



## EVENT REQUIREMENTS 2024 AUSTRALIAN ROWING TEAM – BEACH SPRINTS

Updated February 2024

**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 – Coastal Rowing (“Selection Policy”) outlines the broad selection criteria for all rowers 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 Selection Policy and outlines the activities that rowers and coxswains must complete to be eligible for selection consideration for the Australian Coastal Rowing Team.

All athletes must complete all activities stipulated in these Coastal Rowing 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. Paris 2024 Olympic Team Rowers will be exempt from these Event Requirements.

RA strongly encourages rowers who miss selection into one of the U19, U21, U23 or Senior Teams to nominate and trial for the Australian Rowing Beach Sprint Team.

### **Important Note:**

Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event.

### **Boat Priorities**

The priority boats for the 2024 season will be the Men’s and Women’s solos and the double scull. Consideration will be given to members of Paris 2024 Olympic Team to compete in the Quad scull.

### **Specific Activity Details:**

| ACTIVITY  | See Note(s) | 2024 Team – Activity Dates                                       |
|---|-------------|--|
| Close of team nominations                                       | 1           | 1 December, 2023   |
| 500m ergometer testing  | 2, 4        | 1-10 December 2023<br>1-10 April, 2024<br>1 - 10 August, 2024    |
| 50m sprint  | 3, 4        | 1-10 December, 2023<br>1 - 10 April, 2024<br>1 - 10 August, 2024 |
| 4X 50-meter Run/500m Erg/50-meter Run<br>Continuous/ OR 2km ERG | 5,6,7       | 25 February- March 3 204   |
| National Beach Sprint Trials                                    | 7,9,10      | 14-18April, 2024<br>SIRC & Penrith Beach                         |
| Australian Coastal Rowing and Beach Sprints Championships       | 8           | 16 - 18 August, 2024 TBC   |
| World Rowing Coastal Championships                              | 10 - 12     | 6-8 September, 2024<br>Genoa, ITALY                              |
| World Rowing Beach Sprint Finals                                | 10 - 12     | 13-15 September, 2024<br>Genoa, ITALY                            |

### **NOTES:**

- 1. Nomination and Eligibility:** Athletes and coaches wishing to be considered for the Coastal Rowing Team selection must complete the online nomination form available on the Rowing Australia website [HERE](#) by 17:00 AEST on the date specified. Please refer to the Rowing Australia website for the full nomination and eligibility requirements for national team selection [HERE](#).
- 2. National Ergometer testing** is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the RA website [HERE](#).
- 3. The 50m sprint** protocol is to be conducted in line with Australian Rowing Team Sprint Testing protocols, available on the RA website [HERE](#).

4. Results from the ergometer and sprint testing should be submitted online [HERE](#). A screenshot of the result must accompany the submission of data.
5. To qualify for participation in the National Beach Sprint Trials athletes will need to reach a qualifying standard of either A) 4x 50m run/erg run OR B) 2km erg during the window of February 25- March 3. A screenshot of the result and coach validation must accompany the submission of data by 17:00 AEST Sunday March 3<sup>rd</sup>. All athletes are expected to be capable of racing a single scull for 500 metres at a minimum stroke rate of 34 per minute.
6. A ranking will be collated and the top 8 ranked Senior and U19 male and female individuals will be invited to attend the National Beach Sprint Trials 14 – 18 April 2024. Notification will be made by 17:00 AEST Monday 6<sup>th</sup> March 2024. Invited coaches will also be notified at this time. Invitations will be accepted up until 17:00 AEST 11<sup>th</sup> March 2024. If athlete slots are not accepted the selectors hold the right to invite athletes that are the next ranked. Final National Beach Sprint Trials will be announced by 17:00 AEST 13<sup>th</sup> March 2024.
7. **The National Beach Sprints Trials.** The purpose of these trials is to select a team to race at the 2024 World Beach Sprint Finals. These trials are an open trial to rowers who have fulfilled the event requirements. 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, sprinting and such other tests as required in order for the Selectors to assess the specified selection criteria.
8. **The Australian Coastal Rowing and Beach Sprints Championships:** All Rowers nominating for National Team selection are required to participate.
9. Selectors will use their experience, knowledge, and judgement to select crews of podium standard for the 2024 World Rowing Beach Sprint Finals and Coastal Championships. Selectors will use the results of testing and assessments outlined in these Event Requirements to ascertain a crew's potential to achieve the selection standard.
10. RA will announce (in accordance with the Selection Policy) the final Australian Coastal Rowing Team, including coaching staff, by no later than 5 days following the conclusion of the 2024 National Beach Sprint Trials.
11. Participants selected to compete at the 2024 World Rowing Beach Sprint Finals and Coastal Championships may have to pay a seat fee contribution for international preparation and competition. The seat fee in 2024 is TBC.
12. Coaches wishing to be appointed onto the Australian Coastal Rowing Team must complete the online nomination form found on the Rowing Australia website [HERE](#) by 17:00 AEST on the date specified.