

2024 EVENT REQUIREMENTS

WOMEN'S LIGHTWEIGHT QUAD & MEN'S LIGHTWEIGHT FOUR

DATE: 28 September 2023

REFERENCE: Event Requirements – Women's Interstate LWT Quad and Men's Interstate LWT Four

EVENT: 2024 Kings and Queens Cup Interstate Regatta

This document should be read together with the [Rowing New South Wales Selection Policy](#) and the Rowing Australia rules governing eligibility for athletes competing in the Interstate Regatta.

1. NOMINATIONS

Participants must nominate for selection. The completed nomination form should be lodged with Rowing NSW by **5:00 PM on Friday 8th December 2023** via [Nomination Forms](#). Early nomination is encouraged and Participants may only be included in preliminary squads if they have lodged a completed nomination form with Rowing NSW.

A club may submit a nomination on behalf of a Participant in which case the Participant must confirm their nomination in writing if requested to do so by the Selectors or otherwise prior to final team selection.

2. PREPARATION SQUAD TRAINING

The objective of squad training is to develop crew combination and provide the selectors and crew coaches the opportunity to assess and rank athletes in a crew environment for the purpose of selection.

Squad sessions may include training activities, seat racing and/or competition on which the final selection of the team will be based.

Participation in each squad session is performance-based. The crew coaches, with the approval of the Selectors, may invite other Participants to squad training sessions based on their ranking in competition and testing as set out in the Selection Policy and this Event Requirements document. Selectors may adjust the composition of squads after each squad training session based upon the performance of a Participant and the overall performance of the squad.

Squads will be reviewed regularly and where necessary, updated squad lists will be posted on the Rowing NSW website. Squad inclusion is strictly performance-based; these performances may include, but are not limited to the events listed in the calendar below.

The following Participants will be included into the initial squad:

- a) All eligible and active members of the selected 2023 Rowing NSW Interstate team.
- b) Other athletes based upon previous performances as determined by the crew coaches, in consultation with the Selectors.

Following inclusion in the Preparation Squad, athletes are expected to engage in the Preparation Squad Activities listed below, unless an exemption is lodged in accordance with section 4 of this document.

3. STATE TEAM SELECTION ACTIVITIES

All athletes must have nominated in accordance with section 1 (Nominations) and must complete the activities listed below:

- 3.1 2000 metre ergometer test – conducted between 1st December 2023 and 27th January 2024. Result to be submitted to state.team@rowingnsw.asn.au at the Rowing NSW Office by 5:00 PM 28th January 2024.
- 3.2 2000 metre on water racing as conducted under the Rowing Australia national selection event supplement which may include Rowing NSW Small Boat Regatta, Rowing NSW Championships Regatta and Rowing Australia national selection trials.
- 3.3 Rowing NSW State Championships lightweight single scull or lightweight coxless pairs events.

Final crew selection will be based on crew combination trials (which may include racing, timed pieces or training) conducted by the crew coaches in consultation with state team selectors.

4. EXEMPTIONS

Athletes seeking exemption from Compulsory Selection Activities must do so in writing to the CEO of Rowing NSW at least 48 hours prior to the affected Selection Activity stating the reasons why exemption is sought, or by lodging a medical certificate within 48 hours following the Selection Activity. All exemptions **must** be signed (or endorsed) by the affected participant and their club coach or an officer of the club that the participant is representing. Selectors may request participants who receive an exemption to undertake other Compulsory Selection Activities at a later date and/or provide additional performance data or race results.

If a Participant is unable to complete sufficient Selection Activities due to an injury, illness or other matters outside of their control selectors at their sole discretion, may exclude them from consideration for selection in the crew.

5. FINAL CREW SELECTION

The final crew including a bowside and a strokeside reserve for the LM4- and a sculling reserve for the LW4x will be determined by a unanimous decision of the crew coaches and selectors based on the outcomes of the State Team Selection Activities in the respective crew's Event Requirements and section 8.3(a) and (b) of the Selection Policy. Should a unanimous decision not be achievable the matter will be referred to the Competition Commission for final adjudication.

6. RACING AT THE INTERSTATE REGATTA

Selected crew athletes (excluding reserves) may not compete in any club or school events on the same day as the interstate regatta.

SQUAD AND SELECTION TIMELINE AND ACTIVITIES

DATE	ACTIVITY
28 Sep 2023	Publish selection documents – all NSW Teams
6 Nov 2023	Squad nominations open
1 Dec 2023 – 27 Jan 2024	2000m Ergometer Test
8 Dec 2023	Squad nominations close
22 Dec 2023	NSW Squad announced
Wk of 15 Jan 2024	State Squad training + breakfast
Wk of 22 Jan 2024	State Squad training + breakfast – tentative
27 Jan 2024	RNSW Small Boats Regatta
9-11 Feb 2024	NSW Rowing Championships
Wk of 12 Feb 2024	NSW Team announced
Wk of 19 Feb 2024	State Team training
Wk of 4 Mar 2024	Kings & Queens Cup Event
	State Team Training
Wk of 11 Mar 2024	Women's event
Wk of 18 Mar 2024	State team training
20 Mar 2024	State Team Dinner
23 Mar 2024	Interstate Regatta

PREPARATION SQUAD ACTIVITIES

23 September 2023	Athletes encouraged to compete in the NSW High Performance Pathway Time Trial, Nepean River
21 October 2023	Athletes encouraged to compete in the NSW High Performance Pathway Time Trial, Nepean River
18 November 2023	Athletes encouraged to compete in the NSW High Performance Pathway Time Trial, Nepean River
16 December 2023	Athletes encouraged to compete in the NSW High Performance Pathway Time Trial, Nepean River
November 2023 to March 2024	State team crew training prior to and during National Championship

Notes:

Rowing NSW sets out dates for testing and trials for various boat selections. These may be subject to change where Rowing NSW accommodates aspects of the national training and selection system. If changes are required, they will be prominently featured on the Rowing NSW website.