EVENT REQUIREMENTS
2021 Interstate Men’s Lightweight Four

DATE: October 2020
REFERENCE: Event Requirements – Interstate Men’s Lightweight Four
EVENT: 2021 Interstate Regatta

This document must be read together with the Rowing Queensland (RQ) Selection Policy.

PURPOSE

The purpose of the event requirements is two-fold.

- Identify athletes to be invited to join the Interstate Men’s Lightweight Four squad training sessions and related activities;
- Assist in the finalisation of the Interstate Men’s Lightweight Four to compete at the Interstate regatta;

MEN’S LIGHTWEIGHT FOUR TRAINING SQUAD

The Men’s Lightweight Four Training Squad (Training Squad) will comprise a group of invited athletes who will train together once a week as a preliminary to the naming of a Selection Squad (pp 3 of this document) from which the final crew will be selected. The Training Squad will be formed in October by the issue of invitations by the Queensland State Selection Panel (Selection Panel) following their consideration of the results of the National 5km Ergo Test held 17 September 2020, the National Time Trial held September 26 and the any past international performances.

Squad training will be used to develop crew combinations and provide the Selection Panel and Crew Coaches an environment in which they are able to review the performance of the invitees in crew combinations. Squad sessions may include training activities and/or competitive events which will inform the selection process.

Training will take place each Tuesday morning unless cancelled by the Crew Coach due to exceptional circumstances. Note that:
• A squad training camp will be conducted in the week beginning Monday 21 December 2020, as determined by the Crew Coaches in consultation with the Selection Panel and the Rowing Queensland High Performance Manager (RQ HPM).

• No squad training will occur on the Tuesday prior to the Queensland State Championship or the New South Wales State Championship Regatta.

The Selection Panel will review and may change the make-up of the Training Squad following each of the key Squad Selection Events (pp 5 of this document). They will update the invited participants list in the week following each of the Selection Events.

Athletes who present medical exemptions as the basis for withdrawing from any activity (including the time trials and ergometer testing) will not be considered for inclusion in the squad until cleared to resume training by their health professional in writing. These athletes must notify the RQ HPM or Selection Panel by email when they have a clearance to resume training and provide a copy of their medical clearance.

By competing in an RQ selection event, athletes undertake and agree to abide and be bound by the terms and requirements of the Selection Policy, the Event Requirements and all RQ Policies.

All State team/squad athletes must participate in the ASADA Pure Performance online course and provide the RQ HPM with a copy of their completion certificate prior to being announced in the 2020 Interstate Team.

NOMINATION OF ATHLETES

Queensland Based Athletes

Athletes participating National Time Trial #1 (pp5 of this document) will be considered by the Selection Panel for invitation into the Training Squad. On accepting an invitation into the Training Squad an athlete may nominate their preferred rowing side for the consideration of the Selection Panel and Crew Coaches when assembling crews. Squad training will commence in October.

An athlete seeking a change in their nominated details must make application in writing to the Selection Panel who, in consultation with the Crew Coaches, may accept or deny the request at their discretion.

Overseas Based Athletes

Athletes based overseas who qualify to represent Queensland in the Interstate Regatta by residency or on a State of Origin basis may be considered for selection in the Men’s Lightweight Four crew. Athletes wishing to be considered for selection must nominate in writing or by email to the RQ HPM by 13 November 2020 stating their preferred rowing side. Their nomination must include a schedule of their intended return(s) to Australia sufficient to satisfy selection and participation criteria. They are also
required to provide a written release from any overseas based programs to which they might be contracted which will enable them to fulfil their designated event requirements. If returning to Australia over the Christmas period, they are requested to make themselves available for on-water squad training sessions in the week beginning 21 December 2020 or on any other occasion during this period as determined by the Crew Coaches and/or the RQ HPM.

To be considered for selection, overseas based athletes will be required to complete a 5km and 2km ergometer (ergo) on or about the ergo test dates identified in the key Squad Selection Date and Events (pp5 of this document). They are required to provide regular performance data from their overseas based programs to support their selection. This performance data is to include on and off-water performance measures, videos and any other information requested by the Selection Panel.

**Interstate Based Athletes**

Interstate based athletes who qualify to represent Queensland in the Interstate Regatta by residency or on a State of Origin basis may be considered for selection in the Men’s Lightweight Four crew. Such athletes are required to nominate in writing or by email to the RQ HPM by 21 January 2020 stating their preferred side.

If invited, interstate-based athletes are strongly encouraged to make themselves available for seat racing on 21 February 2020 and for the Queensland State team training camp from 26 to 28 February 2020. National Training Centre (NTC) based athletes may be exempted from these activities.

