

## 2016 Event Requirements for U23 Australian Rowing Team

### Background:

The Rowing Australia (RA) Selection Policy 2013-2016 outlines the broad selection criteria for all rowers, coxswains and coaches and can be viewed on the RA website at [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au).

The vision of the RA High Performance Program is to be the number one rowing nation in the world.

The objective of the Selection Policy is to provide a framework that underpins the vision by selecting the Athletes and the boats that will give Australia the best chance of achieving its performance objectives of winning medals, and most importantly Gold medals, at the Olympic and Paralympic Games.

This document operates as an appendix to the RA Selection Policy 2013-2016 and outlines the activities that rowers, coxswains and coaches must complete to be eligible for selection consideration for the Australian Under 23 (U23) Rowing Team for 2016.

Performance through the selection process will guide the selection panel's decisions. The selection process includes:

- Reviewing the race data and results in relation to expected performance standards and if clear then decisions can and will be made.
- Consideration of the performance context. The performance context includes where the standard of a performance would fit on the world stage.

The Selectors, as part of the selection criteria, are obliged to consider the objective race data and results but there are situations where consideration of this data alone does not indicate a clear selection outcome, particularly with crews. In situations like these, the Selectors will apply a standard which calls for a value judgment and overall assessment of the range of selection criteria when making a selection decision. Selectors will take into account the selection criteria in part 3 of the Selection Policy and will be giving significant weighting to the athlete's boat-moving ability and his or her individual performance data as listed in the event requirements listed below.

Boats will be selected based upon the selectors' assessment of a boat's ability to achieve RA's High Performance Program vision, and specifically **the demonstrated ability to meet the specified on-water performance benchmark, namely to make an A Final at the 2016 U23 World Rowing Championships (as determined by the Selectors in their sole and absolute discretion)**. Only boats assessed by the selectors as meeting this specified on-water performance benchmark will be considered for selection and the Selectors will limit the number of crews selected to compete at the U23 World Championships to a maximum of eight (8) crews from:

- six (6) crews from those crews that otherwise meet the selection requirements and specified on-water performance benchmark at or prior to the Australian U23 Selection Trial #1, with the maximum number of crews to be selected from each category as follows (the **Category Limits**):
  - a maximum of the two (2) highest ranked men's heavyweight crews;
  - a maximum of the two (2) highest ranked women's heavyweight crews;
  - a maximum of the one (1) highest ranked men's lightweight crew; and
  - a maximum of the one (1) highest ranked women's lightweight crew; and
- up to two (2) further crews that otherwise meet the selection requirements and specified on-water performance benchmark at or prior to the Australian U23 Selection Trial #2, with the category from which the crew(s) shall be selected (if any) to be at the Selectors' sole and absolute discretion.

If any of the Category Limits specified above are not met, based on the Selectors' assessment of the performance of crews against the specified on-water performance benchmark, the Selectors may select an additional crew/s in another category or categories over and above the specified Category Limit, at their sole and absolute discretion. For the avoidance of doubt, the maximum number of crews to be selected to compete at the 2016 U23 World Championships shall not exceed eight (8).

U23 Athletes who seek Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, which are available on the RA Website. 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 for 2016.

Rowing Australia, through the National Talent Pathway Program (NTPP), is enhancing the selection process to provide opportunities for Australian oarsmen and oarswomen based in the USA. The US-Based Australian Program will provide an opportunity to gain selection into a limited number of Under 23 boat classes in 2016. This document contains specific details for athletes based in Australia, and US-Based Australian athletes.

**NB:** The details contained within these 2016 Event Requirements are subject to change. Without limitation Rowing Australia may amend the 2016 Event Requirements 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 2016 Selection Policy 2013-2016.

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

#### **OCTOBER 2015**

9 – 23 October	<b>Athletes are strongly encouraged to complete a 5km Ergometer Test #1 (refer Note 2)</b>
21 – 24 October	<b>Athletes are strongly encouraged to compete in Domestic NTC Long Distance Time Trial #1 (refer Note 3)</b>

#### **NOVEMBER 2015**

13 November	<b>Closing date for completion of:</b> <ul style="list-style-type: none"> <li>• 2016 Under 23 Nomination Form, 5pm AEDST</li> <li>• 2016 Under 23 Coach Nomination Form, 5pm AEDST</li> </ul> (refer Note 1).
13 November	<b>Coxswain CV to be submitted to RA (refer Note 7)</b>
16 – 30 November	<b>5km Ergometer Test #2 (refer Note 2)</b>
18 – 21 November	<b>Domestic NTC Long Distance Time Trial #2 (refer Note 3)</b>

