



High Performance Strategy 2018

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Performance Strategy 2017-2018

Junior, Under 23, Senior and Para Rowing

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Performance Strategy 2017-2018

Junior, Under 23, Senior and Para Rowing

Contents

1. Overview

1.1 Context

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

The High Performance Program will encourage and support rowers making the transition along the Long term Athlete Development Pathway. The Pathway consists of the Coupe de la Jeunesse for juniors, the Junior European Championships, Junior World Championships, the U23 European Championships and Under 23 World Championships are the main priority on the pathway that leads to the European Championships, Senior World Championships, Olympic qualification and Olympic Games.

The main objective is to have our best performers reaching the podium at target events. To achieve this, the structured assessment/event requirements and selection process has to be followed by all rowers. Exceptional circumstances can be taken into consideration by the HPD only with the cooperation of the National Coach (NC) and Lead Category Coach (LCC). The HPD, the NC and the LCC form the High Performance Unit (HPU).

In the Junior and U23 age categories; geography, logistics and academic considerations can be taken into consideration in producing the best crew combination. Crews will have to race domestically to prove their competitiveness to the HPD and the Lead category coach.

If few or no crews achieve the minimum on water performance benchmark indicated on the event requirements document then the HPD and the HPU will use information gained throughout the year to consider additional crews.

The selection policy is designed for rowers and coxes to demonstrate their ability and suitability for international selection.

Rowing Ireland's High Performance Program (HPP) is supported by investment from Sport Ireland (SI) and Sport Northern Ireland (SNI). 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 which is defined as producing Irish athletes for 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 all of the 2018 events below. The final selection of events is indicated on the event requirements document as Appendix 2.

Senior

| | | |
|---------------------------|------------------|---|
| World Cup 1 | Belgrade, SER. | 1 st -3 rd June |
| World Cup 2 | Linz Austria | 21 st -24 th June |
| World Cup 3 | Lucerne Switz. | 13 th -15 th July |
| European Championship | Strathclyde GBR. | 2 ND -5 TH August |
| U23 World Championship | Poznan POL | 25 th - 29 th July |
| U23 European Championship | Brest BLR. | 31 st Aug- 2 nd Sept |
| World Championship | Plovdiv BUL | 9 th -16 th September |

Para

| | | |
|--------------------|---------------|--|
| International Para | Gavirate, ITA | 11 th -13 th May |
| World Championship | Plovdiv, BULG | 9 th - 16 th October |

Junior

| | | |
|------------------------------|-----------------|---|
| Junior European Championship | Gravelines, FRA | 26 th - 27 th May |
| Coupe de la Jeunesse | Inniscarra, IRL | 28 th -29 th July |
| Junior World Championship | Racice, CZE | 8 th - 12 th August |

2. Requirements for Selection

2.1 Eligibility

Age. A rower or coxswain is classified as a junior until December 31 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. A rower or coxswain, who is no longer a junior, is classified as an Under 23 rower until December 31 of the year in which the rower reaches the age of 23. After that date, the rower shall be classified as senior.

Passport.

All rowers must hold an Irish passport, or a U.K. passport that shows the holder's birthplace to be in 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 trials or later, all senior and para athletes are required to sign a form acknowledging that they are aware of and understand FISA Rule 19. Junior athletes are required to have a parent/guardian signature acknowledging understanding of FISA Rule 19.

Pre-Competition Health Screening at FISA events, FISA Rule 21.

If invited to the final trials or later all junior, senior and para athletes are required to have the Pre-Competition Health Screening done at their own expense before final selection.

Para classification at FISA events, FISA Rule 19.

If invited to the final trials or later all para athletes are required to meet the rules of classification and to have the FISA classification done at their own expense in the specific boat class before final selection.

Nomination, Commitment and Athlete Agreement.

All Athletes and Coxswains wishing to be considered for the selection of a national team category must send an email to info@rowingireland.ie by the 31st of October 2017 attaching a completed nomination form.

