

## EVENT REQUIREMENT UNDER 23 AUSTRALIAN ROWING TEAM US-BASED AUSTRALIAN ATHLETES

*Updated November 2023*

**Please Note: 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 – 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](http://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 Under 23 (U23) Team as a US-based athlete.

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 Event Requirements unless there are medical reasons or Extenuating Circumstances 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 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)	Selection Activity Dates - 2024
Close of team nominations	1,2	12 April, 2024
Coxswain CVs submitted to RA	3	12 April, 2024
Submission of data	4	1 December, 2023 – 12 April, 2024
Invitation list announced for US-based U23 Selection Trial	5	10 May, 2024
Training Camp for US-based U23 Selection Trial	9	3 – 15 June, 2024
US-based U23 Selection Trial	6 – 10	16 – 20 June, 2024
US-based crews announced	8 – 9	21 June, 2024
U23 World Championships		18 - 25 August, 2024 St Catherines, 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 the respective U23 World Rowing Championships (eg for the 2024 U23 World Rowing Championships, 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) **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](mailto: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).
- 4) Every athlete is required to submit the following information by 17:00 AEST on the date specified in the manner prescribed by RA from time to time:
  - 2 x 2km erg result

- 2 x 6km/5km erg result (dependant upon program)
- 2023/2024 College crew and results (eg. 6 seat of 2V 8+)

**Ergometer testing** is to have been completed in the window 1 December, 2022 – 14 April, 2023 and **accompanied by a photo of the result on the screen of the ergometer.**

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/>. Performances will be assessed against the National Ergometer Benchmarks available at <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/>.

- 5) Participation of U23 athletes at the **US-based U23 Selection Trial** will be by invitation only. In determining the athletes invited to attend the Selection Trial, the Selectors will assess performances in the activities specified in these Event Requirements against the Selection Criteria in the Selection Policy.
- 6) 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.
- 7) Selectors will use their experience, knowledge and judgement to select crews of podium standard for the 2023 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.

- 8) Participants selected to compete at the U23 World Championships must pay a seat fee contribution for international preparation and competition. The seat fee for 2024 will be advised ASAP.
- 9) The Training Camp for US-based U23 Selection Trials is mandatory for all athletes (and coaches) invited to the US-based U23 Selection Trial, though the duration of attendance is dependent upon College crew commitments, in consultation with Rowing Australia.  
The team training camp is mandatory for all athletes and coaches named in the Australian Under 23 Team following the US-based U23 Selection Trial.
- 10) 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.