

# 2024 EVENT REQUIREMENTS

## WOMEN'S AND MEN'S INTERSTATE YOUTH EIGHT

DATE: 28 September 2023  
REFERENCE: Event Requirements – Women's and Men's Interstate Youth Eight Crews  
EVENT: 2024 Kings and Queens Cup Interstate Regatta

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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 crew coaches the opportunity to train and technically develop athletes in a crew environment for the purpose of selection and racing.

Athletes who refuse to participate in squad training activities without reasonable cause may be excluded from selection which shall not be subject to appeal.

Participation in each Squad session is performance-based. The crew coaches, with the approval of the Selectors, may invite other Participants to participate in Squad Training sessions based on their ranking in competition and testing as set out in the Selection Policy and this Event Requirements document. Coaches and 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 as required 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. A plan of squad sessions will be emailed to squad members and their club coaches by the crew coaches.

The following Participants will be included into the initial squad:

- a) All eligible and active members of the selected 2023 NSW Women's and Men's Youth Eight crews.
- b) Other athletes based upon previous performances as agreed by the crew coaches in consultation with the Selectors.

Following inclusion in the Preparation Squad, athletes are expected to compete 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 which are compulsory:

- 3.1 The primary selection event on which athletes will be ranked for the purpose of selection will be the Rowing NSW Small Boat Regatta, SIRC, Penrith – 27<sup>th</sup> January 2024. Athletes will be required to compete in U21 1x OR U21 2-.
- 3.1.1 Prior to the close of nominations, Participants may make written application to the CEO of Rowing NSW to compete in the U23 2-. The purpose being to facilitate their competition in an established coxless pair in combination with an athlete who by age is ineligible for U21 competition.
- 3.2 Rowing NSW State Championships, SIRC, Penrith 9<sup>th</sup> – 11<sup>th</sup> February 2024. Athletes will be encouraged to compete in U21 1x OR U21 2-.
- 3.2.1 Selectors may at their sole discretion which is not subject to appeal, take into account results at the State Championships.
- 3.3 Seat Racing. Following the Rowing NSW State Championships a squad of between 12 to 16 participants may be formed to complete seat racing. If seat racing is required it will occur in fours in the two week period following the Rowing NSW State Championships with a specific date and location to be confirmed closer to the date.

The squad will be comprised of the first three ranked eligible crews in the U21 2- and first and second ranked eligible athletes in the U21 1x. Selection of the remaining four positions for will be at the sole discretion of the crew coach and selectors, based on the results of the U21 1x, U21 2x, and U23 2- which shall not be subject to appeal.

Should squad members be injured or unable to trial on the date of seat racing activities, seat racing activities may include athletes at the Selectors' discretion, who are not named in the squad of 12 participants and who will be included for the purpose of completing seat racing only.

3.4 2000m ergometer score – conducted between 1<sup>st</sup> December 2023 and 27<sup>th</sup> January 2024.

Testing must be completed under the direct personal supervision of their club coach who will submit the results to Rowing NSW by email to [state.team@rowingnsw.asn.au](mailto:state.team@rowingnsw.asn.au) no later than 5:00 PM 28<sup>th</sup> January 2024. All 2000 metre ergometer testing will be in accordance with the National Ergometer Testing Protocols.

#### **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**

Following the completion of Seat Racing, if there is a need to separate two or more athletes of otherwise equal ranking, the Selectors will consider the result of the 2000m ergometer test. Ergometer scores may also be used for selection purpose if for any reason outside the control of Rowing NSW, the Selection Activities cannot be conducted.

The final crew including a bowside and a strokeside reserve will be determined by a unanimous decision of the crew coaches and selectors based on the outcomes of the State Team Selection Activities in section 3 of 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. This requirement does not apply to coxswains

### SQUAD AND SELECTION TIMELINE AND ACTIVITIES

DATE	ACTIVITY
6 Nov 2023	Squad nominations open
8 Dec 2023	Squad nominations close
1 Dec 2023 to 27 Jan 2024	2000m Ergometer Test
22 Dec 2023	NSW Squad announced
Wk of 15 Jan 2024	State Squad training + breakfast
27 Jan 2024	RNSW Small Boats Regatta
9-11 Feb 2024	NSW Rowing Championships
Wk of 12 Feb 2024	Seat racing trials
21 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 ACTIVITIES

DATE	ACTIVITY
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

**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.*