Nomination form is attached as Appendix 1.

All rowers will have to demonstrate both ability and motivation to row for Ireland. Athletes will commit themselves to the HP pathway for their

rowing future and to the Rowing Ireland community and they must be prepared to sign the Athletes Agreement. Unless they intend to pledge their future to rowing for Ireland, rowers should not enter the assessment and selection process.

All squad and team rowers (senior/u23/junior/para) are required to be available at locations as directed by the HPD with the cooperation of the NC and LCC or Para Coach in order to participate in the trialling process (camps, erg tests, test weeks, water assessments, athlete education etc.) unless under medical certification or with the agreement of the HPD with the cooperation of the NC and LCC or Para Coach.

2.2 Assessments, Test, Trials

The requirements for rowers to participate are detailed for each squad on the event requirements document as Appendices of this document. The HPD with the cooperation of the NC and LCC or Para Coach may organize additional and compulsory assessments, tests and trials for which reasonable notice will be given. Candidates for selection must participate in all the relevant event requirements for their category (junior/U23/Senior/Para) as described in the document as Appendices.

Rowers who are unable to race on water or indoors at an assessment for medical reasons must deliver a medical certificate released by a sport's doctor indicated by RI to the HPD, NC and LCC to remain eligible. Only in exceptional circumstances will candidates who do not trial be considered for selection by the HPD.

Junior selection

See event requirements document in Appendix 2.

Under 23 selection

See event requirements document in Appendix 3.

SA and Para selection

See event requirements document in Appendix 4.

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 as follows:

| | |
|--|--------------|
| Olympic Games, Olympic Youth Games, Paralympics | HPD+ NC+ LCC |
| WRC & ERC, Para & qualification regattas | HPD+ NC+ LCC |
| U23WRC, U23 ERC, WUG/WUC | HPD+ NC+ LCC |
| JWRC, JERC & Coupe | HPD + LCC |

In case of disagreement the HPD is entitled to make and announce the final decision.

2.4 Medical exemptions

If a rower cannot attend a trial or other test for medical reasons, the rower must follow the correct procedure. For non- squad candidates, a medical certificate, signed by the rower's doctor and approved by the appropriate Rowing Ireland squad doctor, must be produced and emailed to the HPD prior to the event and the designated time of withdrawal. 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 all on water and off water assessments to the satisfaction of the HPD, NC and LCC will need to demonstrate their performance at the FISA European Rowing Championship Regatta and/or at FISA World Cup Rowing Regatta(s) and at the final trials before final announcement.

The 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 will be entered. The World Championship Regatta is Rowing Ireland's priority event on the Olympic pathway as it provides Irish rowers with an opportunity to test their ability against the best in the world.

Prioritized Olympic boats & supplemental boats

| | |
|---------------------|--|
| Women | <u>W1x, W2x, W2-, W4-</u> |
| Women's Lightweight | <u>LW2x</u> & supplemental boats LW1x/LW4x |
| Men's Lightweight | <u>LM2x</u> , & supplemental boats LM1x/LM4x |
| Men | <u>M2-, M4-, M2x</u> , |

The following sequence will be used; squad formation, squad training through camps or relocation, crew formation, finalizing crews and then selection.

Squad training will be allocated in a practical way in order to put as little strain as possible on all parties. It will depend on access to equipment, accommodation, water/wind conditions etc. There will also be centralized training weekends and camps.

Squad members will share costs based on agreements between the athletes/coaches within each squad. A training camp and regatta plan incorporating domestic and international regattas, taking into account financial and other limitations will be determined by the HPD in consultation with the squad coaches.

If requested, affiliated Rowing Clubs must be prepared to support the HP programme with boat equipment, coaching, and organisation of practical matters, if the squad is based in their local area. Athletes must be made aware by squad and crew coaches of the responsibility of being a rower or lightweight rower in regard to nutrition, hydration, and weight management.

