

2022 Event Requirements for Senior Australian Rowing Team

Updated and Approved October 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 Rowing Australia (RA) National Selection Policy – Senior Team (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 Senior Team.

All Athletes must complete all activities stipulated in these Event Requirements unless:

- expressly provided otherwise in these Event Requirements; or
- granted an exemption for Extenuating Circumstances in accordance with the Selection Policy.

Important Notes:

- Where an athlete is provided an exemption from an activity stipulated in this Event Requirement, the athlete will not be excluded from consideration for selection on the grounds that the athlete failed to satisfy that activity in the Event Requirements. Without limiting the application of the selection criteria and the discretion given to the selectors in the Selection Policy, an exemption does not entitle the athlete to participate in further or additional trials into a selected or priority boat, or a crew that has already achieved a benchmark or performance standard or prognostic.
- In addition to the activities stipulated in these Event Requirements, athletes invited to the National Training Centre (“NTC”) must also complete all activities stipulated in the NTC Invitation Guidelines.
- Travel to international events, including the World Cup series and the World Championships in the Czech Republic, is contingent on current travel restrictions and a review of the safety of travel.
- Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event. In this regard, RA has elected not to send any Non-Olympic class boats in the 2022 International season (in order to enable RA to focus its resources on maximising performances at the 2024 Olympic Games). Notwithstanding this, athletes selected as reserves to support selected Olympic Class boats may be selected to race in a non-Olympic category at World Cups. For example, an athlete who is selected as a reserve for the WL2x may be selected to race in the WL1x.

Specific requirements for lightweight athletes are set out in Note 8.

Specific Activity Details:

ACTIVITY	See Note(s)	2020 Senior Team - Selection Activity Dates
Closing date for completion of athlete and coach nomination forms	1	3 September 2021
Closing date for completion of coxswain CVs	2	3 September 2021
30min/Rate 20 #1	3	9 August 2021
5km Ergometer Test #1	4	15 September 2021
September Domestic 5km Time Trial	5	22 - 25 September 2021
October Domestic 5km Time Trial	5	20 - 23 October 2021
5km Ergometer Test #2	4	10 November 2021
November Domestic 5km Time Trial	5	17 - 20 November 2021
December Domestic 5km Time Trial	5	10 - 12 December 2021
2km Ergometer Test	4	24 January 2022
NSW State Championships	7	11 - 13 February 2022
RA announcement of invitations to Selection Trials	8	18 February 2022
Selection Trials	8, 9	5 – 11 March 2022
World Cup Tour Team announcement and briefing	10	12 March 2022
National Championships	11	28 March – 3 April 2022
World Cup I, Belgrade, Serbia	13	27 - 29 May 2022
World Cup II, Poznan, Poland	13	17 – 19 June 2022
World Cup III, Lucerne, Switzerland	13	8 – 1- July 2022
Team announcement for World Championships	13	no later than Friday 29 July 2022
2022 World Championships, Racice, Czech Republic	12, 13	18 – 25 September 2022

NOTES:

1) Closing date for completion of athlete and coach nomination forms:

Athletes and coaches wishing to be considered for Senior team selection must complete, by the date specified in these Event Requirements, the online nomination form found on the RA website at:

<http://www.rowingaustralia.com.au/national-team-selection-information/>

An athlete that has already submitted an Expression of Interest to train at the NTC pursuant to the NTC Invitation Guidelines will be deemed to have also submitted a nomination for the National Team pursuant to these Event Requirements.

2) Closing date for completion of coxswain CVs:

Nominating coxswains must submit a coxing CV, including two coaching referees by 17:00 AEDT on the date specified in these Event Requirements to: wdiplock@rowingaustralia.com.au

This CV should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit recordings and/or participate in a coxswain selection interview.

In selecting any coxswains, the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.

3) 30min/Rate20 #1:

The 30min/Rate 20 ergometer testing is to be conducted in line with the specific protocol, available at the RA website at: <https://rowingaustralia.com.au/wp-content/uploads/2020/04/30-min-Rate-20-Test-Protocol.pdf>; and must be completed on the date specified in the Event Requirements.

Details regarding the submission of these results can be found in the specific protocol document available at the link above.

4) 5km Ergometer Test #1, 5km Ergometer Test #2 and 2km Ergometer Test:

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/> and must be completed on the date specified in these Event Requirements.

Performances will be assessed against the National ergometer benchmarks available at <http://www.rowingaustralia.com.au/wp-content/uploads/2016/12/2016-2020-Benchmarks-V2.1-1412161530.pdf>.

Rowers who travelled as part of the Tokyo 2020 Olympic Team will not be required to complete any activity listed for September or October 2021.

5) Domestic 5km Time Trials:

The Domestic 5km Time Trials are to be completed in the athlete's domestic training environment.

