

## Australia A Team Expression of Interest

### **Background:**

In 2025 Rowing Australia aims to increase the depth of talent aspiring for the 2025 World Championships, the National Training Centres and the 2028 Los Angeles Olympics. Athletes will be given the opportunity to compete in the World Cup I and II events as part of an Australia A Team. Team membership is aimed at, but not limited to, graduating Australian student athletes abroad and Australian based athletes who are outside of the selected Senior Team World Cup Tour crews and achieve the selection standards. Australia A Team athletes will be eligible to be considered for the 2025 World Rowing Championships.

### **Athlete Assessment**

Invitations for Australia A will be based and assessed from the following:

1. Complete both a 2km ergo test and a long-distance ergo test (either 5k or 6k) within the selection window, which spans from 1 October, 2024 to 7 May, 2025. The cut off ergometer standard is:
  - a. Men 5:58.0
  - b. Women 6:55.0
2. Previous International performances and future potential will be key considerations.
3. Current training data
4. Australian based athletes will be assessed as part of the Senior A selection process and will need to satisfy the requirements set out in the Senior A Event Requirements, which are available on the RA website at <https://rowingaustralia.com.au/national-team-selection>

### **Specific Activity Details:**

ACTIVITY	2025 Australia A Team - Activity Dates
Close of team nominations	25 March, 2025
Submission window of data	1 October 2024 - 7 May 2025
Australia A Team announced	14 May, 2025
World Cup 1	13 - 15 June, 2025, Varese, ITA
World Cup II	27 - 29 June, 2025, Lucerne, SUI

### **NOTES:**

1. Australia A athletes must have nominated for the 2025 Australian Senior A Team.
2. Be a current financial member of a registered Rowing Club in Australia.
3. Be a current financial member of a Member Association (State) of Rowing Australia.
4. Be committed to the nominating for the 2026 Australian Rowing Team.
5. Every athlete is required to submit the following information by 17:00 AEDT on 7 May, 2025:
  - a. 2km ergometer result
  - b. A long distance ergo test 6km/5km erg result (dependent upon program). Ergometer testing submission includes an accompanying ergometer screen photo of the result (including date).
  - c. Ergometer testing is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the RA website at <https://rowingaustralia.com.au/sports-science>.