#### **DECEMBER 2015**

12 – 18 December	<b>5km Ergometer Test #3 (refer Note 2)</b>
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#### **JANUARY 2016**

11 - 25 January	<b>5km Ergometer Test #4 (refer Note 2)</b>
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#### **FEBRUARY 2016**

12 - 13 February	<b>It is mandatory for all nominating Athletes to compete in the NSW State Championships (refer Note 4)</b>
14 - 26 February	<b>5km Ergometer Test #5 (refer Note 2)</b>

#### **MARCH 2016**

14 – 20 March	<b>Sydney International Rowing Regatta (National Championships) (refer Note 5)</b>
24 March	<b>Invitation list of National U23 Trialists announced (refer Note 6)</b>
24 March	<b>2km Ergometer Trial (refer Note 2)</b>

#### **APRIL 2016**

6 – 10 April	<b>Australian Under 23 Selection Trial #1 (refer Notes 6, 11, 15)</b>
14 April	<b>Naming of initial 2016 Australian Under 23 Team (refer Note 12)</b>

#### **AUGUST 2016**

18 – 24 August	<b>Junior, U23 and Non-Olympic World Championships – Rotterdam, The Netherlands</b>
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## DECEMBER 2015

1 December	Closing date for completion of 2016 Under 23 Nomination Form, 5pm AEDT (refer Note 1)
1 December 2015 – 31 January 2016	Completion of 5km and 2km Ergometer Testing to be completed in this window (refer Note 2(g))

## MAY 2016

16 May	Initial invitation list of US-Based Australian U23 Trialists to attend U23 Selection Trial #2 announced (refer Note 9)
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## JUNE 2016

23 – 26 June	Training camp (refer Note 17)
27 – 29 June	Australian U23 Selection Trial #2 (refer Notes 9, 11, 15)
28 June	Announcement of final 2016 Australian U23 Team (refer Note 12)

## AUGUST 2016

18 – 24 August	Junior, U23 and Non-Olympic World Championships – Rotterdam, The Netherlands
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Rowing Australia reserves the right to amend or add further requirements and standards prior to a relevant trial or event, to be notified and to take effect in accordance with the Selection Policy including, without limitation the right to set specific target times for each boat class and crew for a relevant trial or event.

### Notes:

- a) Athletes attempting selection in the U23 Team must be 22 years of age or younger on 31 December 2016.
- a) It is the objective of the Selectors to strive to select from the eligible athlete pool, in their opinion, the Athletes and crews that will achieve RA's High Performance Program vision, and specifically have demonstrated the ability to make an A Final at the 2016 U23 World Championships (as determined by the Selectors in their sole and absolute discretion).. The Selectors reserve the right to name squads for particular boats &/or categories.
- b) U23 Athletes who seek Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, which are available on the RA Website. 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 for 2016.
- c) For **Australian based athletes:** There are two parts to the RA 2016 Under 23 Nomination Form – Notification and Terms and Conditions. This Note relates to both Athletes and Coaches.
  - i) Both parts of the RA Under 23 Nomination Form must be completed electronically on the Rowing Australia website (<http://www.rowingaustralia.com.au/national-team-selection-information/>) before 5pm AEDST on Friday 13 November, 2015.
  - ii) Nomination Form (Terms and Conditions) for athletes aged under 18 years must be completed by the athletes' parent/guardian on the athletes' behalf.
  - iii) Please note that by competing at an RA Event, or any activity specified in these Event Requirements, you undertake and agree to abide and be bound by the terms and requirements of, amongst other things, the 2016 Selection Policy Handbook, this Event Requirement, as well as the Nomination Form and RA Policies and Codes of Conduct.
- d) For **USA based Athletes:** There are two parts to the RA 2016 Under 23 Nomination Form – Notification and Terms and Conditions. This Note relates to both Athletes and Coaches.
  - i) Both parts of the RA Under 23 Nomination Form must be completed electronically on the Rowing Australia website (<http://www.rowingaustralia.com.au/national-team-selection-information/>) before 5pm AEDST on Tuesday 1 December, 2015.
  - ii) Nomination Form (Terms and Conditions) for athletes aged under 18 years must be completed by the athletes' parent/guardian on the athletes' behalf.
  - iii) Please note that by competing at an RA Event, or any activity specified in these Event Requirements, you undertake and agree to abide and be bound by the terms and requirements of, amongst other things, the 2016 Selection Policy, this Event Requirement, as well as the Nomination Form and RA Policies and Codes of Conduct.
- 2) **National Ergometer testing** is to be conducted in line with Australian Rowing Team Ergometer Testing protocols as outlined on the RA website at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/>
  - a) 5km Ergometer Test #2 (9-23 October 2015)
    - i) Nominating athletes are strongly encouraged to complete this test.
    - ii) Rate Cap 24 strokes per minute
    - iii) Must be completed by 5:00pm 23<sup>rd</sup> October 2015 and submitted to the NTC Head Coach.
  - b) 5km Ergometer Test #3 (16-30 November 2015)
    - i) Rate Cap 26 strokes per minute.
    - ii) Must be completed by 5:00pm 30<sup>th</sup> November 2015 and submitted to the NTC Head Coach.
  - c) 5km Ergometer Test #4 (12-18 December 2015)
    - i) Open rate
    - ii) Must be completed by 5:00pm 18<sup>th</sup> December 2015 and submitted to the NTC Head Coach.

