

## Event Requirements for Senior Australian Rowing Team

Updated 6 February 2019

**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 – Senior Team (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 Senior Team.

All Athletes must complete all activities stipulated in these Event Requirements unless expressly provided otherwise in these Event Requirements, or 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.

**Important Note:** Rowing Australia will not be considering the selection of any Non-Olympic class boats in the 2019 International season in order to enable RA to focus its resources on maximising performances at the 2020 Olympic Games. Notwithstanding this, athletes selected as reserves to support selected Olympic Class boats may be selected to race in a non-Olympic category. For example, an athlete who is selected as a reserve for the WL2x may then be selected to race in the WL1x.

### Specific Activity Details:

ACTIVITY	See Note(s)	2018 Senior Team - Selection Activity Dates	2019 Senior Team - Selection Activity Dates	2020 Senior Team – Olympic Team Selection Activity Dates
Close of team nominations	1,2	21 September 2017	19 September 2018	1 August 2019
Coxswain CVs submitted to RA	6	21 September 2017	19 September 2018	16 August 2019
5 km Ergometer Test	3	22 September 2017	20 September 2018	18 September 2019
Domestic 5km Time Trial	4	28-30 September 2017	27-29 September 2018	26-28 September 2019
Domestic 5 km Time Trial	4	26-29 October 2017	25-28 October 2018	24-27 October 2019
5km Ergometer Test	3	6-9 November 2017	5-8 November 2018	4-7 November 2019
Domestic 5 km Time Trial	4	10-12 November 2017	9-11 November 2018	8-10 November 2019
National 5 km Time Trial (if invited) <u>or</u> Domestic 5 km Time Trial	5	13-16 December 2017	12-15 December 2018	11-14 December 2019
2km Ergometer Test	3	22 January 2018	21 January 2019	20 January 2020
NSW State Championships	7	16-18 February 2018	15-17 February 2019	7-9 February 2020
Selection Trials	9 – 11,15	10-16 March 2018	8-15 March 2019	28 Feb-6 March 2020
National Championships	12	23-29 March 2018	25 – 31 March 2019	23-29 March 2020
Final Selection Trials	10,13,15	NA	No later than 2 August 2019	N/A – Team Nomination to the AOC – June 5
Benchmark Event		2018 World Championships (9 – 16 September)	2019 World Championships (25 August – 1 Sep)	2020 Olympic Regatta (24-31 August 2020)

## **NOTES:**

- 1) **Eligibility:** The activities and requirements specified in the NTC Invitation Guidelines (available from the RA website at <http://www.rowingaustralia.com.au/national-team-selection-information/>) shall also form part of the requirements of these Event Requirements.
- 2) **Nomination:** Athletes and coaches wishing to be considered for Senior 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.
  - a) An Athlete that has already submitted an Expression of Interest to train at a NTC pursuant to the NTC Invitation Guidelines will be deemed to have also submitted a nomination for the National Team, pursuant to these Event Requirements.
- 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 on the date specified. Performances will be assessed against the National Ergometer Benchmarks available at <http://www.rowingaustralia.com.au/wp-content/uploads/2016/12/2016-2020-Benchmarks-V2.1-1412161530.pdf>.
  - a) Rowers that travelled as part of the Senior A Team to the Benchmark Event will not be required to complete the first 5km Ergometer Test in the year immediately following that Benchmark Event.
- 4) **Domestic 5km Time Trials** are to be completed in the Athlete's domestic training environment.
  - a) For the September Domestic 5km Time Trial: All competing Rowers must compete in the 1x. Rowers that travelled as part of the Senior A Team to the Benchmark Event, will not be required to complete this activity in the year immediately following that Benchmark Event.
  - b) For the October Domestic 5km Time Trial: All Rowers must compete in the 1x.
  - c) For the November Domestic 5km Time Trial: All Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
  - d) All Rowers not attending the National 5km Time Trial must complete the December Domestic 5km Time Trial in the same manner as the November Domestic Time Trial (see note 4(c)).
- 5) Participation at the **National 5km Time Trial** will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of athletes invited to the National 5km Time Trial by no later than one week following the conclusion of the November Domestic 5km Time Trial. In determining the Athletes who will be invited to National 5km Time Trial the Selectors will assess performances in the Domestic 5km Time Trials. Failure to be invited to the National 5km Time Trial does not preclude an athlete from being selected in the Australian Rowing Team. Athletes not invited to the National 5km Time Trial must complete the December Domestic 5km Time Trial (see note 4).
- 6) **Nominating coxswains** must submit a coxing CV, including two coaching referees by 17:00 AEDT to [nwagstaff@rowingaustralia.com.au](mailto:nwagstaff@rowingaustralia.com.au) on the date specified. This CV should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit recordings and/or participate in a coxswain selection interview.
  - a) In selecting any coxswains the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.
- 7) **NSW State Championships:** All Athletes nominating for National Team selection are required to participate in at least two events during this regatta.
  - a) Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
  - b) Rowers are also required to compete in at least one other medium or big boat within this regatta (i.e. double, fours, quads or eights).
- 7) **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 Selection Trials 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.
- 8) Participation at the **Selection Trials** 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 5 days after the conclusion of the NSW State Championships. In determining the Athletes who will be invited to attend the Selection Trials the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.