All the National squad/crews and related coaches will need to be in line with the National HP training program outline and National technical model. The HPD, the NC and LCC will take every formal and informal opportunities in order to share the National training methodology/program and the National Technical model.

3.2 Under 23

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

The focus will be on Olympic boats, and also support boats in Non-Olympic categories for development. A training camp and regatta plan incorporating domestic and international regattas, taking into account financial and other limitations will be determined by the HPD in consultation with the NC and LCC.

The following sequence will be used; squad formation, squad training through camps or relocation, 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, with crews being together for a long preparation period.

Squad training will be allocated, so that athletes and coaches can be used in the most practical way putting as little strain as possible on all parties. This will be determined by issues such as access to equipment, accommodation, water/wind conditions etc.

If requested, affiliated Rowing Clubs must be prepared to support the HP programme with boat equipment, coaching, and organisation of practical matters, if the squad is based in their local area. Athletes must be made aware by squad and crew coaches of the responsibility of being a rower or lightweight rower in regard to nutrition, dehydration, and weight management.

The HPD will have the final say in the above matters.

All the National squad/crews and relative coaches will need to be in line with the National HP training program outline and National technical model. The HPD, the NC and LCC will take every formal and informal opportunities in order to share the National training methodology/program and the National Technical model.

3.3 Junior

Same as U23 details above.

3.4 Para

Para athletes may apply via the HPD/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 the 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 NC and LCC 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 entering exceptional crews at the World Championship Regatta.

Due to the need to identify a new crop of athletes, it is anticipated that athletes may come on-stream after the assessment. If such athletes prove to be of the required standard, they can be considered, with agreement of the HPD, for selection for the World Rowing Championship.

3.5 FISU World University Games & Championship

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

A separate selection strategy document relating to the World University Games and World 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 final national trials of the U23 category. Participation in WUG or WUC can be as club or composite crew.

If a university athlete attends the first assessment/ranking, he/she will be considered for the U23 World Championship. Colleges and Universities will be encouraged to participate in the European University Championship Regatta/Games (arranged by Student Sport Ireland) as part of the HPP pathway, in order to gain international experience.

3.6 Weight Management Guidelines

The weight guidelines for lightweights at assessment are as follows:

| | <u>Lightweight Men</u> | <u>Lightweight Women</u> |
|----------|------------------------|--------------------------|
| Sept/Oct | 75 kg | 62 kg |
| Nov/Dec | 75 kg | 62 kg |
| Jan/Feb | 74 kg | 61 kg |
| March | 73 kg | 59.5 kg |
| April | 72.5 kg | 59 kg |
| May | 71.5 kg | 58.5 kg |

Senior athletes, who will attend early regattas, may be on a lower weight strategy as agreed by the NC. The HPD can make discretionary dispensation from the prescribed weight indicated on the event requirements document.

Before selection of a lightweight crew, the crew must have been in weight at a regatta and raced as a lightweight crew.

Athletes and coaches must have awareness of the responsibility of being a rower or lightweight rower in regards to nutrition, hydration, and weight management etc.

4. Coaches

The selection of the squad, team or crew coaches is the responsibility of the HPD with the consultation of the NC and LCC.

- Coaches who wish to be considered for selection for any of the competitions above should complete and send the nomination form as requested in 2.1 and also contact either the HPD or NC coaches.
- A coach will be appointed for selected crews.
- Coaches are most likely to be appointed from amongst those, who have worked closely with the program throughout the season based on cv, past experience, number of HP athletes coached and developed as part of his/her domestic squad.
- A coach will be allocated to crews bearing in mind the particular requirements of each crew and the particular expertise of each coach.
- Coaches of successful candidates should not assume that they will automatically accompany their candidates to the respective regattas. Coaches coaching lightweights must make athletes aware of the responsibilities of being a lightweight rower with respect to weight management, nutrition, hydration etc.