- d) 5km Ergometer Test #5 (11-25 January 2016)
- Open rate
  - Must be completed by 5:00pm 25<sup>th</sup> January 2016 and submitted to the NTC Head Coach.
- e) 5km Ergometer Test #6 (14-26 February 2016)
- Open rate
  - Must be completed by 5:00pm 26<sup>th</sup> February 2016 and submitted to the NTC Head Coach.
- f) 2km Ergometer Test (24 March)
- Open rate
  - This activity must be completed on this date and verified by State Head Coach.
  - Must be completed by all National Team nominees.
- g) For **USA based Athletes**: must complete at least one 5km Ergometer Test and one 2km Ergometer test during the period 1 December 2015 and 31 January 2016.
- Both Ergometer Tests must be completed at an open rate, and results submitted in the manner prescribed by RA from time to time.
  - Performances in 2km and 5km Ergometer Tests will be assessed relative to the following Senior National Ergometer Benchmarks:
- Benchmarks - National 2km Ergometer Trial**
    - Heavyweight Women – 06:38.4
    - Lightweight Women – 07:05.3
    - Heavyweight Men – 05:48.1
    - Lightweight Men – 06:08.9
  - Benchmarks - National 5km Ergometer Trial**
    - Heavyweight Women – 17:41.2
    - Lightweight Women – 18:46.9
    - Heavyweight Men – 15:35.0
    - Lightweight Men – 16:19.9
- 3) At each **Domestic NTC Long Distance Time Trial** each athlete will be required to complete two time trials over as close as practicable to 5 kilometres. At each domestic NTC Long Distance Time Trial, the first trial should be completed in the primary selection boat (1X for scullers and 2- for sweep) as specified below, and the second trial may be competed in any boat class as requested by the NTC Head Coach
- Results of each Domestic NTC Long Distance Time Trial are to be submitted to Rowing Australia by the NTC/State Head Coach within 48 hours of completion of each time trial.
  - Applications for exemption for Extenuating Circumstances should be made prior to the event through your NTC/State Head Coach – they will in turn forward the request for exemption to the General Manager – Sport, Jaime Fernandez.
  - Sweep athletes **may** compete in pairs or singles in Domestic NTC Long Distance Time Trial #1 but must compete in pairs in Domestic NTC Long Distance Time Trials #2 and #3.
- 4) **NSW State Championships**: All athletes nominating for National Team selection are required to participate.
- Those nominating for sculling selection to compete in the 1x, those for sweep in the 2-.
  - Athletes nominating are required to race in the highest category for which they are seeking selection
  - Athletes are encouraged to compete in other boat categories in addition to the small boat.  
NSW State Championships results may be considered by the Selectors.
- 5) The **Sydney International Rowing Regatta (National Championships)** will be the primary mechanism for achieving an invitation to the Australian U23 Selection Trial #1 – see Note 6a.
- Athletes nominating for sculling selection must compete in the 1x, those for sweep in the 2-.
  - Athletes must race in their nominated weight category
  - Athletes nominating are required to race in the highest category for which they are seeking selection
  - Races will be conducted as a normal part of the National Championship Regatta.
  - Athletes must also race at least one big boat within this regatta (i.e. fours, quads or eights).
- 6) Invitations to attend the **Australian Under 23 Selection Trial #1** will be gained in one of the following ways:
- Achievement of the following final positions at the National Championships:
    - U23 Women’s Single Scull – top 5 athletes who nominated for selection
    - U23 Women’s Coxless Pair – top 4 crews where both athletes nominated for selection
    - U23 Lightweight Women’s Single Scull – top 5 athletes who nominated for selection
    - U23 Men’s Single Scull – top 5 athletes who nominated for selection
    - U23 Men’s Coxless Pair – top 5 crews where both athletes nominated for selection
    - U23 Lightweight Men’s Single Scull – top 3 athletes who nominated for selection
    - U23 Lightweight Men’s Coxless Pair – top 3 crews where both athletes nominated for selection
  - Further athletes may be invited to attend the Australian Under 23 Selection Trial #1 at the Selectors’ discretion based on performances at the National Championships or any of the other Selection Criteria in Part 3 of the Selection Policy.
- 7) **Coxswains will be required to submit a coxing CV**, including two coaching referees by 17:00 AEDT on 13 November, 2015 to the National Selectors through the RA Office (nwagstaff@rowingaustralia.com.au). This should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to participate in a coxswain selection interview with designated selectors.
- 8) All athletes must complete all stipulated activities unless there are medical reasons or extenuating circumstances that prevent this. Rowing Australia is to be provided with an appropriate medical exemption form or notified of the particular extenuating circumstances as soon as is practicable before the activity. Applications for medical exemptions must be made in accordance with the RA Medical Management Policy.
- US based athletes are not required to complete all requirement listed at ‘Specific Details – Athletes based in Australia’, but are required to complete all activities listed under ‘Specific Details – Athletes based in the USA’.
- 9) 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 Australian U23 Selection Trial #1 but did not achieve selection at that event.

