

EVENT REQUIREMENTS UNDER 21 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 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. 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 U21 Team Activity Dates
State Championships/Regattas, Domestic Time Trials & Ergometer Testing (participation strongly encouraged)	1	From September 2023
Close of team nominations	3 - 4	19 January, 2024
Coxswain CVs submitted to RA	5	19 January, 2024
5000m ergometer Test	2	22 January, 2024
NSW State Championships	6	9 - 11 February, 2024
2km Ergometer Test	2	11 - 15 March, 2024
National Championships	7	18 - 24 Mar, 2024
Trans-Tasman Regatta	10	TBC SIRC, Penrith

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 2024 athletes must be 20 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/>).
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 jlane@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 required 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) Athletes must race in the age category which they are targeting for selection (e.g. athletes 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 required 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. 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 National Championships. All activities as listed in this Event Requirement document will determine the final make up on the Australian Under 21 Team.
9. Participants selected to the Australian Under 21 Team are required to pay a seat fee. The seat fee in 2024 will be confirmed ASAP.
10. Attendance at all U21 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 21 Team.
11. Coaches wishing to be appointed onto the Australian Under 21 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.