- a) For the September Domestic 5km Time Trial: All competing rowers must compete in the 1x. Rowers who travelled as part of the Tokyo 2020 Olympic Team, will not be required to complete the September Domestic 5km Time Trial.
- b) For the October Domestic 5km Time Trial: All rowers must compete in the 1x. Rowers who travelled as part of the Tokyo 2020 Olympic Team, will not be required to complete the October Domestic 5km Time Trial.
- c) For the November Domestic 5km Time Trial: All rowers seeking selection for sculling boats where possible should compete in the 1x, and those seeking selection into sweep boats where possible should compete in the 2-.
- d) For the December Domestic 5km Time Trial: All rowers seeking selection for sculling boats where possible should compete in the 1x, and those seeking selection into sweep boats where possible should compete in the 2-.

6) National 5km Time Trial:

The National Time Trial for 2021 has been cancelled and will not be rescheduled. All athletes who wish to remain eligible for National Team selection must complete the December Domestic 5km Time Trial (see Note 5).

7) NSW State Championships:

All rowers nominating for National Team selection are required to participate in at least two events during this regatta.

- a) Rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-.
- b) Rowers are also required to compete in at least one other medium or big boat within this regatta (i.e. double, fours, quads or eights).

8) Lightweight athletes:

Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing:

- a) Prior to 1 January 2022: athletes must be no greater than the following weights - Men 75.0 kg and Women 62.0 kg;
- b) For the January 2Km ergo 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) At the National Championships: athletes must abide by Rowing Australia Rules of Racing;

- e) At the Selection Trials (if invited): athletes must 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) **Selection Trials:**

Participation at the Selection Trials will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of athletes invited to the Selection Trials by no later than 7 days after the conclusion of the NSW State 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 criteria in the Selection Policy.

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.

10) **World Cup Tour Team announcement and briefing:**

On 12 March 2022, RA intends to announce the team for the World Cup Tour. At the time of publication, the World Cups to be competed were not confirmed.

11) **The Sydney International Rowing Regatta (National Championships):**

All Athletes nominating for National Team selection are required to participate in at least three events during this regatta, at least two of which must be for their club, and at least one of which must be for their State/Territory (if selected)..

- a) Rowers nominating for sculling selection must compete for their club in the 1x, and those that have nominated for sweep must compete for their club in the 2-;
- b) Races will be conducted as part of the National Championship regatta.

Such athletes must also participate in a maximum of one event for their State/Territory (if selected).

12) **Adjusted Performance Benchmarks:**

- a) The **minimum on-water performance benchmarks** required in each boat class are as follows:

Senior Men		
	1500m	2000m
1x	05:11.76	06:55.7
2-	04:54.02	06:32.0
2x	04:47.01	06:22.7
4-	04:29.57	05:59.4
4x	04:25.10	05:53.5
8+	04:14.27	05:39.0
L2x	04:51.51	06:28.7

Senior Women		
	1500m	2000m
1x	5:41.3	07:35.0
2-	5:26.4	07:15.2
2x	5:17.0	07:02.7
4-	4:58.7	06:38.3
4x	4:52.7	06:30.3
8+	4:42.6	06:16.8
L2x	5:25.3	07:13.7

- b) The minimum on-water performance benchmarks assume competition in neutral environmental conditions. Accordingly, the Selectors may make adjustment (if any) to the minimum performance standards 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 boats.
- c) The minimum on-water performance benchmarks above are specified for the respective racing distances that the Selectors may choose to conduct races over during the Selection Trials. The Selectors have the discretion to conduct racing over any one of the racing distances specified in these Event Requirements. If a race during the Selection Trials is conducted over a distance specified, and a boat achieves the Adjusted Performance Benchmark over that entire distance in accordance with this Note 11, then that boat shall be considered to have met the Adjusted Performance Benchmark in that boat class.
- d) 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.
- e) Where an athlete has been a member of a crew that has achieved an Adjusted Performance Standard then the Selectors may consider selecting that athlete in any class of boat that achieved an Adjusted Performance Standard at or prior to the Selection Trial.

13) **World Cup 1, World Cup II, and World Cup III:**

- a) The Selectors retain their discretion in accordance with the Selection Policy to determine the selection of athletes to a crew (in accordance with the selection criteria) and without limitation.
- b) Notwithstanding anything in these Event Requirements, the Selectors have the power, in accordance with the Selection Policy, to change the composition of a boat as a result of performances at World Cup 1, World Cup II or World Cup III (as the case may be). Should the selectors choose to exercise their discretion under the Selection Policy, then that boat as modified may compete at subsequent World Cups or the World Championships (as the case may be).

For the avoidance of doubt, the act of changing the composition of that boat does not disqualify it from being selected to compete at subsequent World Cups; or to be selected for the World Championships (as the case may be) for not achieving the applicable Adjusted Performance Benchmark at or prior to the Selection Trials in accordance with Note 12.

- c) Where Selectors are required to reconsider selection of athletes to compete in a boat at a World Cup, or the World Championships, as a result of Extenuating Circumstances, then the re-selected crew is not required to achieve an Adjusted Performance Standard in that boat unless the Selectors in their discretion consider that circumstances or time permits such a requirement.

14) **General:**

- a) Reference to a rower or to rowers in these Event Requirements means oarsmen and oarswomen.
- b) Reference to an athlete or athletes in these Event Requirements means all eligible rowers and coxswains
- c) Reference to a crew in these Event Requirements includes a single sculler.