

EVENT REQUIREMENTS UNDER 23 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 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 at <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 these U23 Event Requirements.

All athletes must complete all activities stipulated in these U23 Event Requirements 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 U23 Team - Activity Dates	2023 U23 Team - Activity Dates	2024 U23 Team - Activity Dates
Close of team nominations	1, 2	10 Sept, 2021	9 Sept, 2022	8 Sept, 2023
Coxswain CVs submitted to RA	5	10 Sept, 2021	9 Sept, 2022	8 Sept, 2023
5 km Ergometer Test #1	3	15 Sept, 2021	12 Sept, 2022	11 Sept, 2023
Sept. Domestic 5km Time Trial	4, 15	22 – 25 Sept, 2021	21 - 24 Sept, 2022	20 - 23 Sept, 2023
Oct. Domestic 5 km Time Trial	4, 15	20 – 23 Oct, 2021	19 - 22 Oct, 2022	18 - 21 Oct, 2023
5 km Ergometer Test #2	3	10 Nov, 2021	7 Nov, 2022	6 Nov, 2023
Nov. Domestic 5 km Time Trial	4, 15	17 – 20 Nov, 2021	16 - 19 Nov, 2022	15 - 18 Nov, 2023
Dec. Domestic 5 km Time Trial	4, 15	7 – 10 Dec, 2021	14 - 17 Dec, 2022	13 - 16 Dec, 2023
2km Ergometer Test #1	3	24 Jan, 2022	16 Jan, 2023	15 Jan, 2024
NSW State Championships	6	11 – 13 Feb, 2022		
2km Ergometer Test #2	3	21 Mar, 2022	20 Mar, 2023	11 Mar, 2024
National Championships	7, 16	28 Mar - 3 Apr, 2022	27 Mar - 2 Apr, 2023	18 - 24 Mar, 2024
U23 Selection Trials	8 - 14, 16 - 17	1 - 8 May, 2022 SIRC	TBC	TBC
World Rowing Under 23 Championships		27 – 31 July, 2022 Varese, ITALY	19 – 23 July, 2023 Plovdiv, BULGARIA	18 – 25 Aug, 2024 St Catharine, CANADA

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 selection (eg in 2022, athletes must be 22 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/>).
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 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 Nationals Championships).
 - (b) Rowers seeking sculling selection must compete in the 1x, and those seeking sweep selection must compete in the 2-.
 - (c) Rowers must race in their nominated weight category.
 - (d) Rowers are strongly encouraged to compete in other boat categories in addition to the small boat.
 - (e) Notwithstanding injury or illness, rowers must complete the full schedule and progression of racing for any event they have entered.
8. **Lightweight athletes** are required to be within the following weight ranges for racing, time trials and any national testing:
 - (a) Prior to 1 January athletes must be no greater than the following weights - Men 75.0 kg and Women 62.0 kg;
 - (b) For the January 2km ergometer test athletes must be no greater than the following weights - Men 73.75 kg and Women 60.5 kg;
 - (c) At the NSW State Championships athletes must be at no greater than FISA maximum weight (Men 72.5kg and Women 59.0 kg);
 - (d) For racing at the National Championships, athletes must abide by the rules of racing at these respective events.
 - (e) Lightweight athletes invited to participate at the Under 23 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.
9. Participation of U23 athletes at the **Under 23 Selection Trials** will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of U23 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 Under 23 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 U23 Selection Trials under Note 9(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).
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 U23 Selection Trials, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria.

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
1x	7:43.6	6:59.8
2-	7:25.0	6:40.0
2x	7:13.7	6:26.1
4-	6:45.6	6:01.7
4+	6:58.7	6:17.8
4x	6:38.0	5:52.8
8+	6:22.2	5:37.9
L1x	7:58.4	7:08.9
L2-	7:47.3	6:47.6
L2x	7:12.1	6:29.6
L4x	6:46.8	6:02.5

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 **U23 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	7:38.1	6:56.2
2-	7:19.9	6:36.4
2x	7:08.5	6:22.7
4-	6:40.9	5:57.9
4+	6:55.6	6:13.3
4x	6:33.3	5:49.7
8+	6:17.8	5:34.6
L1x	7:52.5	7:04.8
L2-	7:40.7	6:44.4
L2x	7:07.2	6:25.0
L4x	6:42.3	5:59.6

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 16, a crew that achieves the **Adjusted Podium Benchmark** at the U23 Selection Trials and is determined to be the fastest combination in that boat class will be nominated directly to the Speed Order Trial. In determining the fastest combination 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. RA will announce (in accordance with the Selection Policy) the final Australian Under 23 Team by no later than 5 days following the conclusion of the U23 Selection Trials.
13. 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.
14. Attendance at all U23 Team Training Camps and completion of all testing activities as stipulated by RA are mandatory for all athletes and coaches named in the Australian Under 23 Team.
15. This note 15 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.
16. 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 U23 Selection Trials, based on performances at activities listed in these Event Requirements up to the U23 Selection Trials. It is important to note that these crews must achieve the Podium Standard On-Water Performance Benchmark and win their respective event in order to be considered for early selection in accordance with this Note 16.

17. At the discretion of the Selectors, athletes not selected into the U23 Australian Rowing Team at the U23 Selection Trials may be invited to trial at the US-based U23 Selection Trials. Any invited athlete who wishes to trial in the US-based U23 Selection Trials will need to:
 - (a) submit a response to the invitation of the Selectors by 17:00 AEST to nfernandez@rowingaustralia.com.au on the date specified by the Selectors in that invitation; and
 - (b) complete any activities set out in the "Event Requirements for U23 Australian Rowing Team: US-based Australian athletes" that occur following the conclusion of the U23 Selection Trials.

Any costs involved in travelling to and attending the US-based U23 Selection Trials under this Note 17 will need to be paid for by the athlete.