



EVENT REQUIREMENTS UNDER 21 AUSTRALIAN ROWING TEAM

Updated 16 August, 2021

Please Note: Rowing Australia Limited (“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 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 Selection Policy and outlines the activities that rowers and coxswains must complete to be eligible for selection consideration for the Australian Under 21 (“U21”) Team.

The key purpose of the U21 team 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 and Under 23. 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.

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 these U21 Event Requirements (if any).

All athletes must complete all activities stipulated in these U21 Event Requirements (except for activities marked “participation strongly encouraged”) unless there are Extenuating Circumstances (as defined in the Selection Policy) 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 the Selection Policy.

Specific Activity Details:

ACTIVITY	See Note(s)	2022 U21 Team Activity Dates	2023 U21 Team Activity Dates	2024 U21 Team Activity Dates
State Championships/Regattas, Domestic Time Trials & Ergometer Testing (participation strongly encouraged)	1	From September 2021	From September 2022	From September 2023
Close of team nominations	3 - 4	14 January, 2022	13 January, 2023	12 January, 2024
Coxswain CVs submitted to RA	5	14 January, 2022	13 January, 2023	12 January, 2024
2km Ergometer Test #1	2	24 January, 2022	16 January, 2023	15 January, 2024
NSW State Championships	6	11 - 13 Feb, 2022	TBC	TBC
2km Ergometer Test #2	2	21 March, 2022	20 March, 2023	11 March, 2024
National Championships	7	28 Mar - 3 Apr, 2022	27 Mar - 2 Apr, 2023	18 - 24 Mar, 2024
Underage Selection Trials	8 - 10	1 - 8 May, 2022 SIRC	TBC	TBC
Trans-Tasman Regatta	10	16 - 18 June, 2022 SIRC	TBC	TBC

NOTES:

1. Athletes are strongly encouraged to participate in domestic regattas, including the athlete's State Championships. These activities should form an important part of each athlete's training program, designed to assist the athlete to achieve their best performance outcome.
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. in 2022 athletes must be 20 years of age or younger on 31 December 2022). 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/>).
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 nfernandez@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.

Coxswains invited to the Selection Trials must participate at, or below, FISA weight (55kg).
6. **NSW State Championships:** All Rowers 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 seeking sculling selection must compete in the 1x, and those seeking sweep selection must compete in the 2-.
 - (c) Rowers are strongly encouraged to compete in other boat categories in addition to the small boat.
7. The **National Championships:** All Rowers nominating for National Team selection are required to participate.
 - a) Rowers must race in the age category which they are targeting for selection (e.g. Rowers targeting U21 selection must compete in U21 events at the National Championships).
 - b) Rowers seeking sculling selection must compete in the 1x, and those seeking sweep selection must compete in the 2-.
 - c) Rowers are strongly encouraged to compete in other boat categories in addition to the small boat.
 - d) Notwithstanding injury or illness, rowers must complete the full schedule and progression of racing for any event they have entered.
8. Participation of U21 athletes at the **Underage Selection Trials** will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of U21 athletes invited to the Underage Selection Trials no later than five (5) days after the conclusion of the National 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.
 - a) Notwithstanding the forgoing, the Selectors reserve the right to invite Under 21 eligible athletes, who have nominated for Under 23 selection and complied with all Under 23 selection activities, to the U23 category at the Selection Trials, based on their performances in any of the activities specified in these Event Requirements including, without limitation, performances in U21 events at the National Championships.
 - b) In determining the athletes who will be invited to attend the Underage Selection Trials under Note 7(a), the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.
 - c) Trialling coxswains must participate at, or below, FISA weight (55kg).
 - d) Further athletes will be considered from the U23 category of the Selection Trials that are eligible for the U21 category.
9. RA will announce (in accordance with the Selection Policy) the final Australian Under 21 Team by no later than 5 days following the conclusion of the Underage Selection Trials.
10. Participants selected to the Australian Under 21 Team are required to pay a seat fee. The seat fee will be advised to the Participant by RA as soon as practicable.