



Rowing Ireland
High Performance
Performance Strategy 2016

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Rowing Ireland
Performance Strategy 2016

Junior, Under 23, Senior and Para Rowing

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Rowing Ireland

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Contents

1. Overview

1.1 Context

This document focuses on High Performance trialing and the selection process.

High Performance Programme will encourage and support rowers making the transition along the Long Term Athlete Development Pathway. The Coupe de la Jeunesse for juniors with more than one year left as juniors, Junior World Championships for juniors, and the Under 23 World Championships are the main priority on the pathway that leads to Senior World Championships, Olympic Qualification and Olympic Games performance.

Crews will be selected that have the best performance chance of winning medals at target events and making Olympic qualification. A structured assessment and selection process will be followed but if an outstanding athlete(s) appears the Lead Coach (LC) can trial and test the athlete(s) for squad or crew inclusion even if the athlete(s) has not fulfilled the requirements in selection procedure. In the Junior and U23 age category geographic, logistic and academic considerations will be considered in producing the best crew combination. Crews will have to race domestically to prove their competitiveness to Lead Junior Coach (LJC)

If a few or no crews achieve the World Best Times then the LC and High Performance Director (HPD) will use his knowledge and experience plus information gained throughout the year to consider additional crews. The selection policy is designed so that rowers and coxes must be able to demonstrate their ability and suitability for international selection when required. Crew selection will be finalized approximately eight weeks prior to the FISA Championship Regatta or Coupe.

Rowing Ireland's High Performance Programme is supported by investment from the Irish Sports Council and Sport Northern Ireland. The purpose of this investment is to ensure that Ireland's performances in elite international sport improve, and to create consistent success at elite level defined as producing Irish athletes in the finals at European, World, Olympic and Paralympic level.

1.2 Scope

The Strategy sets out the initial framework for selection of Rowing Ireland Teams at some or of the events below. The final selection of events will depend on squad plans, athlete assessment and funding.

Senior's

World Cup I	Varese, ITA	15 th - 17 th April
European Championship	Brandenburg, GER	6 th – 8 th May
Olympic Qualification regattas	Lucerne, SUI	21 st -24 th May
World Cup II	Lucerne, SUI	27 th – 29 th May
World Cup III	Poznan, POL	17 th - 19 th June
European University Games (EUSA)	Zagreb, CRO	13 th – 24 th July
Olympic Games	Rio de Janiero, BRA	6 th – 14 th August
U23 World Championship	Rotterdam, NED	20 th - 28 th August
World Championship	Rotterdam, NED	20 th - 28 th August
World University Championships (FISU)	Poznan, POL	2 nd - 4 th September

Para's

World Cup I	Varese, ITA	15 th - 17 th April
Paralympic Qualification regatta	Varese, ITA	23 th - 24 th April
World Championship	Rotterdam, NED	20 th - 28 th August

Junior's

Junior European Championship	Trakai, LTU	9 th – 10 th July
Coupe de la Jeunesse	Poznan, POL	29 th – 31 st July
World Championship	Rotterdam, NED	20 th – 28 th August

International Regattas

Memorial Paolo D'Aloja	Piediluco, ITA	1 st - 3 th April
London Metropolitan Regatta	Dorney, GBR	4 th - 5 th June
Holland Beker	Rotterdam, NED	4 th - 5 th June
Royal Henley	Henley, GBR	29 th – 3 rd July

2. Requirements for Selection

2.1 Eligibility

Age. A rower or coxswain is classified as a junior until 31st December of the year in which the rower reaches the age of 18. After that date, the rower shall be classified as an Under 23 rower. Junior A rower will be 17/18 years of age, Junior B rower will be 15/16, Junior C rower will be 13/14 and Junior D rower 11/12. A rower or coxswain, who is no longer a junior, is classified as Under 23 rower until 31st December of the year in which the rower reaches the age of 22. After that date, the rower shall be classified as senior. Within this classification they are also considered Under 20 until 31st December of the year in which the rower reaches the age 19.

