

EVENT REQUIREMENTS UNDER 19 AUSTRALIAN ROWING TEAM

Updated November 2023 Approved

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 19 (“U19”) Team.

All athletes must complete all activities stipulated in these Event Requirements (except for activities marked “participation 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. For clarity, a medical exemption does not absolve athletes of the need to complete a selection activity – it simply means they were unable to complete it on the specific date. To remain eligible, selection activities must still be completed once athletes have recovered and are medically cleared to do so.

Specific Activity Details:

ACTIVITY	See Note(s)	2024 Team Activity Dates
State Championships/Regattas, Domestic Time Trials, Ergometer Testing & National Championships (participation strongly encouraged)	1	From September 2023
Close of team nominations	4, 5	12 December, 2023
NSW State Championships (participation is optional, small boats may be selected)	2	9 – 11 February, 2024
National Championships (participation is optional, small boats may be selected)	1, 2	18 - 24 March, 2024
Close date for submission of entries for Selection Trials	6, 7	3 April, 2024
2km Ergometer Test	3	3 April, 2024
Underage Selection Trials	6 - 13	15 – 18 April, 2024 (Bump in and briefing 14 April) SIRC, Penrith
World Rowing Junior Championships		18 - 25 August, 2024 St Catharines, CANADA

NOTES:

1. Athletes are strongly encouraged to participate in domestic activities and regattas, including the athlete's State Championships, Domestic Time Trials, Ergometer Testing and the National Championships.
2. Selectors reserve the right to select the following boats, Under 19 M1x, W1x, M2-, W2-, M2x, W2x, based on their performances at the NSW State Championships and / or National Rowing Championships
3. ALL athletes seeking selection must submit a 2km ergometer result:
 - (a) The ergometer must be completed on Wednesday 3rd April and submitted through the state Pathway contact.
 - (b) All **2km Ergometer Tests** are 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 under the direction of 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. **Eligibility:** Athletes attempting selection in the Under 19 Team must be 18 years of age or younger on 31 December in the year of selection (*eg in 2024, athletes must be 18 years of age or younger on 31 December 2024*). 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/>).
5. **Nomination:** Athletes and coaches wishing to be considered for Under 19 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.
6. **National Under 19 Selection Trials entries:** All entries into the National Under 19 Selection Trials must be submitted through the Athlete's state Pathway contact to jlane@rowingaustralia.com.au the date specified.

The National Under 19 Selection Trials may include:

 - Grading Race
 - Further trialling and/or Speed Order Trial, to be by invitation, as determined by Selectors.
7. Crews vying for selection in **coxed boats** must nominate their preferred coxswain at the point of entry. Under 19 coxswains will be selected with their crew, should the crew be selected.
8. 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 U19 Selection Trials, and to conduct ergometer and such other tests as required in order for the Selectors to assess the specified selection criteria.
9. Selectors will use their experience, knowledge and judgement to select crews of podium standard for the 2024 World Rowing Junior Championships. Selectors will use the results of testing and assessments outlined in these Event Requirements and compare boats between each other against the Under 19 World Best Time to ascertain a crew's potential to achieve the selection standard. Consideration may be given to 'development' crews who may be selected outside of these standards.
10. RA will announce (in accordance with the Selection Policy) the Australian Under 19 Team by no later than 5 days following the conclusion of the Selection Trials.
11. Participants selected to the Australian Under 19 team must pay a seat fee contribution for international preparation and competition. The seat fee in 2024 will be confirmed ASAP.
12. The Interstate Schools Pathway Eight activity does not form part of the selection process for the Australian Under 19 Team. Therefore, the winning crew for this event will not be considered for selection to the Australian Under 19 Rowing Team. Athletes who are participating in the Interstate Schools Pathway Eight activity and who also wish to be considered for the Australian Under 19 Team are required to nominate as per Note 4, to complete all activities specified in these Event Requirements and to compete in the Grading Race (see note 5).
13. Attendance at all U19 Team Training Camps and completion of all testing activities are mandatory for all athletes and coaches named in the Australian Under 19 Team.
14. Coaches wishing to be appointed onto the Australian Under 19 Team 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. The process for appointment may include:
 - Interview
 - Request for presentation of a long-term crew program/planAppointed coaches must adhere to the principles contained within the Australian Rowing Team Pathway Coach PD.