L4-</b>		06:10.1
<b>L4x</b>	06:43.5	05:59.6

The podium standard on-water performance benchmarks assume competition over 2km in neutral environmental conditions. Accordingly, the Selectors may make adjustment (if any) to the benchmarks for environmental conditions as they see fit by reference to speed order or comparative trials or races as decided by the Selectors in their absolute discretion (the **Adjusted Podium Benchmarks**). The Selectors may also use the Adjusted Podium Benchmarks to rank the performance of crews.

A crew that achieves the **Adjusted Podium Benchmark** at the Underage Selection Trials and is determined to be the fastest crew in that boat class will be nominated to the HPC for selection to the Australian Under 23 Rowing Team. In determining the fastest crew in the boat class, the Selectors may make adjustments (if any) for environmental conditions as they see fit.

The Selectors reserve the right to set minimum standard on-water performance benchmarks specifically for shortened racing (e.g. at Under 23 Selection Trial #2).

- 12) Selected athletes and crews may be required to compete in a regatta overseas as part of their international preparation. This will be at the sole discretion of RA, and will be advised by RA as soon as practicable.
- 13) Coaches for the Australian U23 Team will be appointed by the HPC, which has responsibility for and discretion in respect of the selection and removal at any time of coaches.

- 14) RA will announce (in accordance with the Selection Policy) the initial Australian Under 23 Team by no later than 2 days following the conclusion of the Underage Selection Trials and the final Australian Under 23 Team by no later than 2 days following the conclusion of the Australian Under 23 Selection Trial #2.
- 15) Participants selected to compete at the U23 World Championships must pay a seat fee contribution for international preparation and competition. The seat fee will be advised to the Participant by RA as soon as practicable, but in any event, prior to the Underage Selection Trials.
- 16) The U23 Team Training Camp is mandatory for all Athletes and coaches named in the Australian Under 23 Team.
- 17) This note 17 applies to the Domestic 5km Time Trials in September, October, November and December, and also the first 30 minute open-rate ergometer test.

The results of these activities will not be considered in forming selection decisions. These activities should form an important part of each athlete's training program, and are designed to assist the athlete to achieve their best performance outcome.