

2025 Selection Requirements for Senior and Para Australian Rowing Team

Approved August 2024

Please Note: Rowing Australia Limited (“RA”) intends to review these Selection Requirements by no later than September of each year but may review and update these Selection Requirements at any time, including by announcing and publishing further or varied requirements and standards from time to time prior to the relevant selection 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 – Senior Team (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 RA Selection Policy and outlines the activities that rowers and coxswains must complete to be eligible for selection consideration for the Australian Senior Team.

All Athletes must complete all activities stipulated in these Event Requirements unless:

- expressly provided otherwise in these Selection Requirements; or
- granted an exemption for Extenuating Circumstances in accordance with the Selection Policy.

Important Notes:

- Where an athlete is provided an exemption from an activity stipulated in this Selection Requirement, the athlete will not be excluded from consideration for selection on the grounds that the athlete failed to satisfy that activity in the Selection Requirements. Without limiting the application of the selection criteria and the discretion given to the selectors in the Selection Policy, an exemption does not entitle the athlete to participate in further or additional trials into a selected or priority boat, or a crew that has already achieved a benchmark or performance standard or prognostic.
- In addition to the activities stipulated in these Selection Requirements, athletes invited to the National Training Centre (“NTC”) must also complete all activities stipulated in the NTC Invitation Guidelines.
- Under the Selection Policy, RA may, as a matter of policy, elect not to send a boat or boats to an event. RA will focus its resources on maximising performances at the 2028 Olympic and Paralympic Games. Therefore, it is not a priority of RA to select non-Olympic and non-Paralympic boat classes. Notwithstanding this, athletes selected as reserves to support selected Paralympic Class boats may be selected to race in a Non-Paralympic categories at World Cups and international regattas. Lightweights will only be considered for selection in exceptional situations based on medal winning probability.

Specific requirements for lightweight athletes are set out in Note 8.

Specific Selection Details:

Selection Requirement	See Note(s)	2025 Senior Team - Selection Requirement Dates
5000m Ergometer Test #1	4	5 November 2024
November Domestic 5000m Time Trial	5	20 - 23 November 2024
December Domestic 5km Time Trial	5	18 – 21 December 2024
5000m Ergometer Test #2	4	20 December 2024
5000m Ergometer Test # 3	4	3 February 2025
Lightweight Weight Management	8	
2000m Ergometer Test	4	3 March 2025
National Championships	11	24 - 30 March 2025
RA announcement of invitations to Selection Trials		4 April 2025
National Selection Trials	9,11	18 – 25 April 2025
World Cup Tour Team announcement and briefing	10	25 April 2025
World Cup I, Varese, Italy	12	13 – 15 June 2025
World Cup II, Lucerne, Switzerland	12	27 – 29 June 2025
Team announcement for World Championships	10	no later than 15 August 2025
2025 World Championships, Shanghai, China	12	21 – 28 September 2025

Selection Activity	See Note(s)	Selection – Activity Dates
Closing date for completion of athlete and coach nomination forms	1	4 October 2024
Closing date for completion of coxswain CVs	2	11 October 2024
30 Minute R20 Ergometer #1	3	9 – 13 September 2024
30 Minute R20 Ergometer #2	3	7 – 11 October 2024
NTC Test Camp (for Senior rowers)	6	13 – 20 October
Cross Training Camp, Perisher (for Senior rowers)	6	9 – 16 November 2024
December Camp Venue TBC (for Senior & Para rowers)	6	11 – 17 December, 2024

NOTES:

1) Closing date for completion of athlete and coach nomination forms:

Athletes and coaches wishing to be considered for Senior team selection must complete, by the date specified in these Event Requirements, the online nomination form found on the RA website at:

<https://rowingaustralia.com.au/national-team-selection>

An athlete that has already submitted an Expression of Interest to train at the NTC pursuant to the NTC Invitation Guidelines will be deemed to have also submitted a nomination for the National Team pursuant to these Event Requirements.

2) Closing date for completion of coxswain CVs:

Nominating coxswains must submit a coxing CV, including two coaching referees by 17:00 AEDT on the date specified in these Selection Requirements to: wdiplock@rowingaustralia.com.au

This CV should outline coxing history, past performance and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit recordings and/or participate in a coxswain selection interview.

In selecting any coxswains, the Selectors will assess performances in the activities specified in these Selection Requirements against the Selection Criteria in the Selection Policy.

3) 30min/Rate20 #1:

The 30min/Rate 20 ergometer testing is to be conducted in line with the specific protocol, available at the RA website at: <https://44155094.fs1.hubspotusercontent-na1.net/hubfs/44155094/30-min-Rate-20-Test-Protocol.pdf>; and must be completed on the date specified in the Selection Requirements.

Details regarding the submission of these results can be found in the specific protocol document available at the link above.

Rowers who travelled as part of the 2024 Senior National Team will not be required to complete 30min/Rate20 Test #1 and #2.

4) 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://rowingaustralia.com.au/sports-science> and must be completed on the date specified in these Event Requirements.

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 travelled as part of the 2024 Senior National Team will not be required to complete 5km Ergometer Test #1 and #2.