Passport. All rowers must hold an Irish passport, or U.K. passport that shows the holder's birthplace as Northern Ireland and be a registered member of Rowing Ireland via a club affiliated to Rowing Ireland. All rowers must meet the passport criteria to participate in FISA European, Junior, U23 and World Championship regattas.

Nationality at FISA events, FISA Rule 19. If invited to the final Rowing Ireland trials in March or later all Senior and Para athletes are required to sign a form of acknowledging that they are aware of and understand FISA Rule 19. Junior athletes are required to gain a parent/guardian signature to acknowledge understanding of FISA Rule 19.

Pre-Competition Health Screening at FISA events, FISA Rule 21. If invited to the final Rowing Ireland trials in March or later all Junior, Senior and Para athletes are required to have the Pre-Competition Health Screening done before final selection at own expense.

Para classification at FISA events, FISA Rule 19. If invited to the final Rowing Ireland trials in March or later all Para athletes are required to meet the rules of classification and to have the FISA classification in the specific boat class done before final selection at own expense.

Abroad. Rowers living abroad are required to submit an Olympic Registration of Intent to Represent Ireland form latest 4:00 pm on 30th of September 2015 for the 2016 Olympic Qualification squad to the HPD or RI office, Rowing Ireland, National Rowing Centre, Farran Wood, Ovens Co. Cork. For other rowers to nominate for U23 & Seniors team latest on 18th of December 2015 giving a notification mail address etc. about being part of the selection process to HPD or LC.

Commitment and athlete agreement. All rowers will have to demonstrate both ability and motivation to row for Ireland. It is expected that athletes will commit their rowing future to the Rowing Ireland community and be prepared to sign the RI Athletes Agreement.

Without intend to pledge their future to rowing for Ireland should not enter the assessment and selection process.

All squad and team rowers (Senior/U23/Junior/ Para) are required to be available at locations directed by the LC or LJC or Para Coach to participate in the trialing process (camps, erg tests, test weeks, water assessments, athlete education etc.) unless under medical certificate or agreement with the LC or LJC or Para Coach.

2.2 Assessments, Test and Trials

The requirements for rowers to participate are detailed below for each squad. The LC and/or HPD may organize additional and compulsory assessments, tests and trials for which reasonable notice will be given. Candidates for selection in 2016 must participate in the winter assessments and tests as described below. Rowers who are unable to race on water or indoors at an assessment for medical reasons must deliver a medical certificate to HPD to remain eligible. Only in exceptional circumstances will candidates who do not trial be considered for selection by the HPD.

Junior selection

Listed below are the key dates for junior selection. The Lead Junior Coach (LJC) will send out further details to cover planned training weekends, camps, early water assessments etc. for October – December 2015 & January – February 2016. To minimise cost and travel it is planned to use local time trials and some Head of the river events by agreement with the LJC to identify new contenders through the winter. Camps will be planned during school mid-terms, Christmas - New Year and Easter breaks from school.

Invites to training days and camps will be issued to the rowers who meet the age criteria for 2016 and were on the 2015 Coupe or Home International teams. Invites may also be issued to J16/J17/J18 rowers who were part of medal performances at the Irish Championship regatta in July 2015 based on their coach nominating them. Nominated athletes must be capable of meeting erg targets for 2015/16.

All junior rowers must complete and submit the results of their test week in November & January. Test score for (100m x 3, 1 min, 2km, 6 km & 40 min) to LJC. The test week can be built around the Nov/Jan 2km events with the short pieces in week before and the longer pieces in week after. This is to determine athlete profile from max power to distance endurance and help in directing the training effort to the right intensities.

1nd Assessment Compulsory for Junior's

21st November 2015 (date to be confirmed):

An Indoor 2000 meter Concept 2 Ergometer test all out and competition at the Provincial Indoor Rowing Championships in Limerick or at the Ulster Indoors in Belfast a week later supervised by the athlete coach with free rate and drag factor has to be done. The purposes

are monitoring fitness and ranking the power output for candidates going for selection.
Cut off for Junior's: Men 6:40 Women 7:40.

