

## Event Requirements for U23 Australian Rowing Team

(Updated 10 October, 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 – 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 Under 23 (U23) Team.

U23 Athletes who are also seeking Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, 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 Senior A selection, they must then satisfy the remaining requirements set out in the U23 Event Requirements.

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.

### **Athletes based in the USA:**

Australian athletes based in the USA wishing to be considered for selection to the 2020 U23 Australian Rowing Team must submit to the requirements set out in the “Event Requirements for U23 Australian Rowing Team: US-based Australian athletes” and not these Event Requirements.

### **Specific Activity Details:**

ACTIVITY	See Note(s)	2020 U23 Team – Activity Dates	2021 U23 Team – Activity Dates
5 km Ergometer Test	<b>3</b>	18 September, 2019	17 September, 2020
Sept. Domestic 5km Time Trial	<b>4, 17</b>	26 - 28 September, 2019	24 - 26 September, 2020
Close of team nominations	<b>1, 2</b>	22 October, 2019	14 September, 2020
Coxswain CVs submitted to RA	<b>5</b>	22 October, 2019	14 September, 2020
Oct. Domestic 5 km Time Trial	<b>4, 17</b>	24 - 26 October, 2019	22 - 24 October, 2020
Nov. Domestic 5 km Time Trial	<b>4, 17</b>	14 - 16 November, 2019	19 - 21 November, 2020
5 km Ergometer Test	<b>3</b>	9 - 11 December, 2019	10 December, 2020
Dec. Domestic 5 km Time Trial	<b>4, 17</b>	12 - 14 December, 2019	10 - 12 December, 2020
2km Ergometer Test	<b>3</b>	20 January, 2020	TBC
NSW State Championships	<b>6</b>	7 - 9 February, 2020	TBC
2km Ergometer Test	<b>3</b>	9 March, 2020	TBC
National Championships	<b>7, 18</b>	23 - 29 March, 2020	TBC
Underage Selection Trial	<b>9 - 15, 19</b>	19 - 26 April, 2020	TBC
U23 Team Training Camp	<b>16</b>	TBC	TBC
U23 World Championships		16 - 23 August, 2020 Bled, SLO	Racice, CZE

**NOTES:**

- 1) **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 2020 U23 World Rowing Championships, athletes must be 22 years of age or younger on 31 December 2020).
- 2) **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.
- 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/>. 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/>.
- 4) **Domestic 5km Time Trials** are to be completed in the Athlete's domestic training environment.
  - a) For the September and October Domestic 5km Time Trials: All rowers are strongly recommended to compete in the 1x at both trials.
  - b) For the November and December Domestic 5km Time Trials: All rowers may, for each trial, choose whether to row in the 1x or 2-.
- 5) **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](mailto: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) **NSW State Championships:** All athletes nominating for National Team selection are required to participate.
  - a) Rowers are required to race in the oldest age category for which they are seeking selection
  - b) Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
  - c) Rowers are strongly encouraged to compete in other boat categories in addition to the small boat.
- 7) **The Sydney International Rowing Regatta (National Championships):** All athletes nominating for National Team selection are required to participate.
  - a) Rowers must race in the oldest age category for which they are seeking selection
  - b) Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
  - c) Athletes must race in their nominated weight category
  - d) Races will be conducted as part of the National Championship Regatta.
  - e) Rowers must also race at least one medium or big boat within this regatta (i.e. double, fours, quads or eights).
- 8) **Lightweight athletes** are required to be within the following weight ranges for racing 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 Underage Selection 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.
- 9) Participation of U23 athletes at the **Underage Selection Trial** will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of U23 athletes invited to the Underage Selection Trial by no later than five (5) days after the conclusion of the National Championships. In determining the athletes who will be invited to attend the Underage Selection Trial the Selectors will assess performances in 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) **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
<b>1x</b>	07:44.9	07:00.7
<b>2-</b>	07:25.0	06:40.8
<b>2x</b>	07:13.7	06:26.7
<b>4-</b>	06:46.8	06:02.6
<b>4+</b>	07:02.6	06:18.4
<b>4x</b>	06:39.3	05:54.1
<b>8+</b>	06:23.4	05:39.0
<b>L1x</b>	07:58.0	07:09.8
<b>L2-</b>	07:47.3	06:47.6
<b>L2x</b>	07:12.4	06:31.1
<b>L4-</b>	-	06:13.1
<b>L4x</b>	06:46.8	06:02.5

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
<b>1x</b>	07:41.2	06:57.3
<b>2-</b>	07:21.4	06:37.6
<b>2x</b>	07:10.2	06:23.6
<b>4-</b>	06:43.6	05:59.7
<b>4+</b>	06:59.3	06:15.4
<b>4x</b>	06:36.1	05:51.3
<b>8+</b>	06:20.4	05:36.4
<b>L1x</b>	07:54.2	07:06.4
<b>L2-</b>	07:43.6	06:44.4
<b>L2x</b>	07:09.0	06:28.0
<b>L4-</b>	-	06:10.1
<b>L4x</b>	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.

Subject to Note 18, 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 directly to the Speed Order Trial. 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.

- 12) Selected athletes and crews may be required to compete in a regatta overseas as part of their international preparation. This will be at the sole discretion of RA, and will be advised by RA as soon as practicable.
- 13) Coaches for the Australian U23 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 at SIRC following the National Underage Selection Trials.
- 14) RA will announce (in accordance with the Selection Policy) the final Australian Under 23 Team by no later than 2 days following the conclusion of the Underage Selection Trials.
- 15) 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 as soon as practicable, but in any event, prior to the Underage Selection Trials.
- 16) The U23 Team Training Camps are mandatory for all athletes and coaches named in the Australian Under 23 Team.
- 17) This note 17 applies to the Domestic 5km Time Trials in September, October, November and December.

While not compulsory, the results of these activities may be considered in forming selection decisions. These activities should form an important part of each athlete's training program, and are designed to assist the athlete to achieve their best performance outcome.

- 18) The Selectors have the right of early selection of an athlete or athletes to the U23 Australian Rowing Team as a single sculler or a named crew (for the double scull and pair) following the National Championships and before the Underage Selection Trial, based on performances at activities listed in these Event Requirements up to the Underage Selection Trials. It is important to note that these crews must achieve the Adjusted Podium Benchmark in order to be considered for early selection in accordance with this Note 18.
- 19) At the discretion of the Selectors, athletes not selected into the U23 Australian Rowing Team at the Underage Selection Trial may be invited to trial at the US-based U23 Selection Trial. Any invited athlete who wishes to trial in the US-based U23 Selection Trial will need to:
  - (a) submit a response to the invitation of the Selectors by 17:00 AEST to [nwagstaff@rowingaustralia.com.au](mailto:nwagstaff@rowingaustralia.com.au) on the date specified by the Selectors in that invitation; and
  - (b) complete any activities set out in the "2020 Event Requirements for U23 Australian Rowing Team: US-based Australian athletes" that occur following the conclusion of the Underage Selection Trial.

Any costs involved in travelling to and attending the US-based U23 Selection Trial under this Note 19 will need to be paid for by the athlete.