Coaches have to:

- be vetted and certified to work with children and vulnerable people in accordance with, the National Vetting Bill 2012.
- know the policies in relation to the code of conduct and to section 5 below.
- be a registered coach of Rowing Ireland.

- be prepared, as a Rowing Ireland coach, to deal with the relevant points outlined in sections above.

- take part in coach education and seminars when offered, if available.

-accept that any refunding of expenses as international staff members can only be approved and granted by the HPD.

5. Anti-Doping & Medical Welfare

5.1 Context

Sport Ireland manages the National Testing Program for Rowing Ireland in accordance with the WADA Standard of International Testing. Testing can be either in-competition or out of-competition. The Sport Ireland also manages testing for FISA, the international governing body of rowing, and for WADA.

5.2 Registered Testing Pool

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

- * Athletes on the 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 participating athlete may be tested at any Rowing Ireland event as part of The National Testing Pool, at home, in camps and in international competitions.

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 Sport Ireland's website www.irishsportscouncil.ie for more information. Remember, ignorance of regulations & procedures is not a defence.

5.6 Medical Welfare

Rowers and coaches shall ensure that the state of health and fitness of the competitor will allow the competitor to compete at a level commensurate with the 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 & ECG. The rower has to confirm in writing that such screening has been completed.
- For junior rower screening, parents have the responsibility and shall confirm in writing that such screening has been completed, and that FISA Codes are respected.

Reference the FISA website www.worldrowing.com/medical . The site includes the rules of 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.

Appendix 1 Nomination Forms

Athlete Nomination Form:

<https://goo.gl/forms/VRkrsgV7TfmDq8LN2>

Coach Nomination Form:

<https://goo.gl/forms/gth9jzs4GlAxPgtx1>

Appendix 2 Junior Event Requirements

Please Note: RI intends to review these Event Requirements by no later than January of each year based on finance but may review and update these Event Requirements at any time, including announcing and publishing further or varied requirements and standards from time to time prior to the relevant event or trial.

Background:

This document operates as an appendix to the RI High Performance Strategy and Selection outlining the activities that rowers and coxswains must complete to be eligible for selection consideration for the Ireland Junior (JUN) Team.

All athletes must complete all activities stipulated in these Event Requirements unless there are certified medical reasons or Extenuating Circumstances discussed and accepted by the HPD that prevent this.

| Junior Event Requirements | Date | Location | Note |
|---|-------------|------------|------------------------------------|
| Ergo 30min @ 20 | 01-08 Oct | Domestic | No specific drag factor requested |
| 2k on water - Irish open | 14-15 Oct | Cork - NRC | |
| TT 1 long distance | 18 -19 Nov | Cork - NRC | |
| Ergo 6k open | 20-26 Nov | Domestic | No specific drag factor requested. |
| Ergo 30min open | 11 -17 Dec | Domestic | No specific drag factor requested. |
| TT2 Long distance | 22-23 Dec | Cork - NRC | |
| 2k ergo Irish open | 20 Jan | Limerick | No specific drag factor requested. |
| Ergo 6k open | 12-18 Feb | Domestic | No specific drag factor requested. |
| TT 3 2k and long distance | 24-25 Feb | Cork - NRC | ONLY FOR INVITED ATHLETES. |
| On water 2k trails 1 | 25-26 March | Cork - NRC | ONLY FOR INVITED ATHLETES. |
| Skibbereen Regatta | 14-15 April | Cork - NRC | |
| Camp 2k ergo & On water 2k trials | 21-29 April | Cork - NRC | ONLY FOR INVITED ATHLETES. |
| On water Final Trials and Selection | 25 June-?? | Cork -NRC | ONLY FOR INVITED ATHLETES. |

| | | | |
|----------------------|--------------|--------------|-----------------------------------|
| Coupe de La Jeunesse | 28-29 July | Cork (IRL) | ONLY FOR SELECTED ATHLETES. |
| WC Junior | 10-12 August | Racice (CZE) | ONLY FOR SELECTED ATHLETES. |

NOTES:

1) **Eligibility:** Athletes attempting selection in the JUN Team must be 18 years of age or younger on 31 December in the year of the respective JUN World Rowing Championships (e.g. for the 2018 JUN World Rowing Championships, athletes must be 18 years of age or younger on 31 December 2018).

