

2024 EVENT REQUIREMENTS

ATHLETES AND COXSWAINS

DATE: 20 December 2023
REFERENCE: NSW Interstate Masters Team - Event Requirements for Athletes and Coxswains
EVENT: 2024 Interstate Regatta - Australian Masters Rowing Championships

The following event requirements and schedule provide an opportunity for Rowing NSW to select, prepare and enter competitive crews in the Interstate Events at the 2024 Australian Masters Championships, which are fundamentally club based and so they minimise interference participants' usual club rowing activities.

This document should be read together with the [Rowing New South Wales \(RNSW\) Selection Policy](#) dated 18 September 2023.

To assist the process of selection, athletes will complete two ergometer tests. Results of the first test must be lodged with the athlete nomination form, the second test is to be completed prior to final selection. Details are set out in the following paragraphs.

1. STATE TEAM ELIGIBILITY

All nominees must be:

- a. A current registered member of Rowing NSW.
- b. A current financial member of a rowing club registered with Rowing NSW.
- c. Able to demonstrate adherence to the Rowing NSW Code of Conduct.
- d. Be a NSW resident for the purpose of their eligibility to represent NSW;
- e. Be willing and able to attend state crew training as required.
- f. Be willing and able to travel to and compete in the Interstate regatta at their own cost.
- g. Be willing and able to satisfy the following selection criteria.

2. NOMINATIONS

Athletes seeking selection in the 2024 NSW State Masters Team should submit their nomination via the online nomination form by 5:00pm on Thursday 25 January 2024.

Sculling or Sweep.

Athletes may only nominate for selection in one of the two crew disciplines. Athletes seeking selection in the eights should state their preferred side (if any).

Switching Disciplines

Nominees may change the boat in which they are seeking selection once, up to the date that seat racing is scheduled to commence, provided they have fulfilled the Qualifying Regatta competition criteria applying to the discipline they wish to switch to.

Notwithstanding the requirements and limitations regarding switching disciplines, selectors at their sole discretion may request a nominee to switch disciplines.



3. ERGOMETER TESTS

Ergometer tests may be completed on a stationary or sliding Concept 2 ergometer. To equalise the degree of difficulty between stationary and sliding configurations, 3 seconds will be added by the Crew Selection Panel to test scores completed on sliding ergometers.

Drag factors for these tests are Men 110 and Women 95.

The record of both ergometer tests must include the following information:

- (a) Personal details: Athlete name, club, date of birth, height, and body weight.
- (b) Machine type: State whether the machine is stationary or sliding.
- (c) Test results: Date the test was conducted, Final unadjusted score (time), 500 meter split time, average stroke rate.
- (d) Supervisor: The name of the accredited coach or club official who supervised or observed the conduct of the ergometer test.

There will be two dates to by which nominees must lodge ergometer test results. Nominees may complete an ergometer test and submit results as many times as they wish during date ranges prescribed for testing.

First Ergometer Test.

First ergometer test to be completed at any time between 22 December 2023 and 24 January 2024, a supervised 1000m test. Results to be submitted by email to state.team@rowingnsw.asn.au by 5.00pm on Thursday 25 January 2024.

Second Ergometer Test.

Between 19 February 2024 and 3 March 2024, a supervised 1000m test.

Results to be submitted by email to state.team@rowingnsw.asn.au by 5.00pm 4 March 2024.

Results and other data collected by RNSW will be used for the purpose of selection of the state masters crews, are confidential and will not be published.

Training Squads may be formed by crew coaches and selectors following the first ergometer test and first qualifying regatta.

QUALIFYING REGATTAS

Persons intending to nominate for selection must compete in at least three masters races in the rowing category they are nominating for (sweep or scull) at any of the following regattas. *(At any one regatta or, spread over more than one regattas).*

- Taree Summer Regatta 12-13 January 2024
- RNSW Small Boats Regatta, 27 January 2024.
- Sydney Rowing Club Regatta, 24 February 2024.

CREW TRIALS AND SELECTION

Crew trials will commence after the 4 March and be completed before 31 March 2024.

Selectors may conclude trialling and finalise a crew or crews to be selected at any time within that timeframe.

For the purpose of conducting selection trials selectors will determine squads of not more than 16 sweep rowers for each of the eights to be selected and not more than 8 scullers for each of the quadruple sculls to be selected. Trials may be conducted in any class of boat relevant to the crew boat to be selected. Selectors will specify the format for trials including if necessary, crew combinations, boat class and race distances.

Athletes will be given at least 48 hours' notice of any such trials, and reasonable efforts will be made to schedule trials at a time available to the most number athletes possible. Attendance at such trials is mandatory for all eligible athletes, unless otherwise agreed with the selection panel prior to that trial.

Selectors may take into account factors at their discretion including but not limited to; results from racing in RNSW regattas during the current or previous season, in these or in further crew trials, ergometer scores, age, experience, physical characteristics, an assessment of technical competency and crew compatibility. If deemed necessary by the selection panel, further crew trials may be conducted to determine the final crew. Final selections will not be subject to appeal.

4. CREW SELECTION PANEL

For each crew to be selected, a Crew Selection Panel will be formed comprising two independent selectors appointed by RNSW. The Selection Panel will assess the available data and determine the final crew to represent NSW.

If selectors are unable to reach a decision by the required date for selection of the crews will be deferred to the RNSW Competition Commission who will make the final decision.

5. COXSWAIN SELECTION

It is preferred that the coxswain for the eight be appointed at the same time as the rowers however the appointment of the coxswain may be made at a later date. The crew coxswain may

be selected from any eligible registered member of RNSW, does not need to meet age criteria and does not need to compete in trial races.

Criteria to be considered in selection of coxswains includes

- (a) Past and present performance in training and competition.
- (b) Data collected from any coxswain trials.
- (c) Coach input and consultation with athletes.
- (d) Proven ability to make weight.
- (e) Ability to meet the training requirements of the crew as set out by the coach and the Selector.
- (f) Availability to participate in the Interstate Masters Eights race at the AMRC.

6. CODE OF CONDUCT

All selected participants are required to sign and adhere to the Rowing NSW [2024 State Team Participant Agreement](#).

7. KEY DATES

DATE	ACTIVITY
Between 22 December 2023 and 24 January 2024	Complete the first 1000m ergometer test.
5 January 2024	Nominations open
25 January 2024	Nominations close, submit scores from first ergometer test.
Between 12 January 2024 and 4 March 2024	Compete in at least three masters races at the nominated regattas. Qualifying Regatta section above lists regattas between 12 January and 24 February
Between 19 February 2024 and 4 March 2024	Complete 1000m ergometer test and submit scores.
Between 6 March 2024 and 31 March 2024	Crew trials and final selection.
Week of 1 April 2024	Crews announced