

2024 Event Requirements for Senior (Olympic & Paralympic) Australian Rowing Team

Approved & Updated January 2024

Please Note: Rowing Australia Limited (“RA”) intends to review these Event Requirements by no later than September of 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 relevant RA Selection Policy.

Background:

RA’s **National Selection Policy – Senior Team** and **National Selection Policy – Senior Para Rowing Team and Paralympic Team** (each a “**Selection Policy**”) outline the broad selection criteria for all rowers and coxswains and can be viewed on the RA website at www.rowingaustralia.com.au.

Part 3 of the **National Selection Policy – Senior Para Rowing Team and Paralympic Team** sets out the nomination criteria for nomination to Paralympics Australia for selection to the 2024 Australian Paralympic Team.

The nomination criteria for nomination to the AOC for selection to the 2024 Australian Olympic Team are set out in clause 6 of the **Nomination Criteria**, which is a separate document to the **National Selection Policy – Senior Team**. The Nomination Criteria is available at www.rowingaustralia.com.au.

This document operates as an appendix to the Selection Policies and outlines the activities that rowers and coxswains must complete to be eligible for:

- selection consideration for the Australian Senior Team to compete at the 2024 World Cups;
- selection consideration for the Australian Senior Team to compete at the 2024 Final Olympic and Paralympic Qualification Regatta;
- nomination to the AOC for selection to the 2024 Australian Olympic Team;
- nomination to Paralympics Australia for selection to the 2024 Australian Paralympic Team.

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

- expressly provided otherwise in these Event 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 these Event Requirements, the athlete will not be excluded from consideration for selection on the grounds that the athlete failed to satisfy that activity in the Event Requirements. Without limiting the application of the selection and nomination criteria, and the discretion given to the selectors in the Selection Policies, 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 Event Requirements, athletes invited to the National Training Centre (“**NTC**”) must also complete all activities stipulated in the NTC Invitation Guidelines.

- Under the Selection Policies, RA may, as a matter of policy, elect not to send a boat or boats to an event. In this regard, RA has elected not to send any Non-Olympic/Non-Paralympic class boats to the 2024 World Rowing Championships (in order to enable RA to focus its resources on maximising performances at the 2024 Olympic and Paralympic Games). Notwithstanding this, athletes selected as reserves to support selected Olympic and Paralympic Class boats may be selected to race in a Non-Olympic and Non-Paralympic categories at World Cups. For example, an athlete who is selected as a reserve for the WL2x may be selected to race in the WL1x.

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

Specific Activity Details:

ACTIVITY	See Note(s)	2023 Senior Team - Selection Activity Dates
Closing date for completion of athlete and coach nomination forms	1	1 September 2023
Closing date for completion of coxswain CVs	2	1 September 2023
30min/Rate 20	3	4 September 2023
5000m Ergometer Test #1	4	18 September 2023
September Domestic 5000m Time Trial	5	20 - 23 September 2023
October Domestic 5km Time Trial	5	18 - 21 October 2023
5000m Ergometer Test #2	4	6 November 2023
November Domestic 5000m Time Trial	5	15 - 18 November 2023
RA announcement of invitations to National 5000m Time Trial	6	24 November 2023
2000m Ergo Test	4	11 December 2023
National 5000m Time Trial (if invited) or December Domestic 5km Time Trial	6	18 - 21 December 2023
5000m Ergometer Test # 3	4	22 January 2024
NSW State Championships	7	9 - 11 February 2024
Lightweight Weight Management	8	
RA announcement of invitations to Selection Trials	9	16 February 2024
March Selection Trials	9	25 February – 3 March 2024
World Cup Tour Team announcement and briefing	10	3 March 2024
National Championships	11	18 - 24 March 2024
Gavirate International Regatta, Italy		To be confirmed
World Cup I, Varese, Italy	13	12 – 14 April 2024
Final Olympic and Paralympic Qualification Regatta, Luzern, Switzerland	12	19 – 21 May 2024
World Cup II, Luzern, Switzerland	13	24 – 26 May 2024
World Cup III, Poznan, Poland	13	14 – 16 June 2024
RA announcement of athletes to be nominated to the AOC	10	No later than 21 June 2024
RA announcement of athletes to be nominated to PA	10	To be Confirmed
2024 Paris Olympic Games Regatta	13	27 July – 4 August 2024
2024 Paris Paralympic Regatta	13	30 August – 1 September 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:

<http://www.rowingaustralia.com.au/national-team-selection-information/>

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) Coxswain CVs:

Nominating coxswains must submit a coxing CV included in the online nomination form.

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 Event 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://rowingaustralia.com.au/wp-content/uploads/2023/08/30-min-Rate-20-Test-Protocol-V1.0-1.pdf> and must be completed on the date specified in the Event 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 2023 Senior National Team will not be required to complete 30min/Rate20 Test #1.

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 <http://www.rowingaustralia.com.au/sports-science/rowing-testing-protocols/> and must be completed on the date specified in these Event Requirements.

Performances will be assessed against the National ergometer benchmarks available at <https://rowingaustralia.com.au/wp-content/uploads/2023/08/2021-2024-Benchmarks-Updated-October-2022.pdf>.

Rowers who travelled as part of the 2023 Senior National Team will not be required to complete 5km Ergometer Test #1.

5) Domestic 5km Time Trials:

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

- a) For the September Domestic 5km Time Trial: All competing rowers must compete in the 1x. The 2023 Senior Australian World Rowing Championship team will not be required to complete the September Domestic 5km Time Trial. Exemptions from the 1x may be granted to PR3 rowers due to their impairment.
- b) For the October Domestic 5km Time Trial: All rowers must compete in the 1x. Exemptions from the 1x may be granted to PR3 rowers due to their impairment. The 2023 Senior Australian World Rowing Championship team is exempt from competing in the October 5km Time Trial.
- c) 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. Male NTC athletes may be directed to compete in the 1x.
- d) 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-. Rowers invited to participate in the National 5km Time Trial will not be required to complete the December Domestic 5km Time Trial. PR3 Rowers may be directed to sculling or sweep.

