



EVENT REQUIREMENTS 2025 AUSTRALIAN ROWING TEAM – BEACH SPRINTS

Updated February 2025

Please Note: Rowing Australia Limited (“RA”) intends to review these Beach Sprint Event Requirements 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 (“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 Beach Sprint Rowing Team.

All athletes must complete all activities stipulated in these 2025 Australian Rowing Team - Beach Sprint 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 reason as soon as is practicable, and in accordance with the RA Medical Management Policy and the Selection Policy.

Important Note:

Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event.

Boat Priorities

The priority senior class boats for the 2025 season will be the Mixed double scull and the Women’s and Men’s solos. A Mixed Coxed Quad may be selected behind the Olympic Class boats. U19 boats to be considered for selection are the Women’s and Men’s solos and Mixed Double Scull which are also Youth Olympic Qualification events. U19 Women & Men’s Doubles may be selected behind the Youth Olympic Class boats. Selection will be based on speed achieved throughout the trialling process and the likelihood to make the Quarter Final and Medal. In 2025 scheduling allows for U19 athletes to compete at the U19 World Rowing Classic Championships and the U19 World Beach Sprints.

Beach Sprint Specific Selection Details:

Selection Requirement	See Note(s)	2025 Beach Sprint Team – Selection Requirement Dates
Testing Day #1 60m sprint AM/ PM 4x 60m sprint 3’ recovery between	3, 4,6,7,8	18 – 19 December 2024 17-19 February 2025 14-16 April 2025 June 10-11
Testing Day #2 AM-10 stroke & 500m ergometer testing/ PM 4x 500m CII testing on 5’ centres	2, 4,6,7,8	18 - 19 December 2024 17-19 February 2025 14-16 April 2025 June 10-11
5000m Ergometer Test	2,6,7,8	20 December 2024
Testing Day #3 4x60meter Run/500mErg/60meter run Continuous/ OR 2000m Ergometer Test for the April Senior and U19 trials	2,3,4,6,7,8	17-19 February 2025 14-16 April 2025
Race 1x over 2000m distance at your home state championships (or major local regatta for states without a championship between Jan and Mar 2025)	5	January- March 2025
Beach Sprint Selection Trials #1	7,8,9	15-17 May 2025
RA announcement of invitations to Selection Trials #2	10	27 May 2025

Beach Sprint Selection Trials #2	10,11,12,13	16-20 June 2025
Australian Beach Sprint Championships	19	September 18-21, 2025, NSW
Beach Sprint World Championships, Rio De Janeiro, Brazil	15,16	23-26 October 2025
Commonwealth Beach Sprint Championship, Barbados	17	20-22 November 2025

Beach Sprint Activities	See Note(s)	Selection- Activity Dates
Close of team nominations/EOI	1	26 April, 2025
Camp 1	6	Feb 10-12 Skills Narrabeen
Camp 2 (TBC)		3- 6 April 2025 New Zealand Beach Sprint Nationals
Selected Crews training Camp 3		July 13-18
Selected Crews Training Camp 4		13 -21 September 2025 NSW
Camp 5		Pre- World Championships October 12-22, 2025, Rio De Janeiro

NOTES:

- 1. Nomination and Eligibility:** Athletes and coaches wishing to be considered for selection to the Australian Beach Sprint Rowing Team must complete the online nomination form available on the Rowing Australia website [HERE](#) by 17:00 AEST on the date specified. Please refer to the Rowing Australia website for the full nomination and eligibility requirements for national team selection [HERE](#).
- 2. National Ergometer testing** is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the RA website [HERE](#).
- 3.** The **60m sprint** protocol is to be conducted in line with Australian Rowing Team Sprint Testing protocols, available on the RA website [HERE](#).
- 4.** Results from the ergometer and sprint testing should be submitted online [HERE](#). A screenshot of the result must accompany the submission of data.
- 5.** Racing at State Championships in the rower's home state or major local regatta (to be agreed in advance by Head Coach Beach Sprint) in a 1X to demonstrate ability over 2km distance. Send photo of GPS stroke coach data to Head Coach Beach Sprint. lbiesenthal@rowingaustralia.com.au
- 6.** Invitations to Camp #1-February 10-12, 2025, will be based on December monitoring data, 5000m erg, 1X ability, past beach sprint or Australian Rowing Team results.
- 7.** To qualify for participation in the National Beach Sprint Selection Trials #1 athletes will need to have completed A) 4x 60m run/erg run or B) April Senior / U19 2000m