2th Assessment Compulsory for Junior's

23th January 2016:

An Indoor 2000 meter Concept 2 Ergometer test all out and competition at the Irish Indoor Rowing Championship in Limerick with free rate and drag factor. The purposes are monitoring fitness and ranking the power output for candidates going for selection.
Cut off for Junior's: Men 6:36.0 Women 7:35.4.

3rd Assessment Compulsory for Junior's.

13th -14th February 2016; Venue to be confirmed.

Open Provincial trial or to be done before 1st March 2016:

Crews will be formed after this trial weekend and coaches asked to take responsibility for crews through the remainder season. The assessment will comprise two races in single sculls (1x), coxless pairs (2-) for Junior's or crew boats for Junior's decided by the HPD/LC and LJC. The initial race will be a 2000 or 1900 meter time trial. Based on the results of the time trial finals will be drawn and raced over 2000 meter.

4th Assessment for Junior's by invitation.

19th -20th March 2016 at NRC:

Only and confined to approximately the TOP 12 male and TOP 12 female athletes from 3rd assessment. Crews will be evaluated and formed at this trial weekend and coaches asked to take responsibility for crews through the remainder season. The assessment will comprise two races in single sculls (1x), coxless pairs (2-) for Junior's or crew boats for Junior's decided by the HPD/LC and LJC.

The trial is for crews being tested and nominated for European Junior Championship regatta & Coupe. The final nomination for Coupe will take place latest after EJC in May.

Invitations to these trials will be issued to rowers, who have demonstrated their standard at the February assessment and Ergometer test or with agreement with the LJC and HPD.

These trials are compulsory for all rowers wishing to be considered for teams or crews part of Rowing Ireland's High Performance Programme, if no other pathway has been agreed. Rowers will not be considered for these teams, including reserves, if they have declined an invitation to these trials, unless for an exceptional reason agreed in writing to LJC and HPD.

Under 23, Senior and Para Rowers selection

1st Assessment Open for Under 23 and Senior rowers

12th – 13th September 2015 at NRC.

Racing commence from 7:30 am, if adverse weather. Athletes can be asked to do a 6 km Concept 2 Ergometer test as part of the assessment. The assessment is for rowers who have not participated in the World Championship Regatta and will comprise two events in a single

scull (1x), coxless pair (2-) for seniors or crew boats for seniors decided by the Lead Coach and HPD. The initial race will be a 2000 or 1900 meter time trial. Based on the results of the time trial finals will be drawn and raced over 2000 meter. The pair can be a club pair or composite pair and the athlete has to find a suitable partner. Unfortunately the NRC can't provide boats, but HPD can allocate NRC boat to athlete based on previous results. The objective for seniors is to show National Team standards in Women & Men Open and Lightweight category.

30th September a compulsory 2 km & 6 km Concept 2 Ergometer test all out with free rating and drag factor has to be submitted to HPD.

2nd Assessment Open Compulsory for Under 23, Senior & Para rowers

10th-11th October 2015 at NRC:

It is compulsory to submit 2 km & 6 km & for Para athletes 1 km & 2 km ergometer Concept 2 score all out with free rating and drag factor by 30th September to HPD as part of the entry to this assessment.

Racing commence from 7:30 am, if adverse weather and 9th October 2015 late afternoon and evening can be used for a time trial.

The assessment will comprise two events in a single scull (1x), coxless pair (2-) for seniors or crew boats for seniors decided by the Lead Coach and HPD. The initial race will be a 2000 or 1900 meter time trial. Based on the results of the time trial finals will be drawn and raced over 2000 meter. The pair can be a club pair or composite pair and the athlete has to find a suitable partner. Unfortunately the NRC can't provide boats, but HPD can allocate NRC boat to athlete based on previous results. The objectives are for seniors and Para athletes to form Olympic/Paralympic squads and boats in Women & Men Open and Lightweight category. Para athletes will race 2 times at 1000 meter. A maximum of 3 pairs and 4 scullers in each boat category will be invited to the Olympic squad after the assessment for testing and assessments & Para rowers a maximum of 9 athletes to cover Paralympic qualifying events.

