

Para Rowing 2015: Performance and Selection Strategy

*Please look at High Performance Strategy 2015 for full details of selection procedure.



1) 22nd November – Irish Provincial Indoor Rowing Competition **or**
29th November – Ulster Indoor Rowing Championships **or** in club

- 1000m erg test

2) 24th January – Irish Indoor Rowing Championships **or** in club

- 1000m erg test

3) 1st February - 20th March

- Identification of Para Rowing athletes with potential and training
- Training Programme and commitment to be clarified
- Potential boats: ASW1x, ASM1x*, TA Mix 2x* & LTA4+

*2014 participation in World Cup

4) 21st-22nd March: NRC, Co. Cork

- Assessment for Para Rowing athletes,
- Target: 88-89 % of World Best Time (see table below)
- Ranking of boats

5) 19th- 21st June: FISA World Cup Regatta: Varese, Italy

- Qualification: 90% of WBT by 30th April.
- Or highest ranked boat of WBT will qualify, if commitment, potential & special circumstances gives an indication of 90 % WBT is within reach. Evaluation by April. If a crew qualifies there will be a request to follow training & preparation standards guided from NRC in conjunction with the coach.

6) 30th August - 6th September: FISA World Championship Regatta: Aiguebelette, France.

- Qualification: 90% of WBT, beating 2 crews & being in a Top 6 position at the World Cup.
- Or if commitment, potential & special circumstances gives an indication of 91-92% WBT & a possibly TOP 6 position at World Championship can be reached. Evaluation by June. If a crew qualifies there will be a request to follow training & preparation standards guided from NRC in conjunction with the coach.

World Best Times

Paralympic & Non* Paralympic Boats	WBT from FISA Regattas & Paralympic Games
ASW1x	100% & time 5:13.95
ASM1x	100% & time 4:35.98
TA Mix 2x	100% & time 3:54.92
LTA4+	100% & time 3:16.12
LTA Mix 2x*	100% & time 3:27.98

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