2) **Nomination:** Athletes, Coxwains and Coaches wishing to be considered for JUN team selection must send an email to info@rowingireland.ie by 31st October 2017 attaching the nomination form Appendix A.

3) **National Ergometer testing** is to be conducted as indicated on the event requirement document and returned by the Monday of the week after the testing week window.

4) **Lightweight athletes** are required to be within the event requirement indicated weight ranges for racing, time trials, and any national testing.

5) Participation of JUN athletes at the **Underage Selection Trial** will be by invitation only for the activities as indicated by the event requirements document. RI will announce the list of JUN athletes invited to the Underage Selection Trial no later than five (5) days before the event.

6) The HPD supported by the LCC reserve the right at his sole discretion to choose the crew combinations, seat racing partners and the matrix of seat racing in the Underage Selection Trials, and to conduct ergometer and such other tests as required in order for the HPD to assess the specified selection criteria.

7) The **minimum on-water performance benchmarks** required in each boat class under consideration for the Junior World Championships are as follows:

| | JUN Men | JUN Women |
|-----------|----------------|------------------|
| 1x | 07:24 | 08:03 |
| 2- | 06:57 | 07:43 |
| 2x | 06:46 | 07:30 |
| 4+ | 06:35 | 07:29 |
| 4- | 06:21 | 07:07 |

| | | |
|-----------|-------|-------|
| 4x | 06:15 | 06:55 |
| 8+ | 06:15 | 06:44 |

The minimum on-water performance benchmarks assume competition in neutral environmental conditions. Accordingly, the HPD with the support of the LCC Coaches may make adjustment (if any) to the minimum performance standards for environmental conditions as they see fit.

Achievement of the **Adjusted Performance Benchmarks** does not guarantee selection. The Adjusted Performance Benchmarks are the minimum on-water performance standards required for the HPD to consider a boat for selection.

8) Coaches for the Irish JUN Team will be appointed by the HPD, who has responsibility for and discretion in respect of the selection and removal at any time of coaches.

9) RI will announce the initial 2018 Irish JUN Team by no later than two days following the conclusion of the Underage Selection Trials.

10) Participants selected to compete at the JUN World Championships must pay a seat fee levy for international preparation and competition. The levy fee will be advised to the Participant by RI as soon as practicable, but in any event, prior to the Underage Selection Trials.

11) The JUN Team Training Camps are mandatory for all Athletes and Coaches named in the Ireland JUN Team.

Appendix 3 Under 23 Event Requirements

Please Note: RI intends to review these Event Requirements by no later than January of each year based on finance but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards from time to time prior to the relevant event or trial.

Background:

This document operates as an appendix to the RI Performance Strategy and Selection outlining the activities that rowers and coxswains must complete to be eligible for selection consideration for the Ireland Under 23 (U23) Team.

U23 Athletes who are also seeking Senior A selection will need to satisfy the requirements set out in the Senior A Event Requirements, which are available on the RI Website.

All athletes must complete all activities stipulated in these Event Requirements unless there are certified medical reasons or Extenuating Circumstances discussed and accepted by the HPD that prevent this.