6) National 5km Time Trial:

Participation at the National 5km Time Trial will be by invitation only. RA will announce (in accordance with the Selection Policy) the list of athletes invited to the National 5km Time Trial by no later than one week following the conclusion of the November Domestic 5km Time Trial.

In determining the athletes who will be invited to the National 5km Time Trial, the Selectors will assess performances in the Domestic 5km Time Trials. Failure to be invited to the National 5km Time Trial does not preclude an athlete from being selected in the Australian Rowing Team. Athletes not invited to the National 5km Time Trial must complete the December Domestic 5km Time Trial (see Note 4). After the 5km Time Trials athletes maybe invited for further assessments. Para rowers will be directed by the selectors as to the boat class they will compete in at the National 5km Time Trial.

Further on water testing and assessments may take place in the days following the National 5km Time Trial over distances other than 5km. Athletes and coaches will be notified after the conclusion of the National 5km Time Trial.

7) NSW State Championships:

All rowers nominating for Olympic Team selection are required to participate in at least two events during this regatta.

- a) Rowers nominating for sculling selection must compete in the 1x and 2x, and those that have nominated for sweep must compete in the 2- and 4-.
- b) Rowers may compete in their club quads or eights.

All Para rowers nominating for the Paralympic Team selection are required to participate in a minimum of two para events.

8) 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 2023: athletes must be no greater than the following weights - Men 75.0 kg and Women 62.0 kg;
- b) For the January 5Km ergo test: athletes must be no greater than the following weights - Men 72.5 kg and Women 60.5 kg;
- c) At the NSW State Championships: Female athletes must be at no greater than FISA maximum weight 59kg. Male athletes no greater than 71kg;
- d) At the National Championships: athletes must abide by Rowing Australia rules;
- e) At the Selection Trials (if invited): athletes must complete all events at or below FISA maximum weight (i.e. Men 72.5kg and Women 59.0kg), notwithstanding that crews must achieve FISA average weight. The selectors reserve the right to set race weights.

9) Selection Trials:

Participation at the March 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 NSW State 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 Event Requirements against the criteria in the Selection Policy.

NTC athletes have an automatic invitation to the March 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 Trails will commence with a 2000m ergometer test followed by small boat testing 1x/2-. Crew testing will follow, and trials will be concluded by a Speed Order.

10) World Cup Tour Team, Olympic and Paralympic Team announcements and briefing:

On 3 March 2024, RA intends to announce and brief the team and provision crews for the 2024 World Cup Tour.

The RA announcement of athletes to be nominated to the AOC will be no later than 21 July 2024.

The RA announcement of athletes to be nominated to Paralympics Australia is still to be confirmed.

11) Australian National Rowing Championships, Sydney International Rowing Centre:

Rowers selected to the National Team are required to participate in at least two (and no more than three) events during the Nationals and Interstate Regatta; one of which must be for their club and one of which will be in a crew whose composition is at the discretion of the selectors.

- a) Rowers would ideally compete for their club in a boat class in the category they are selected in. For example, if an athlete is selected in the quad scull (4x), then that athlete would compete in a sculling boat;
- 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) 2024 Final Olympic and Paralympic Qualification Regatta

- a) RA will not consider the selection of an Olympic class boat to compete at the 2024 Final Olympic and Paralympic Qualification Regatta unless a boat has at the March trials speed order, posted a prognostic time (%WBT) for the relevant boat class that is equal to or quicker than the average prognostic time (%WBT) of the fastest male and female Olympic class boats at the speed order trial less 1.3%.
- b) RA will not consider the selection of Paralympic class boat to compete at the 2024 Final Olympic and Paralympic Qualification Regatta unless a boat has at the March trials speed order, posted a prognostic time (%WBT) for the relevant boat class that is equal to or quicker than the prognostic time (%WBT) of the fastest Paralympic class boat at the speed order trial less 2%.
- c) Times posted must be at the designated speed order trial at the Selection Trials. Times posted by crews during the trialling process will not be considered for the satisfaction of the requirements in Note 12(a) or Note 12(b).
- d) Satisfaction of the requirements in Note 12(a) or Note 12(b) does not guarantee selection. Selectors retain the discretion to consider all relevant factors in deciding to send a boat to the 2024 Final Olympic and Paralympic Qualification Regatta.
- e) RA's determination of:
 - i) for the purposes of Note 12(a), the average prognostic time (%WBT) of the fastest male and female Olympic class boats at the speed order trial; and
 - ii) for the purposes of Note 12(b), the prognostic time (%WBT) of the fastest Paralympic class boat at the speed order trial,is final and conclusive.

13) World Cup I, World Cup II, World Cup III, Paralympics and Olympic Games:

- a) RA will send all boats that have qualified for Paris 2024 through the 2023 World Rowing Championships.

- b) The Selectors retain their discretion in accordance with the Selection Policies to determine the selection of athletes to a crew (in accordance with the selection criteria) and without limitation, that athletes who were in a crew who achieved qualification at the 2023 World Championships are not guaranteed selection in that boat for the Paralympic or Olympic Games.
- c) Selectors will use their experience, knowledge and judgement to prioritise boat selection to maximise medal opportunities.
- d) Notwithstanding anything in these Event 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 I, II or III (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 World Cup II, III, Paralympic or the Olympic Games (as the case may be).

14) General:

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