3rd Assessment Open and Compulsory Under 23, Seniors and Para rowers

Provisional date (to be confirmed) 21st November at UL & QUB:

An Indoor 2000 meter & 1000 meter for Para Concept 2 Ergometer test all out and competition at the Provincial Indoor Rowing Championships in Limerick or at the Ulster Indoors in Belfast supervised by the athlete coach with free rate and drag factor has to be done. The purposes are monitoring fitness and ranking the power output for candidates going for selection. The Olympic squad will do the test at NRC on an alternatively date.

4th Assessment Compulsory for Under 23, Senior & Para by invitation

19th- 20st December 2015 at NRC:

A test race at the National Rowing Centre. The assessment will comprise races in single sculls (1x), coxless pairs (2-) or crews decided by the Lead Coach and HPD as the race distance. Crew boats can be a club crews or composite crews decided by the LC and HPD and to be monitored and evaluated against WBT. All candidates must maintain their performance standard on the ergometer and further tests can be announced for completion.

5th Assessment Compulsory for Under 23 and Senior's and Para rowers

23th January 2015 at UL:

An Indoor 2000 meter & Para 1000 meter on a Concept 2 Ergometer test all out and competition at the Irish Indoor Rowing Championships in Limerick with free rate and drag factor. The purposes are monitoring fitness and ranking the power output for candidates going for selection. Note guidelines for erg scores.

6th Assessment Compulsory for Senior & Para by invitation

13th – 14th February 2016 at NRC:

Successful candidates will race at a time trial in single sculls (1x) or coxless pairs (2-) and/or crews decided by the Lead Coach and HPD as the race distance and other speed test. Pairs and crew boat combinations will be agreed with the LC for time trials prior to the event. All candidates that perform in single sculls, coxless pairs or crew boats must maintain their performance standard on the ergometer and further tests can be announced for completion.

7th Assessment for Under 23, Senior and Para Rowers by invitation

19th - 20th March 2016 at NRC:

The compulsory assessment will comprise two races in single sculls (1x), coxless pairs (2-) or crew boats seniors decided by the LC and HPD. The initial race will be a 2000 or 1900 meter time trial. Based on the results of the time trial finals will be drawn and raced over 2000 meter. Invitations to these trials will be issued to rowers, who have demonstrated their standard at the December, February assessment and Ergometer performances or by agreement with the HPD. Invitations will also be issued to Para athletes, who have demonstrated the potential to perform to the required standard during training weekends and camp assessments. Para athletes will race at least twice over a 1000 meter course. The results will determine for any Para athletes or crews to compete at international regattas or qualifiers in 2016.

2.3 Selection Responsibility

Responsibility for selection of Rowing Ireland boats for Olympic Games & Olympic Youth Games, World Rowing Championship (WRC), World Rowing under 23 Championship (WRU23C), European Rowing Championship (ERC) and World University Games & Championships has been assigned to:

Olympic Games, Olympic Youth Games, Paralympics	LC and HPD
WRC & ERC, Para & qualification regattas	LC and HPD
WRU23C, WUG/WUC	LC and HPD
JWRC & JERC	LJC and HPD
Juniors, Coupe & HI	LJC and HPD

2.4 Medical Exemptions

If a rower cannot attend a trial or other test for medical reasons the rower must follow the correct procedure. A medical certificate must be produced prior to event and time of withdrawal for non- squad candidates, signed by the rower's doctor, approved by the appropriate Rowing Ireland squad doctor and given or sent to the HPD. National squad rowers must have approval of the Rowing Ireland doctor, who will inform the HPD. Failure to comply is likely to result in a rower becoming ineligible for selection.

