

EVENT REQUIREMENTS UNDER 23 AUSTRALIAN ROWING TEAM

Updated 4 February, 2025

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 <https://rowingaustralia.com.au/national-team-selection> 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. Selection for US based U23 athletes is outlined in a separate event requirement (US Based athlete U23 Event Requirements)

Specific Event Requirement Details:

ACTIVITY	See Note(s)	2025 U23 Team – Activity Dates
5000m ergometer Test	17	5 November, 2024
Nov. Domestic 5km Time Trial	3, 17	20 - 23 November, 2024
5000m ergometer test	17	2 December, 2024
Dec. Domestic 5km Time Trial	3, 18	18 - 21 December, 2024
5000m ergometer Test	18	3 February, 2025
Coxswain recordings		7 March, 2025
2000m ergometer Test		17 March, 2025
National Championships	4	24 – 30 March 2025
Under 23 Selection Trials	5, 6, 7, 8	19 – 27 April 2025

Other Activity Details:

ACTIVITY	See Note(s)	2024 U23 Team – Activity Dates
Team EOI	1	27 September, 2024
NTC Test Camp	14	6-13 November 2024, NTC's
Close of team nominations	2, 10	20 December, 2024
Training camp	17	11 – 17 December, 2024, Penrith
Training Camp	18	10 – 13 February, 2025, Penrith
Simulation Regatta		Penrith, Date TBC
World Rowing Under 23 Championships	1	23 - 27 July, 2025, Poznan Poland

NOTES:

1. Athletes attempting selection in the U23 Team must be 22 years of age or younger on 31 December in the year of selection . Please refer to the Rowing Australia website for the full nomination and eligibility requirements for national team selection (<https://rowingaustralia.com.au/national-team-selection>).
2. Athletes and coaches wishing to be considered for Under 23 team selection must complete the online nomination form found on the Rowing Australia website(<https://rowingaustralia.com.au/national-team-selection>), by 17:00 AEST on the date specified.
3. Domestic 5km Time Trials are to be completed in the athlete's domestic training environment.
4. All athletes are required to participate in at least three events at the national championships, two of which must be for their club, and one of which must be for their State/Territory (if selected). Athletes must race in one small boat.
5. The Under 23 Selection Trials will be by invitation only. RA will announce the list of U23 athletes invited to the Underage Selection Trials no later than five (5) days after the National Championships.
6. The Selectors reserve the right at their sole discretion to choose the crew combinations, that are formed during and after the December National Camp. The selectors will also 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.
7. Selectors will use their experience, knowledge and judgement to select crews of podium standard for the 2025 World Rowing Under 23 Championships.
8. RA will announce the final Australian Under 23 Team, including coaching staff, by no later than 5 days following the conclusion of the Selection Trials. Participants selected to compete at the U23 World Championships must pay a seat fee contribution for international preparation and competition. For reference the subsidised seat fee in 2024 was \$7950, the 2025 fee is yet to be finalised, non-Olympic boat classes will NOT have their seat fee subsidised by RA.
9. 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 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;
 - b. and 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.
10. Coaches wishing to be appointed onto the Australian Under 23 Team must complete the online nomination form found on the Rowing Australia website <https://rowingaustralia.com.au/national-team-selection> by 17:00 AEST on the date specified.
11. Coxswains seeking selection onto the Australian Under 23 Team must submit a race voice recording by 17:00 AEST by 7 March, 2025, to jlane@rowingaustralia.com.au
12. U23 athletes who are also seeking Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, 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.
13. Lightweight athletes will be considered for U23 Team selection if they are deemed to be achieving medal performance standards. In reference to point 8 and for clarity any non-Olympic boat classes will NOT have their seat fee subsidised. In 2024 the Unsubsidised amount was approximately \$15,000
14. 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, 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 World Rowing average weight. Therefore, selectors may stipulate individual race weights for athletes at the selection trial
15. 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.
16. October and November camp invitations will be based on performances at 2024 U23 World Rowing Championships
17. The November and December 5000m ergometer test and on water time trial will be considered for invitations to the December national camp.
18. The February training camp invitations will be considered from performances in the December 5000m ergometer test and on water time trial as well as February 5000m ergometer test. Small boat performances at NSW state championships may also be used to determine invitations.
19. Coaches should submit ongoing ergometer monitoring data for each of their athletes on a regular basis
20. 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>