

EVENT REQUIREMENTS UNDER 23 AUSTRALIAN ROWING TEAM

Updated 23 July, 2024

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 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 Under 23 (“U23”) Team.

Specific Event Requirement Details:

| ACTIVITY | See Note(s) | 2025 U23 Team - Activity Dates |
|------------------------------|-------------|--------------------------------|
| 5000m ergometer Test | 15 | 5 November, 2024 |
| Nov. Domestic 5km Time Trial | 3, 15 | 20 - 23 November, 2024 |
| 5000m ergometer test | 15 | 2 December, 2024 |
| Dec. Domestic 5km Time Trial | 3, 16 | 18 - 21 December, 2024 |
| 5000m ergometer Test | 16 | 3 February, 2025 |
| 2000m ergometer Test | | 3 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 | <u>1</u> | 27 September, 2024 |
| NTC Test Camp | <u>14</u> | 13 - 20 October 2024, NTC's |
| Cross Training camp | <u>14</u> | 9 - 16 November, 2024 Perisher |
| Close of team nominations | <u>2, 10</u> | 20 December, 2024 |
| Training camp | <u>15</u> | 11 – 17 December, 2024, Canberra ? / Penrith |
| Training Camp | <u>16</u> | 10 – 14 February, 2025, Penrith |
| Simulation Regatta | | Penrith, Date TBC |
| World Rowing Under 23 Championships | <u>1</u> | 23 - 27 July, 2025, Poznan Poland |

NOTES:

- 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>).
- 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.
- Domestic 5km Time Trials are to be completed in the athlete's domestic training environment.
- 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.
- 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.
- 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.
- Selectors will use their experience, knowledge and judgement to select crews of podium standard for the 2025 World Rowing Under 23 Championships.
- 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.
- 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:
 - 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;
 - 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.
- 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.
- 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.
- Selectors will only select Under 23 crews who are aligned with Olympic class disciplines.
- 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.
- October and November camp invitations will be based on performances at 2024 U23 World Rowing Championships
- The November and December 5000m ergometer test and on water time trial will be considered for invitations to the December national camp.
- 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
- Coaches should submit ongoing ergometer monitoring data for each of their athletes on a regular basis