April Ergometer Test and the December 5000m Ergometer Test. The testing must be conducted in line with Australian Beach Sprint Rowing Team protocols available on the RA website. Tests must be completed under the direction of an approved Coach either Head Coach Beach Sprint or state pathway coach. A screenshot of the result and coach validation must accompany the submission of data by 17:00 AEST Sunday April 20, 2025.

Entries for National Beach Sprint Selection Trials #1 close at 17:00 AEST Monday May 12th.

- 8.** The aim of the National Beach Sprint Selection Trials #1 is to train, race and rank athletes in a Beach Sprint Regatta environment.
- 9.** Selectors will use their experience, knowledge, and judgement to select athletes of quarter final to podium standard at the 2025 World Rowing Beach Sprint Finals, to attend the National Beach Sprints Trials #2. Selectors will use the results of National Beach Sprint Trials #1, testing and assessments outlined in these Event Requirements to ascertain an individual's potential to achieve the selection standard.
- 10.** National Beach Sprint Trials #2- The purpose of these trials is to test skill speed, race, seat race and select boats or squads for the 2025 World Rowing Beach Sprint Finals.
- 11.** 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 National Beach Sprint Selection Trials, and to conduct ergometer, sprinting and such other tests as required for the Selectors to assess the specified selection criteria.

- 12.** Selectors and the Head Coach Beach Sprint will use their experience, knowledge of the event and judgement to select crews of quarter final, to podium standard for the 2025 World Rowing Beach Sprint Finals.
- 13.** RA will announce the final Australian Beach Sprint Rowing Team, including coaching & handling staff, by no later than 7 days following the conclusion of the 2025 National Beach Sprint Selection Trials #2.
- 14.** Once selected, an individual or a crew must continue to achieve a standard through monitoring and training to maintain selection, and a crew combination can change in order to achieve the best possible results throughout the season.
- 15.** Participants selected to compete in the Olympic Classes at the 2025 World Rowing Beach Sprint Finals will be fully funded. Non-Olympic crews may be subject to a seat fee contribution for international preparation and competition. U19 athletes will be required to pay a seat fee.
- 16.** Participants selected to compete at the 2025 Commonwealth Beach Sprint Rowing Championships may have to pay a seat fee contribution for international preparation and competition.
- 17.** Coaches wishing to be appointed onto the Australian Beach Sprint Rowing Team must complete the online nomination form found on the Rowing Australia website [HERE](#) , indicating their level of NCAS coaching certification, and outline their boat handling experience by 17:00 AEST on the date specified.
- 18.** The Australian Beach Sprint Championships is compulsory for the Australian Beach Sprint Rowing Team.

NOTES:

- 1) Athlete nomination forms can be found at:**
[:https://rowingaustralia.com.au/national-team-selection](https://rowingaustralia.com.au/national-team-selection)
- 2) 5km and 2km Ergometer Tests:**
National ergometer testing is to be conducted in line with Australian Rowing Team ergometer testing protocols, available on the RA website at:
<https://44155094.fs1.hubspotusercontent-na1.net/hubfs/44155094/2000m-and-5000m-Ergometer-Protocol-2020-Onwards.pdf>
Performances will be assessed against the National ergometer benchmarks available at :
<https://44155094.fs1.hubspotusercontent-na1.net/hubfs/44155094/2021-2024-Benchmarks-Updated-October-2022.pdf>
Rowers who were on the 2024 Olympic Team will not be required to complete the December testing.