- 9) 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 Selection Trials and Final Selection Trials, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria.
- 10) The **minimum on-water performance benchmarks** required in each boat class under consideration for the Senior World Championships are as follows:

Senior Men		
	1500m	2000m
1x	05:11.76	06:55.7
2-	04:54.02	06:32.0
2x	04:47.01	06:22.7
4-	04:29.57	05:59.4
4x	04:25.10	05:53.5
8+	04:14.27	05:39.0
L2x	04:51.51	06:28.7

Senior Women			
	1500m	1900m	2000m
1x	5:41.3	7:12.3	07:35.0
2-	5:26.4	6:53.4	07:15.2
2x	5:17.0	6:41.5	07:02.7
4-	4:58.7	6:18.3	06:38.3
4x	4:52.7	6:10.7	06:30.3
8+	4:42.6	5:57.9	06:16.8
L2x	5:25.3	6:52.0	07:13.7

The minimum on-water performance benchmarks assume competition in neutral environmental conditions. Accordingly, the Selectors may make adjustment (if any) to the minimum performance standards 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 boats.

The minimum on-water performance benchmarks above are specified for the respective racing distances that the Selectors may choose to conduct races over during the Selection Trials. The Selectors have the discretion to conduct racing over any one of the racing distances specified in these Event Requirements. If a race during the Selection Trials is conducted over a distance specified, and a boat achieves the Adjusted Performance Benchmark over that entire distance in accordance with this Note 11, then that boat shall be considered to have met the Adjusted Performance Benchmark in that boat class.

#### 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 Senior World Championships unless a boat has achieved an Adjusted Performance Benchmark in that boat at or prior to the **Selection Trials** (and participated in a 2km speed order trial if required by Selectors).

Notwithstanding anything in these Event Requirements, if a change is made to the composition of a boat as a result of the Final Selection Trials, then that boat as modified may compete at the Senior World Championships. For the avoidance of doubt, the act of changing the composition of that boat does not disqualify it from being selected to compete at the Senior World Championships for not achieving the applicable Adjusted Performance Benchmark at or prior to the Selection Trials in accordance with Note 11.

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.

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- 11) **The Sydney International Rowing Regatta (National Championships):** All Athletes nominating for 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 sculling selection must compete for their club in the 1x, and those that have nominated for sweep must compete for their club in the 2-.
  - Races will be conducted as part of the National Championship Regatta.
- 12) The Selectors may conduct the **Final Selection Trials** following the World Cup regattas in order to finalise the selection of crews to compete at the Benchmark Event. Such Final Selection Trials (if any) will be conducted by no later than the dates specified in these Event Requirements for those trials. The Selectors will announce the crews that shall be trialled and, without limiting Note 10, the process for such trialling by no later than 7 days after the conclusion of World Cup III.

13) Coaches for the Senior Australian 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.

14) RA will announce (in accordance with the Selection Policy) the Australian Senior Rowing Team by no later than 2 days following the conclusion of the Selection Trials (for the World Cups) and by no later than 2 days following the conclusion of the Final Selection Trials (for the Benchmark Event).