Rowing Ireland is enhancing the selection process to provide opportunities for Irish athletes based in the USA and or not European countries (NEC). This document contains specific details for all US/NEC-based Irish athletes. The US/NEC-based Irish Program will provide an opportunity to gain selection into a limited number of Under 23 boat classes at the Ireland U23 Selection Trial #3. Invitations to attend the Ireland U23 Selection Trial #3 will be based on a ranking established by the HPD and National Coach.

| Event requirements U23 Ireland based athletes | Date | Location | Note |
|--|-------------|-----------------|---|
| Ergo 30min @ 20 | 01-08 Oct | Domestic | No specific drag factor requested |
| 2k on water - Irish open | 14-15 Oct | Cork - NRC | |
| TT 1 long distance | 18-19 Nov | Cork - NRC | LM on 75-LW 62 |
| Ergo 6k open | 20-26 Nov | Domestic | No specific drag factor requested. LM on 75-LW 62. |
| Ergo 30min open | 11 -17 Dec | Domestic | No specific drag factor requested. LM on 75-LW 62. |
| TT2 Long distance | 22-23 Dec | Cork - NRC | LM on 75-LW 62 |
| 2k ergo Irish open | 20 Jan | Limerick | No specific drag factor requested. |

| | | | |
|---|---------------------------------|--------------|--|
| | | | LM on 74-LW 61 |
| Ergo 6k open | 12-18 Feb | Domestic | No specific drag factor requested. LM on 74-LW 61 |
| TT 3 2k and long distance | 23-24 Feb | Cork - NRC | LM on 74-LW 61 ONLY FOR INVITED ATHLETES. |
| On water 2k trails 1 | 24-25 March | Cork - NRC | LM 73-LW 59.5. ONLY FOR INVITED ATHLETES. |
| Skibbereen Regatta | 14-15 April | Cork - NRC | |
| Camp 2k ergo On water 2k trials 2 | 21-29 April | Cork - NRC | LM 72.5-LW 59. ONLY FOR INVITED ATHLETES. |
| On water 2k trials 3 | Dates TBC based on Uni exams | Cork - NRC | LM 72.5-LW 59. ONLY FOR INVITED ATHLETES. Team Announcement. |
| WC U23 | 27-29 July | Poznan (POL) | ONLY FOR SELECTED ATHLETES |

| Event requirements U23 US and NEC based athletes | Date | Location | Note |
|---|-------------|-----------------|---|
| Ergo 30min @ 20 | 01-08 Oct | US/NEC | No specific drag factor requested |
| Ergo 6k open | 20-26 Nov | US/NEC | No specific drag factor requested. LM on 75-LW 62. |
| Ergo 30min open | 11 -17 Dec | US/NEC | No specific drag factor requested. LM on 75-LW 62. |
| 2k ergo Irish open | 20 Jan | US/NEC | No specific drag factor requested. LM on 74-LW 61. |
| Ergo 6k open | 12-18 Feb | US/NEC | No specific drag factor requested. LM on 74-LW 61. |

| | | | |
|----------------------|-------------------------------------|--------------|---|
| 2k ergo | 21-29 April | US/NEC | No specific drag factor requested. LM 72.5-LW 59 |
| On water 2k trials 3 | Dates TBC based on Uni exams (Cork) | Cork - NRC | Bodyweight LM&LW as per FISA rules. |
| WC U23 - Poznan | 28-29 July | Poznan (POL) | LM 72.5-LW 59 ONLY FOR INVITED ATHLETES. Team Announcement. |

NOTES:

1) **Eligibility:** Athletes attempting selection in the U23 Team must be 22 years of age or younger on 31 December in the year of the respective U23 World Rowing Championships (eg for the 2018 U23 World Rowing Championships, athletes must be 22 years of age or younger on 31 December 2018).

2) **Nomination:** Athletes, Coxwains and Coaches wishing to be considered for U23 team selection must send an email to info@rowingireland.ie by 31st October 2017 attaching the nomination form Appendix A.

3) **National Ergometer testing** is to be conducted as indicated on the event requirement document and send by the Monday of the week after the testing week window.

4) **Lightweight athletes** are required to be within the event requirement indicated weight ranges for racing, time trials, and any national testing.

5) Participation of U23 athletes at the **Underage Selection Trial** will be by invitation only for the activities as indicated by the event requirements document. RI will announce the list of U23 athletes invited to the Underage Selection Trial by no later than five (5) days before the event.