3. Strategies

3.1 Senior & squads

All potential rowers who complete the assessments to the satisfaction of the HPD and the LC will need to demonstrate their performance at FISA European Rowing Championship Regatta and/or at FISA World Cup Rowing Regatta(s). Based on performance, it will be considered to enter crews for additional regattas depending on performance and camps looking on budget funding.

Final decision regarding attendance at the above regattas rests with the HPD. Where rowers/crews are of the appropriate level, the FISA World Rowing Championship Regatta, Olympic qualifiers & Olympic Games will be entered, see RIO nomination policy on the web site. The World Championship Regatta is Rowing Ireland's priority event on the Olympic pathway and to test their ability against the best in the world.

Olympic Qualification in 2016

Olympic Boat Categories will be prioritized and crews demonstrating the potential to qualify for RIO may be selected for the 2016 European & Final Qualification Regatta. World Championships for non - Olympic boats may be entered at the discretion of the HPD. Quota Boats qualified in 2015 at the World Championships may be entered in the 2016 Olympic Games with different rowers and after the European & Final Qualification Regatta at the discretion of the HPD - see RIO nomination policy on the web site.

Prioritized Olympic boats & supplement boats

Women	<u>W1x, W2x, W2-</u> & supplement boats W4x-, W8+/W4-
Women's Lightweight	<u>WL2x</u> & supplement boats WL1x/WL4x-
Men's Lightweight	<u>ML4-, ML2x</u> & supplement boats ML2-, ML1x, ML4x-/ML8+
Men	<u>M2-, M2x,</u> & supplement boats M4-, M1x, M4x-, M8+

The following sequence will be used; squad formation, crew formation, finalizing crews and then finalizing selection. Squad training will be allocated, where athletes and coaches can be

used in the most practically way to put as little strain on all parties. However this is also depending on other issues as access to equipment, accommodation and water/wind conditions e.g. There will also be centralized training weekends and camps.

Squad members will share cost after agreement with athletes/coaches within each squad. A training camp and regatta plan with domestic and international regattas will be determined by the HPD in respect of financial possibilities and in corporation with the squad coaches.

Clubs must be prepared to support with boat equipment as coaching, if requested and being part of organizing practical matters, if the squad is allocated to their local area. Athletes must by squad and crew coaches have awareness of the responsibility by being a rower or lightweight rower with respect of nutrition, dehydration, weight management e.g. The HPD will have the last say in the above matters.

3.2 Under 23

International racing experience at Under 23 level is a key step in the development of an athlete. The World Under 23 Championship Regatta is Rowing Ireland's priority event on the Olympic pathway to test their ability against the best in the world in their age group.

The focus will be on Olympic boats, and support boats in Non-Olympic categories for development. A training camp and regatta plan with domestic as international regattas will be determined by the HPD in respect of financial possibilities and in corporation with the crew coaches.

The following sequence will be used; squad formation, crew formation, finalizing crews and then selection. Once the squad formation has taken place all competitions will be synchronized, so there will be a clear pathway of preparation. There will also be centralized training weekends and camps, and crews will have to be together for a long preparation period.

Squad training will be allocated, where athletes and coaches can be used in the most practically way to put as little strain on all parties. However this is also depending on other issues as access to equipment, accommodation and water/wind conditions e.g.

Clubs must be prepared to support with boat equipment as coaching, if requested and being part of organizing practical matters, when the squad is allocated to their local area. Athletes must by squad and crew coaches have awareness of the responsibility by being a rower or lightweight rower with respect of nutrition, dehydration, weight management e.g.

3.3 Junior

The LJC will have further details to cover planned training weekends, camps, early water assessments etc. for October – December 2015 & January – February 2016.

3.4 Para

Para athletes may apply via the Para Manager/Para Coach for inclusion in the current international training group. Assessments at designated development camps will determine, if an athlete has potential to perform at required standard. Athletes will be invited to attend designated training camps. Continuous assessment at these development camps will determine, if any individual or crew merits inclusion in the assessments.

Crew and rowers who complete the assessment and development camps to satisfaction of the LC will need to demonstrate their performance at domestic/test races and/or at international regattas. Based on performance at the above regattas it will be considered to entering exceptional crews at World Championship Regatta/Paralympic qualifiers.

