

## Event Requirements for Junior Australian Rowing Team

(updated 10 December, 2018)

**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 Junior Team.

All athletes must complete all activities stipulated in these Event Requirements (except for activities marked “participation encouraged”) 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 currently reviewing the Minimum and Podium Standard On-Water Performance Benchmarks. Once finalised, these event requirements will be updated.

### Specific Activity Details:

ACTIVITY	See Note(s)	2019 Junior Team - Selection Activity Dates	2020 Junior Team - Selection Activity Dates	2021 Junior Team - Selection Activity Dates
State Championships/Regattas (participation encouraged)	1	From September, 2018	From September 2019	From September 2020
National Championships (participation encouraged)	3	25 – 31 March, 2019	TBC	TBC
Close of team nominations	4,5	8 April, 2019	6 April, 2020	5 April, 2021
Close date for submission of entries for Selection Trials	6,7	15 April, 2019	13 April, 2020	12 April, 2021
2km Ergometer Test	2	16 April, 2019	TBC	TBC
Underage Selection Trials	6 - 13	23 – 27 April, 2019	TBC	TBC
Junior Team Training Camp/s	14	26 – 29 June, 2019, and 20 – 31 July, 2019	TBC	TBC
Junior World Championships		7 – 11 August, 2019 Tokyo, Japan	TBC	TBC

## NOTES:

- 1) Athletes are strongly encouraged to participate in domestic regattas, including the Athlete's State Championships.
- 2) All **2km Ergometer Tests** are 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/>. Tests must be completed in a centralised, supervised location, as advised by the state Pathway contact (contact details available at <http://www.rowingaustralia.com.au/contact-us/>). Performances will be assessed against the National Ergometer Benchmarks available at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/>
- 3) Athletes are strongly encouraged to participate in the Sydney International Rowing Regatta (**National Championships**).
- 4) **Eligibility:** Athletes attempting selection in the Junior Team must be 18 years of age or younger on 31 December in the year of the respective Junior World Rowing Championships (*eg for the 2019 Junior World Rowing Championships, athletes must be 18 years of age or younger on 31 December 2019*).
- 5) **Nomination:** Athletes and coaches wishing to be considered for Junior team selection must complete the online nomination form found on the Rowing Australia website <http://www.rowingaustralia.com.au/national-team-selection-information/> by 17:00 AEST on the date specified.
- 6) **National Junior Selection Trials entries:** All entries into the National Junior Selection Trials must be submitted through the Athlete's State Pathway Head Coach to [nwagstaff@rowingaustralia.com.au](mailto:nwagstaff@rowingaustralia.com.au) by the date specified.
  - a) The National Junior Selection Trials will include:
    - Grading Race
    - Small Boat Regatta – heats and finals
    - Further trialling and/or Speed Order Trial, to be by invitation, as determined by Selectors.
  - b) Competing in the Small Boat Regatta is an optional element that athletes can choose to compete in, or not. It is important to note that the Selectors may consider results in this activity in determining further participation in the trialling process so athletes that choose not to compete do so at their own risk. Therefore, athletes that elect to compete in the small boat regatta will have a further opportunity to be considered for selection.
  - c) Athletes may race in either a single scull or coxless pair in the small boat regatta.
- 7) Crews nominating for selection in **coxed boats** must nominate their preferred coxswain at the point of entry. Junior coxswains will be selected with their crew should the crew be selected.
- 8) 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.
- 9) **Minimum Standard On-Water Performance Benchmarks**

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

	JUNIOR WOMEN	JUNIOR MEN
<b>1x</b>	08:02.8	07:15.3

<b>2-</b>	07:41.9	06:56.2
<b>2x</b>	07:26.0	06:40.6
<b>4+</b>	07:22.8	06:32.1
<b>4-</b>	07:06.7	06:19.7
<b>4x</b>	06:52.3	06:07.2
<b>8+</b>	06:42.3	05:51.9

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 Benchmark** 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 Junior World Championships unless a crew has achieved an Adjusted Performance Benchmark in that boat at or prior to the **Underage Selection Trials**.

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 Junior World Championships are as follows:

	JUNIOR WOMEN	JUNIOR MEN
<b>1x</b>	07:56.7	07:09.8
<b>2-</b>	07:36.8	06:52.2
<b>2x</b>	07:21.2	06:35.5
<b>4+</b>	07:16.8	06:28.4
<b>4-</b>	07:01.5	06:14.9
<b>4x</b>	06:47.4	06:03.5
<b>8+</b>	06:37.2	05:48.5

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** and is determined to be the fastest crew in that boat class will be nominated to the HPC for selection to the Australian Junior 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 and podium standard on-water performance benchmarks specifically for shortened racing.

- 10) Coaches for the Australian Junior Rowing 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. **All coaches recommended for selection** will be required to attend a mandatory Orientation Program on **Sunday 28 April** 2019 at SIRC following the National Underage Selection Trials.
- 11) RA will announce (in accordance with the Selection Policy) the Australian Junior Team by no later than 2 days following the conclusion of the Underage Selection Trials.
- 12) Participants selected to compete at the Junior 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 Underage Selection Trials.
- 13) The Interstate Schools Pathway Eight activity does not form part of the selection process for the Australian Junior Team. Therefore, the winning crew for this event will not be considered for selection to the Australian Junior Rowing Team. Athletes who are participating in the Interstate Schools Pathway Eight activity and who also wish to be considered for the Australian Junior Team are required to nominate as per Note 5, to complete all activities specified in these Event Requirements and to compete in the Small Boat Regatta or Grading Race (see note 6).
- 14) The Junior Team Training Camps are mandatory for all Athletes and coaches named in the Australian Junior Team.