6) The HPD supported by the two National Coaches and LCC reserve the right at his sole discretion to choose the crew combinations, seat racing partners and the matrix of seat racing in the Underage Selection Trials, and to conduct ergometer and such other tests as required in order for the HPD to assess the specified selection criteria.

7) The **minimum on-water performance benchmarks** required in each boat class under consideration for the Under 23 World Championships are as follows:

| | U23 Men | U23 Women |
|------------|----------------|------------------|
| 1x | 07:12 | 07:55 |
| 2- | 06:44 | 07:29 |
| 2x | 06:31 | 07:17 |
| 4+ | 06:26 | |
| 4- | 06:10 | 06:52 |
| 4x | 06:01 | 06:43 |
| 8+ | 05:45 | 06:26 |
| L1x | 07:12 | 07:58 |
| L2- | 06:51 | 07:37 |
| L2x | 06:38 | 07:21 |

The minimum on-water performance benchmarks assume competition in neutral environmental conditions. Accordingly, the HPD with the support of the National Coaches may make adjustment (if any) to the minimum performance standards for environmental conditions as they see fit.

Achievement of the **Adjusted Performance Benchmarks** does not guarantee selection. The Adjusted Performance Benchmarks are the minimum on-water performance standards required for the HPD to consider a boat for selection.

8) Coaches for the Irish U23 Team will be appointed by the HPD, which has responsibility for and discretion in respect of the selection and removal at any time of coaches.

9) RI will announce the initial 2018 Irish Under 23 Team by no later than 2 days following the conclusion of the Underage Selection Trials.

10) Participants selected to compete at the U23 World Championships must pay a seat fee contribution for international preparation and competition. The seat fee will be advised to the Participant by RI as soon as practicable, but in any event, prior to the Underage Selection Trials.

11) The U23 Team Training Camp is mandatory for all Athletes and Coaches named in the Ireland Under 23 Team.

Appendix 4 Senior/Para Event Requirements

Please Note: RI intends to review these Event Requirements by no later than January of each year based on finance but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards from time to time prior to the relevant event or trial.

Background:

This document operates as an appendix to the RI Performance Strategy and Selection outlining the activities that rowers and coxswains must complete to be eligible for selection consideration for the Ireland SA and Para Team.

All athletes must complete all activities stipulated in these Event Requirements unless there are certified medical reasons or Extenuating Circumstances discussed and accepted by the HPD that prevent this.

Rowing Ireland is enhancing the selection process to provide opportunities for Irish athletes based in the USA and or non European countries (NEC). This document contains specific details for all US/NEC-based Irish athletes.

| Event requirements SA & PARA Ireland based athletes | Date | Location | Note |
|---|------------|------------|---|
| Ergo 30min @ 20 | 01-08 Oct | Domestic | No specific drag factor requested. |
| 2k on water - Irish open | 14-15 Oct | Cork - NRC | |
| TT 1 long distance | 18-19 Nov | Cork - NRC | LM on 75-LW 62. <u>Distance for PARA 3k.</u> |
| Ergo 6k open | 20-26 Nov | Domestic | No specific drag factor requested. LM on 75-LW 62. |
| Ergo 30min open | 11 -17 Dec | Domestic | No specific drag factor requested. LM on 75-LW 62. |
| TT2 Long distance | 22-23 Dec | Cork - NRC | LM on 75-LW 62. <u>Distance for PARA 3k.</u> |
| 2k ergo Irish open | 20 Jan | Limerick | No specific drag factor requested. LM on 74-LW 61 |
| Ergo 6k open | 12-18 Feb | Domestic | No specific drag factor requested. LM on 74-LW 61. |