Due the need to identify a new crop of athletes, they may come on-stream after the assessment, if they are of the required standard, they will be considered for selection with agreement from the HPD for the World Rowing Championship/FISA qualifying regattas & Paralympic qualification.

3.5 FISU World University Games & Championship

Rowing Ireland is responsible for selection of the team for the FISU World University Games and Championship Regatta. Rowing Ireland will work closely with CUSAI to ensure that the best possible team represents Ireland.

A separate selection strategy document relating to the World University Games and Championship regatta detailing the selection procedure will be published at a later date. Crews wishing to be considered for this event will need to attend the assessment in March at request.

If a university athlete attends the 1st assessment, he/she will also be considered for U23 World Championship. Colleges and Universities will be encouraged to participate in European University Championship Regatta for getting international experience arranged by Student Sport Ireland.

3.6 Weight Management

The weight limits for lightweights at assessment are as follows. Any athlete unable to achieve the prescribed weight will not be eligible for selection:

	<u>Lightweight Men</u>	<u>Lightweight Women</u>
September	75.0 kg	61.5 kg

October	74.5kg	61.0 kg
November	74.0 kg	60.5 kg
December	73.0 kg	59.5 kg
January	72.0 kg	58.5 kg
February	71.0 kg	57.7 kg
March	70.0 kg	57.0 kg

Senior athletes, who will attend early regattas, will be on a lower weight strategy as agreed by the LC. HPD can make discretionary dispensation from the prescribed weight.

<u>Provincial Indoor Championship</u>	74.0 kg	60.5 kg
<u>Irish Indoor Championship</u>	72.0 kg	58.5 kg

Crew agreement will be made by the LC after passed and current information's. Before selection of a lightweight crew, the crew has been in weight at a regatta and raced as a lightweight crew.

Athletes must by coaches have awareness of the responsibility by being a rower or lightweight rower with respect of nutrition, dehydration, weight management e.g.

4. Coaches

The selection of the squad, team or crew coaches is the responsibility of the LC and the HPD.

- * Coaches wanting to be considered for selection for any of the competitions above should contact either the LC or the HPD.
- * A coach will be appointed to each selected crew. Coaches are most likely to be appointed from amongst those, who have worked closely with the programme throughout the season.
- * A coach will be allocated to crews bearing in mind the particular requirements of each crew and particular expertise of each coach.
- * Coaches of successful candidates should not assume they will automatically accompany their candidates to the respective regattas.
- * Coaches coaching lightweights must make athletes aware of the responsibility by being a lightweight rower with respect of weight management, nutrition, dehydration e.g.
- * Coaches
 - Has to be vetted and certified to work with children and vulnerable people, Garda Vetting, the National Vetting Bill 2012
 - Has to know the policies of code of conduct and point 5.0 to 5.6 below,
 - Has to be prepared to deal with point 2.0 to 3.6 on behalf of being a Rowing Ireland coach
- * Take part in coach education and seminar offers given, if available.
- * Only through a written agreement with the HPD a possible refunding of expenditure for coaches and international staff members can be approved and granted.

5. Anti-Doping & Medical Welfare

5.1 Context

The Irish Sports Council manages the National Testing Programme for Rowing Ireland in accordance with WADA Standard of International Testing. Both blood and urine are completed under the National Testing Programme. Testing can be either in-competition or out-of-competition. The Irish Sports Council also manages testing for FISA, the international governing body of rowing.