Interstate-based athletes who nominate for Men’s Lightweight Four selection are required to take part in the Rowing Australia national time trials and ergometer tests (refer pp 5 of this document). They are encouraged to compete in their relevant events at the Queensland State Championship Regatta and are required to compete in their relevant events at the NSW State Championship Regatta to be considered for selection.

**SELECTION SQUAD**

Following the 2021 Queensland State Championship regatta the Selection Panel will issue invitations into a Selection Squad. The make-up of the Selection Squad may be revised following the 2021 NSW Championship Regatta at the discretion of the Selection Panel in consultation with the Crew Coach. All athletes able to compete at these regattas are requested to do so. Discretion may be exercised in selecting athletes unable to make the regattas.

The final selection process will commence with the issue of invitations into the Selection Squad. The selection process may consider data collected before the formation of the Selection Squad but will be weighted toward recent performances on the premise that the most current performance is the more relevant. Athletes are encouraged to complete all national selection requirements with the National Team Selection 2km ergometer test on 18 January 2021 being compulsory.
Note - recommended National Ergometer testing to be conducted in line with National Rowing Centre of Excellence (NRCE) protocols, as prescribed on the Rowing Australia website. Ergometer testing must be completed in a centralised, supervised location, as advised by the RQ HPM.

All athletes invited into the Selection Squad are requested to make themselves available to attend the Queensland State Team training camp from 26–28 February 2020. NTC based athletes are exempted from this requirement.

**SELECTION ACTIVITIES**

Athletes seeking selection in this crew are requested to compete at the Queensland State Championships in the Open Men’s Lightweight Single Scull event and / or as a lightweight pair combination in the Open Men’s Pairs race.

The trialling process may include seat racing in a combination to be decided by the Selection Panel in consultation with the Crew Coach. All athletes invited to the Selection Squad are required to seat race if named. The only exceptions to this are athletes with prior proven Senior A National team experience who are unable to trial.

Invitations into a Selection Squad shall be sent following the 2021 Queensland State Championship Regatta. Discretion may be exercised in selecting athletes unable to make this regatta. Further invitations may be issued after the NSW State Championship Regatta, again at the discretion of the Selection Panel.

If required, seat racing will be conducted on Sunday 21 February 2021 at a venue at the discretion of the Selection Panel. If seat racing cannot occur on the designated weekend due to an athlete being sick/injured or conditions not being fair for seat racing, Selection Panel will:

- Make final crew selection that may be based on results from the State Championships or with reference to available data to allow the crew and Crew Coach to commence final preparations.

Or

- Re-schedule seat racing to another weekend. If seat racing is started and not completed the Selection Panel will inform athletes of a second day of seat racing.

**FINAL CREW SELECTION**

The 2021 Queensland Men’s Interstate Lightweight Four shall comprise those athletes who, in the opinion, of the Selection Panel, will form the fastest available crew combination. The crew shall be named following the completion of the selection activities and/or once the Selection Panel are satisfied they have received sufficient data to make an informed decision. Reserves may be named at the Selection Panel’s discretion.
Final crew selection will be announced after ratification from the RQ Board.

Queensland based athletes selected in the 2021 Queensland Men’s Lightweight Four are required to make themselves available for Tuesday morning training sessions, the Queensland State Team camp and scheduled racing.

Queensland State Team athletes are encouraged to enter the Australian Rowing Championship Regatta in at least the lightweight single sculls. Queensland State Team athletes will not be permitted to compete in school or club events on the same day as the Interstate Regatta.

Note – the Selection Panel and Board reserve the right to not enter a crew in any event that is deemed to not be of high enough competitive standards to represent Queensland.

KEY SQUAD SELECTION DATES AND EVENTS

2020

• Thursday 17 September 2020 – National 5km Ergometer Test #1
• Saturday 26 September 2020 – National Time Trial #1
• Saturday 24 October 2020 – National Time Trial #2
• Thursday 5 November 2020– National 5km Ergometer Test #2
• Saturday 14 November 2020– Rowing Queensland Summer Series #2
• Saturday 21 November 2020 – National Time Trial #3
• Saturday 5 December 2020 – Queensland Grades Championship Regatta
• Saturday 12 December 2020 – National Time Trial #4
• Monday 21 December 2020 – National 5km Ergometer Test #3
• Week beginning Monday 21 December 2020 – Squad training camp as determined by Crew Coaches in consultation with the RQ HPM and the Selection Panel

2021

• Monday 18 January 2020 – National 2km Ergometer Test
• Friday 22, Saturday 23, Sunday 24 January 2020 – Queensland State Championship Regatta
• Friday 5, Saturday 6, Sunday 7 February 2020 – NSW State Championship Regatta
• Sunday 21 February 2020 – State Team seat racing (if required by the Selection Panel)
• Friday 26 - Sunday 28 February 2020 – Queensland Team Camp including racing at the GPS Regatta
• Tuesday 9 March 2020 – National 2km Ergometer Test