| | | | |
|------------------------------------|--------------------|----------------|---|
| TT 3 2k and long distance | 24-25 Feb | Cork - NRC | LM on 74-LW 61. <u>Distance for PARA 3k. ONLY FOR INVITED ATHLETES.</u> |
| On water 2k trails 1 | 24-25 March | Cork - NRC | LM 73-LW 59.5. ONLY FOR INVITED ATHLETES. |
| Skibbereen regatta | 14-15 April | Cork - NRC | NO PARA |
| 2k ergo or lab test for SA | 21-29 April | Cork - NRC | No specific drag factor requested. LM 72.5-LW 59. ONLY FOR INVITED ATHLETES. NO PARA |
| Para International Regatta | 12-13 May | Gavirate (ITA) | ONLY FOR INVITED ATHLETES. |
| WC 1 | 02-03 June | Beograd (SRB) | ONLY FOR INVITED ATHLETES. |
| WC 2 | 23-24 June | Linz (AUT) | ONLY FOR INVITED ATHLETES. |
| WC 3 | 14-15 July | Lucerne (SUI) | ONLY FOR INVITED ATHLETES. |
| On water 2k final trials & Camp | 18 July-01 Aug | Cork - NRC | ONLY FOR INVITED ATHLETES. |
| World Rowing Championships | 15-16 September | Plovdiv (BUL) | ONLY FOR SELECTED ATHLETES. |

NOTES:

- 1) Eligibility: Para Athletes attempting selection for the PARA Team must be classified nationally and internationally prior the selection trials.
- 2) Nomination: Athletes, Coxwains and Coaches wishing to be considered for SA and PARA team selection must send an email to info@rowingireland.ie by 31st October 2017 attaching the nomination form Appendix A.
- 3) National Ergometer testing is to be conducted as indicated on the event requirement document and send by the Monday of the week after the testing week window.
- 4) Lightweight athletes are required to be within the event requirement indicated weight ranges for racing, time trials, and any national testing.

5) Participation of SA and PARA athletes at the Selection Trial will be by invitation only for the activities as indicated by the event requirements document above. RI will announce the list of SA and PARA athletes invited to the Selection Trial by no later than five (5) days before the event.

6) The HPD supported by the two National Coaches and LCC reserve the right at his sole discretion to choose the crew combinations, seat racing partners and the matrix of seat racing in the SA and PARA Selection Trials, and to conduct ergometer and such other tests as required in order for the HPD to assess the specified selection criteria.

7) The minimum on-water performance prog% benchmarks required in each boat class under consideration for the SA is around 4% from the top SA RI crew or based on the table below. The top RI crew will be considered as a top crew only when its best 2k prog% time is around 95% of World SA time.

The HPD will decide which are the minimum on water performance benchmarks to be used between the one based on prog% or the one based on time.

The minimum on-water performance benchmarks decided assume competition in neutral environmental conditions. Accordingly, the HPD with the support of the National Coaches may make adjustments (if any) to the minimum performance standards for environmental conditions as they see fit.

Achievement of the Adjusted Performance Benchmarks does not guarantee selection. The Adjusted Performance Benchmarks are the minimum on-water performance standards required for the HPD to consider a boat for selection.

Benchmarks for the PARA PR1 MF, PR2 MF AND PR3 MF will be announced later during the year.

| | SA Men | SA Women |
|-----|--------|----------|
| 1x | 06:58 | 07:35 |
| 2- | 06:32 | 07:16 |
| 2x | 06:22 | 07:04 |
| 4- | 05:59 | 06:38 |
| 4x | 05:53 | 06:30 |
| 8+ | 05:39 | 06:16 |
| L1x | 07:09 | 07:52 |
| L2- | 06:47 | 07:30 |
| L2x | 06:28 | 07:15 |

8) Coaches for the Irish SA and PARA team will be appointed by the HPD, which has responsibility for and discretion in respect of the selection and removal at any time of coaches.

9) RI will announce the initial 2018 Irish SA and PARA Team by no later than 2 days following the conclusion of the final Selection Trials.

10) The SA and PARA Team Training Camps are mandatory for all Athletes and Coaches named in the Ireland SA and PARA Team.