

2019 Event Requirements for U23 Australian Rowing Team

US-based Australian athletes

(Updated 14 March, 2019)

Please Note: RA 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. 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 as a US-based athlete.

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.

Specific Activity Details:

ACTIVITY	See Note(s)	Selection Activity Dates - 2019
Close of team nominations	1,2	15 April
Coxswain CVs submitted to RA	3	15 April
Submission of data	4	14 March - 14 May
Final invitation list announced for US-based U23 Selection Trial	5	24 May
Training Camp for US-based U23 Selection Trial	10	Princeton, NJ: 3 – 12 June
US-based U23 Selection Trial	6 – 8, 11	Princeton, NJ: 13 – 16 June
US-based crews announced	9	17 June
US-based team training camp	10	Princeton, NJ: 17 June – 16 July
U23 World Championships		Sarasota-Bradenton, USA: 24 – 28 July, 2019

NOTES:

- 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 2019 U23 World Rowing Championships, athletes must be 22 years of age or younger on 31 December 2019). Please refer to the Rowing Australia website for the full nomination and eligibility requirements for national team selection (<http://www.rowingaustralia.com.au/national-team-selection-information/>).
- 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 17:00 AEST on the date specified.
- Nominating coxswains** must submit a coxing CV, including two coaching referees, and one recent coxswain recording, by 17:00 AEST to 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.
- Every athlete is required to submit the following information by 17:00 AEST to nwagstaff@rowingaustralia.com.au on the date specified:

- 2km erg result
- 6km erg result
- 2018/2019 College crew and results (eg. 1V 8+)

Ergometer testing is to have been completed in the window 1 January – 14 May 2019 and accompanied by a photo of the result on the screen of the ergometer or verified by a coach. **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/>. Performances will be assessed against the National Ergometer Benchmarks available at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/>.

- Participation of U23 athletes at the **US-based U23 Selection Trial** will be by invitation only. In determining the athletes who will be invited to attend the Selection Trial the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.
- Lightweight athletes** invited to participate at the US-Based U23 Selection Trial 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.

7) 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 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.

8) 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+	07:04.2	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-	07:58.4	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**.

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:

	UNDER 23 WOMEN	UNDER 23 MEN
1x	07:41.9	07:01.1
2-	07:21.4	06:37.6
2x	07:10.2	06:26.0
4-	06:44.3	06:01.6
4+	06:59.3	06:15.4
4x	06:37.9	05:54.1
8+	06:21.3	05:38.1
L1x	07:54.2	07:07.4
L2-	07:43.6	06:44.4
L2x	07:15.2	06:32.7
L4-		06:10.1
L4x	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 podium standard on-water performance benchmarks specifically for shortened racing.

9) Participants selected to compete at the U23 World Championships must pay a seat fee contribution for international preparation and competition. The seat fee in 2019 is \$7,950.

10) The Training Camp for US-based U23 Selection Trial is mandatory for all athletes [and coaches] invited to the US-based U23 Selection Trial.

The US-based team training camp is mandatory for all athletes and coaches named in the Australian Under 23 Team following the US-based U23 Selection Trial.

11) Coaches for the Australian U23 Team who coach crews consisting of US-based athletes will be appointed by the HPC, which has responsibility for and discretion in respect of the selection and removal at any time of coaches.