5) Domestic 5km Time Trials:

The Domestic 5km Time Trials are to be completed in the athlete's domestic training environment.

- a) For the November Domestic 5km Time Trial: All rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-. PR3 Rowers may be directed to sculling or sweep.
- b) For the December Domestic 5km Time Trial: All competing rowers nominating for sculling selection must compete in the 1x, and those that have nominated for sweep must compete in the 2-. PR3 Rowers may be directed to sculling or sweep.

6) Camps:

For senior rowers: With the NTC's fully opening on 2nd January 2025 there are a series of camps that senior rowers will be invited to before its opening. The October NTC Test Camp will be made up of rowers invited from the 2024 Australian A Team, 2024 Under 23 Team and training information and the September 30 minute ergometer from athletes outside of these teams. There will be a cross training camp in November and invitations will be given after assessment at the October NTC Test Camp. The December camp invites will be based on the November and December 5000m ergometer test and on water time trials. For Para Rowers there will be a December Assessment Camp. Invitations will be based on rowers performances from the September and October 30' minute Ergometer tests and the November 5000m Ergometer and Water Tests.

7) Lightweight athletes:

Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing:

- a) Prior to 1 January 2025: athletes must be no greater than the following weights - Men 75.0 kg and Women 62.0 kg;
- b) For the February 5Km ergo test: athletes must be no greater than the following weights - Men 73.5 kg and Women 60 kg;
- c) At the National Championships: athletes must abide by Rowing Australia entry rules;
- d) At the Selection Trials (if invited): athletes must complete all events at or below World Rowing maximum weight (i.e. Men 72.5kg and Women 59.0kg), notwithstanding that crews must achieve FISA average weight. Therefore, selectors may stipulate individual race weights for athletes at the selection trials.

9) Selection Trials:

Participation at the April Selection Trials will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of athletes invited to the Selection Trials by no later than 7 days after the conclusion of the Australian Rowing 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 Selection Requirements against the criteria in the Selection Policy. For Para rowers the December Camp will hold a significant weighting in considering invitations.

NTC athletes have an automatic invitation to the National Selection Trials.

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.

Selection Trials will commence with a 2000m ergometer test followed by 2000m small boat racing (1x/2-). Crew testing will follow, and trials will be concluded by a Speed Order.

10) World Championship and World Cup Tour Team announcements and briefing:

On 25 April 2025, RA will brief provisional World Cup Crews. The crews for the 2025 World Cup Tour will be announced before 29 April 25.

The World Championship Team will be announced no later than 15 August 2025.

11) Australian National Rowing Championships(ARC), Lake Barrington, Tasmania:

All Athletes nominating for National Team selection are required to participate in at least three events during this regatta, at least two of which must be for their club, and at least one of which must be for their State/Territory (if selected)..

- a) Rowers nominating for sculling selection must compete for their club in the 1x, and those that have nominated for sweep must compete for their club in the 2-. The selectors may nominate 2- combinations to be raced at the ARC.
- b) Races will be conducted as part of the National Championship regatta.

Such athletes must also participate in a maximum of one event for their State/Territory (if selected).

12) World Rowing Championships Boat Minimum Selection Standard

Selectors will use their experience, knowledge and judgement to select crews to reach a minimum selection standard for the 2025 World Rowing Championships. They are based on the standard required to achieve a predicted LA 2028 Qualification position.

During the domestic season selectors will use the results of testing and assessments outlined in these Selection Requirements and compare boats between each other against the Worlds Best Time to ascertain the boats potential to achieve the World Rowing Championship minimum selection standard at the World Cups. Consideration will be given to boats with “young seniors” who may be selected outside of these standards.

During the International Season the Selectors will use their discretion and judgement in applying the standard including assessing boats that have finished ahead of Australian crews in World Cup results, other World Cup racing and International Regattas. Judgement will be used for extenuating circumstances e.g., injury, illness or crew changes... Consideration will be given to boats

with “young seniors” who may be selected outside of these standards.

Boat Class (Male and Female)	Olympic Qualification Positions - 2027 World Championships (TBC)	Australian Minimum Selection Standards
1x	9	12
2x	11	12
4x	7	9
2-	11	12
4-	7	9
8+	5	8
L2x	7	10
PR1 1X	7	8
PR2 Mixed 2X	6	8
PR3 Mixed 2X	5	6
PR3 Mixed 4+	6	8

Notwithstanding anything in these Selection Requirements, the Selectors have the power, in accordance with the Selection Policy, to change the composition of a boat as a result of performances at World Cup 1 or World Cup II (as the case may be). Should the selectors choose to exercise their discretion under the Selection Policy, then that boat as modified may compete at subsequent World Cups or the World Championships (as the case may be).

For the avoidance of doubt, the act of changing the composition of that boat does not disqualify it from being selected to compete at subsequent World Cups; or to be selected for the World Championships (as the case may be).

13) General:

- a) Reference to a rower or to rowers in these Selection Requirements means oarsmen and oarswomen.
- b) Reference to an athlete or athletes in these Selection Requirements means all eligible rowers and coxswains
- c) Reference to a crew in these Selection Requirements includes a single sculler.