5.2 Registered Testing Pool

The Registered Testing Pool (RTP) is a list of athletes agreed between the Irish Sports Council and Rowing Ireland, who meet the following criteria:

- * Athletes on carding scheme in the Contract, World Class and International categories
- * Athletes in the developmental category from high risk sports listed in the Council's Test Distribution Plan and other sports targeted by the Council
- * Olympic or Paralympic Qualifiers
- * Athletes who are included in an International Federation RTP
- * Any athlete currently serving a period of ineligibility
- * Any athlete who wishes to return from retirement and was previously in the RTP
- * Any other athlete that is required to be target tested under Clause 4.4.2 of the International Standard for Testing

5.3 National Testing Pool

Any participated athlete may be tested at any Rowing Ireland event as part of The National Testing Pool

5.4 Prohibited Substances

The WADA Prohibited List is an International Standard issued annually by

WADA that identifies classes of substances and methods that are prohibited in-competition, out-of-competition, and in particular sports. Substances and methods are classified by categories (e.g., steroids, stimulants, gene doping). The Prohibited List is updated continuously; it can be accessed on the WADA website.

5.5 Further Information

Please refer to the Anti-Doping section of the Irish Sports Council's website www.irishsportsCouncil.ie for more information.

Remember, ignorance of regulations & procedures is not a defense.

5.6 Medical Welfare

Rowers and coaches shall ensure that their state of health and fitness will allow the competitor to compete at a level commensurate with competition level in the particular event.

For all rowers at World Rowing Championship and World Rowing Cup Regattas the senior rower has to undergo a FISA Pre – Competition Health Screening which includes a questionnaire, an annual physical examination and ECG and shall be confirmed in writing that such screening has been completed. For screening the juniors the parents have the responsibility and shall be confirmed in writing that such screening has been completed, and that Codes by FISA are respected.

The references are to the FISA website www.worldrowing.com/medical rules by the Olympic Movement Medical Code adopted by FISA, and Medical Rules for a) Men's and Women's Events, Health, Insurance and b) Medical provisions; Health of Rowers - medical codes of principles, code of medical ethics. FISA rules 20, 21, 22, 99 and Bye-Laws to rule 99; Pre-competition Health Screening, Medical officer, Intravenous re-hydration, Injections/no needle policy, and Determinations of eligibility from rule 20.

6. Ergometer Guiding Standard; Concept 2 erg with free rate and drag factor.

Junior

Men, 2 k:	November & January, 6:40 & 6:36
Women, 2k:	November & January, 7:40 & 7:35.4
Men, 2k;	March & May, 6:30 & 6:26
Women;	March & May, 7:30 & 7:25

International and European elite levels

Men, 2k & 6k	6:08 & 20:00, 6:20 & 20:20,
Women, 2k & 6k	7:00 & 22:20, 7:20 & 23:10

World record times	Men, 2 k & 6k:	5:47.0 & 19:15.5
	Women, 2k & 6k:	6:30.2 & 21:14.7

Standard distance of 2000 meters,

Senior and U23

Men's

Women's

Athlete Performance & Fitness levels.

	<u>HW</u>	<u>Lightweight</u>	<u>HW</u>	<u>Lightweight</u>
Development, 2k & 6k	6:28 & 21:00,	6:40 & 21:20,	7:20 & 23:20,	7:40 & 24:10
Pre Elite, 2k & 6k	6:18 & 20:30,	6:30 & 20:50,	7:10 & 22:50,	7:30 & 23:40
Elite, 2k & 6k	6:08 & 20:00,	6:20 & 20:20,	7:00 & 22:20,	7:20 & 23:10
International elite, 2k & 6k	5:58 & 19:30,	6:10 & 19:50,	6:50 & 21:50,	7:15 & 22:40
World elite, 2k & 6k	5:52 & 19:20,	6:05 & 19:40,	6:44 & 21:40,	7:10 & 22:30
Olympic elite, 2k & 6k	5:46 & 19:10,	6:01 & 19:30,	6:38 & 21:30,	7:06 & 22:20

World record times	5:36.6 & 18:06,	5:56.7 & 19:18,	6:25.0 & 21:06,	6:54.7 & 22:02
Split time	1:24.1	1:29.2	1:36.2	1:43.7

World records: Standard distance of 2,000 & 6000 meters, Concept 2 Ergometer

Lwt Men: 75 kg (165 lb) maximum weight

Lwt Women: 61.5 kg (136 lb) maximum weight