- 10) Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing (excluding 5km monthly Ergometer Testing):
- a) Athletes that have also nominated for Senior selection must comply with the individual weight targets specified in accordance with the Olympic Selection Policy Handbook.
  - b) From October 2015 to January 2016 – no specified weight, however weights must be recorded and sent to RA when completing racing or testing.
  - c) For the NSW State Championships: FISA average weight (i.e. Men 70.0kg and Women 57.0kg). Single scullers must row at FISA average weight. Pairs are required to meet average as a combination i.e. normal FISA Rules.
  - d) For racing at the National Championships athletes must abide by Rowing Australia rules.
  - e) For the March 2016 National 2km ergometer test athletes must not weigh more than the FISA maximum weight (i.e. Men 72.5kg and Women 59.0kg) when competing each test.
  - f) Lightweight athletes invited to participate at the National Selection Trials are required to race all events at or below FISA average weight (i.e. Men 70.0kg and Women 57.0kg) – this may be achieved by crew average in crew boats. This weight stipulation includes single scullers as the priority boats selected will be crew boats and athletes must demonstrate their ability to perform at the weight requirement.
- 11) The minimum performance standard required by the RA selectors in each boat class under consideration for the Australian U23 Team is the **demonstrated ability to make an A Final** at the 2016 U23 World Championships.
- a) The Selectors will not recommend selection of a boat to compete at the U23 World Championships unless athletes selected by the Selectors (in accordance with the selection criteria) have demonstrated the ability to make an A Final at the 2016 U23 World Championships (as determined by the Selectors in accordance with clause 6.7.20 of the Selection Policy) in that boat at or prior to the Australian U23 Selection Trial #1 or #2.
- 12) 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 within a reasonable period following selection.
- 13) The following are basic determinants to be considered by selectors with regards to the nomination of coaches to the RA Board for endorsement:
- a) Satisfaction of the selection criteria as specified in the Rowing Australia Selection Policy
  - b) Performance of athletes competing at the trials under the direct responsibility of the coach
  - c) Previous performance history and conduct with National crews
  - d) Capacity to coach/deal with multiple categories/disciplines
  - e) Highly organised and structured in preparing and managing athletes throughout the training block in Australia and subsequent tour
  - f) Compliance with Rowing Australia Polices and regulations
- 14) Nomination of coaches to the RA Board for endorsement will occur at the trials in conjunction with the naming of nominated athletes. **All coaches recommended for selection** will be required to attend an Orientation Program following the National Underage Selection Trials on **Monday 11 April** at SIRC.
- 15) 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 Australian Under 23 Selection Trial #1 and #2, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria.
- 16) Reference to a crew in these Event Requirements includes where the context permits reference to a single sculler.
- 17) The Training Camp (23 – 26 June, 2016) will be mandatory for all Athletes named in the initial 2016 Australian Under 23 Team and those Athletes invited to the Australian U23 Selection Trial #2 in accordance with Note 9. Participants attending the Training Camp must pay a seat fee for attendance at the Training Camp. The seat fee will be advised to the Participant by RA within a reasonable period prior to the Training Camp.