

2024 EVENT REQUIREMENTS

PR3 Women's and Men's Interstate Scull

DATE: 28 September 2023
REFERENCE: Event Requirements – PR3 Women's and Men's Interstate Scull
EVENT: 2024 Kings and Queens Cup Interstate Regatta

This document should be read together with [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 January 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. STATE TEAM SELECTION ACTIVITIES

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

- 2.1 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.
- 2.2 2024 Rowing NSW State Championships Regatta – Friday 9th February to Sunday 11th February 2024, SIRC, Penrith.
Athletes must compete in a Para women's or men's 2000 metre single scull event.
- 2.3 2000 metre on water racing as conducted under the Rowing Australia National selection event supplement. Results of the National Selection Trials will be the primary criteria of assessment for selection.
Athletes that have not nominated for National Team Selection will be assessed on the remaining state team selection activities

3. 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.

4. FINAL CREW SELECTION

Participants will be ranked according to the results of the Rowing NSW Championship Regatta, national selection trials (where applicable) and ergometer results. The scullers to contest the Men's and Women's PR3 events at the Interstate Regatta will be the highest ranked NSW scullers available to contest those events.

5. RACING AT THE INTERSTATE REGATTA

Selected 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 |
| 11 Dec 2023 | 2000m Ergometer Test |
| 18 Dec 2023 | National 5000m Time Trial |
| 22 Dec 2023 | NSW Squad announced |
| Wk of 15 Jan 2024 | State Squad training + breakfast |
| Wk of 22 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 | 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 |

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.