

EVENT REQUIREMENTS UNDER 23 AUSTRALIAN ROWING TEAM

Updated November, 2023

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.

Selectors will only select Under 23 crews who are aligned with Olympic class disciplines; that is, men’s and women’s open weight sweep and men’s and women’s sculling.

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. 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 U23 Team – Activity Dates
Close of team nominations	1, 2	14 September, 2023
Coxswain CVs submitted to RA	5	14 September, 2023
5000m ergometer Test #1		18 September, 2023
Sept. Domestic 5km Time Trial		20 – 23 September, 2023
Oct. Domestic 5km Time Trial	4	18 - 21 October, 2023
5000m ergometer Test #2	3	6 November, 2023
Nov. Domestic 5km Time Trial	4	15 - 18 November, 2023
2000m ergometer Test	3	11 December, 2023
Dec. Domestic 5km Time Trial	4	18 - 21 December, 2023
5000m ergometer Test #3	3	22 January, 2024
NSW State Championships	6	9 - 11 February, 2024
Under 23 Selection Trials	7 - 15	25 February - 3 March, 2024
National Championships	7	18 - 24 March, 2024
World Rowing Under 23 Championships		18 - 25 August, 2024 St Catharines, 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 2024, athletes must be 22 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/>).
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 5km Time Trials, all rowers must compete in the 1x.
 - (b) For the November and December 5km Time Trials, all rowers nominating for sculling selection must compete in the 1x, and those nominating for sweep must compete in the 2-.
5. **Nominating coxswains** must submit a coxing CV, including two coaching referees, and one recent coxswain recording, by 17:00 AEST 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, those seeking sculling selection must compete in a 2x, and those seeking sweep selection must compete in the 4-.
7. The **National Championships:** All selected athletes are required to participate in at least three events during this regatta, two of which must be for their club, and one of which must be for their State/Territory (if selected).
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 75.0kg and Women 62.0kg;
 - (b) For the January 5000m ergometer test athletes must be no greater than the following weights - Men 72.5kg and Women 60.5 kg;
 - (c) At the NSW State Championships, female athletes must be at no greater than FISA maximum weight, 59.0kg. Male athletes must be no greater than 71.0kg.
 - (d) 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.
 - (e) For racing at the National Championships, athletes must abide by the rules of racing.
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 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 Selection Criteria in the Selection Policy.
 - (a) Selection Trials will commence with a 2000m ergometer test followed by small boat testing. Crew testing will follow and Trials will conclude with a Speed Order Trial.
 - (b) 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. Selectors will use their experience, knowledge and judgement to select crews of podium standard for the 2024 World Rowing Under 23 Championships. Selectors will use the results of testing and assessments outlined in these Event Requirements and compare boats between each other against the Under 23 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.
12. RA will announce (in accordance with the Selection Policy) the final Australian Under 23 Team, including coaching staff, 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 in 2024 will be advised ASAP.
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. 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 jlane@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 15 will need to be paid for by the athlete.

16. Coaches wishing to be appointed onto the Australian Under 23 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.