

Event Requirements for Under 21 Australian Rowing Team (Updated 11 September, 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. 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 21 Team.

The U21 Australian Rowing Team will compete against the U21 New Zealand Team in the Trans-Tasman Series. This series will consist of two rounds of racing, with both countries hosting one round. The winner of the Trans-Tasman Series will be determined by a cumulative point score from the two competition rounds. All nominating athletes must be able to row sweep effectively even if they prefer to focus their main preparation and competition in sculling as all team members will compete in the eight.

The key purpose of the Trans-Tasman Series is to provide an opportunity for the best U21 athletes to gain high level competition experience between the World Championship age categories of Under 19 (Junior) and Under 23.

U21 athletes who are also seeking U23 and/or Senior selection will need to satisfy the requirements set out in the respective Event Requirements for those teams, 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 selection in those teams, they must then satisfy the remaining requirements set out in the U21 Event Requirements.

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.

Specific Activity Details:

ACTIVITY	See Note(s)	2019 U21 Team – Selection Activity Dates	2020 U21 Team – Selection Activity Dates	2021 U21 Team – Selection Activity Dates
State Championships/Regattas, Domestic Time Trials & Ergometer Testing (participation encouraged)	1	From September 2018	From September 2019	From September 2020
Close of team nominations	3, 4	18 January, 2019	20 January 2020	18 January, 2021
Coxswain CVs submitted to RA	5	18 January, 2019	20 January 2020	18 January, 2021
NSW State Championships (participation encouraged)	6	15 – 17 February, 2019	TBC	TBC
2km Ergometer Test	2	21 January, 2019	20 January, 2020	TBC
2km Ergometer Test	2	14 March, 2019	8 March 2020	TBC
National Championships	8, 9	25 – 31 March, 2019	TBC	TBC
Underage Selection Trial	9 – 13	23 – 27 April, 2019	TBC	TBC
Trans-Tasman Series: Regatta I		27 – 29 June, 2019 (Penrith, AUS)	TBC	TBC
Trans-Tasman Series: Regatta II		22 – 24 August, 2019 (Lake Karapiro, NZ)	TBC	TBC

NOTES:

- 1) Athletes are strongly encouraged to participate in domestic regattas, including the athlete's State Championships.
- 2) **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/>. 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) **Eligibility:** Athletes attempting selection in the Under 21 Team must be 20 years of age or younger on 31 December in the year of the respective team selection (*e.g. for the 2019 Under 21 Trans-Tasman Series, athletes must be 20 years of age or younger on 31 December 2019*).
- 4) **Nomination:** Athletes and coaches wishing to be considered for Under 21 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 AEDT on the date specified.
- 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 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) Athletes are strongly encouraged to participate in the **NSW State Championships**.
- 7) **Lightweight athletes** are required to be within the following weight ranges for racing, time trials, and any national testing:
 - a) For the National 2km ergometer test there is no specific weight, however weights must be recorded and sent to RA when completing testing
 - b) For racing at the National Championships athletes must abide by Rowing Australia rules.
 - c) Lightweight athletes invited to participate at the Underage 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) The **National Championships** will be the primary mechanism for achieving an invitation to the Underage Selection Trials for Under 21 athletes – see Note 9 for specific details.
 - a) Athletes must race in a small boat, either in the 1x or the 2-.
 - b) Athletes must race in their nominated weight category
 - c) Athletes nominating are required to race in the oldest age category for which they are seeking selection
- d) Races will be conducted as part of the National Championship Regatta.
- e) Athletes must also race at least one big boat within this regatta (*i.e. doubles, fours, quads or eights*).
- 9) Invitations to attend the **Underage Selection Trials** will be gained in one of the following ways:
 - a) Achievement of the following final positions at the National Championships (provided all athletes in the boat have nominated for selection):
 - i) U21 Women's Single Scull – top 4
 - ii) U21 Women's Coxless Pair – top 4
 - iii) U21 Lightweight Women's Single Scull – top 5
 - iv) U21 Men's Single Scull – top 4
 - v) U21 Men's Coxless Pair – top 4
 - vi) U21 Lightweight Men's Single Scull – top 5By way of example, finishing 5th in the U21 Women's Coxless Pair will not lead to an invitation, even if one of the crews that finished in the top 4 included an athlete who had not nominated for selection. By way of another example, finishing 6th in the U21 Lightweight Men's Single Scull will not lead to an invitation, even if one of the athletes that finished in the top 5 did not nominate for selection.
 - b) Further athletes will be considered from the U23 category of the Selection Trials that are eligible for the U21 category.
 - c) Further athletes may be invited to attend the Selection Trials at the Selectors' discretion based on performances at the National Championships or any of the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.
- 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) Coaches for the Australian Under 21 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. Coaches recommended for selection may be required to attend a mandatory Orientation Program on Sunday 28 April 2019 at SIRC following the National Underage Selection Trials.
- 12) RA will announce (in accordance with the Selection Policy) the final Australian Under 21 Team by no later than 2 days following the conclusion of the Underage Selection Trials.
- 13) Participants selected to compete at the Under 21 Trans-Tasman Series 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.