

2018 - 2019 NATIONAL SELECTION EVENT REQUIREMENTS AND ANNUAL EVENTS (SA)

HPD: Antonio Maurogiovanni; Lightweight Male and Female Leading Coach Category: Dominic Casey. Heavyweight Male and Female Leading Coach Category: David McGowan; Assistant National Coaches: To be appointed, ??, ??

Month	Date	Description - Event	Location	Note	Event requirement category
September	22-23	National Ergo monitoring Test 1	Domestic	All categories except SA from Plovdiv. 100mt + 500mt (250mt adaptive) (sat 22nd morn) - 6k open rates (3k adaptive)(sat 22nd aft) - 30min open rates (sund 23rd aft)	SA, U23, JUN,ADAPT
September	29-30	National Trial 2k - Youth Regatta	Cork		SA, U23, JUN,ADAPT
October	22-23	National Ergo monitoring Test 1	Domestic	SA from Plovdiv. 100mt + 500mt (Mond 22nd morn) - 6k open rates (Mon 22th aft) - 30min open rates (Tue 23rd aft)	SA
October	27-28	On water TT, 6K for SA, U23, Jun and ADAPTIVE (3k).	Cork	Day 1 1st in 1x or 2-; Day 2 in 2x or 4- based on day 1. Lightweight all sculling. All categories. Only for invited athletes. Lightweight Bodyweight (TBD)	SA, U23, JUN,ADAPT
November	04-18	National Winter Camp for SA	Sabaudia/Baniolas	Only for invited athletes	SA
November	24-25	On water T, 6K for SA, U23, Jun and ADAPTIVE (3k).	Cork	Day 1 1st in 1x or 2-; Day 2 in 2x or 4- based on day 1. Lightweight all sculling. All categories. Only for invited athletes. Lightweight Bodyweight (see Strat Plan doc)	SA, U23, JUN,ADAPT
November	26-30	Lab test			
December	22	National Ergo monitoring Test 2	Domestic	All categories. 100mt + 500mt (Sat 22nd morn) - 6k open rates (Sat 22nd aft) - 360 monitoring for carding	SA, U23, JUN,ADAPT
December	24-31	National Ergo monitoring Test 2	Domestic	All categories. 30min open rates between 24 to 31 dec.	SA, U23, JUN,ADAPT
Dec-Jan	27/12-13/01	National Winter Camp for SA	Sabaudia/Baniolas	Only for invited athletes	SA
January	19	Irish Indoor 2k nationals	Limerick	National HP 2k ergo assessment for all categories. Lightweight Bodyweight (see Strat Plan doc)	SA, U23, JUN, ADAPT
February	04-17	National Winter Camp for SA	Sabaudia/Baniolas or Varese	Only for invited athletes	SA
February	23-24	On water TT, 6K and 2k for SA, U23, Jun and ADAPTIVE	Cork	Only for invited athletes. Day 1 6k and day 2 2k based on day 1 results. Lightweight bodyweight (see Strat Plan doc)	SA, U23, JUN,ADAPT
February - March	25-02	2k Ergo Lab -		For all SA to be selected - 360 monitoring for carding	SA, U23, JUN,ADAPT
March	29-31	National 2k Trials SA,U23, Junior, ADAPTIVE	Cork	Pre selection of the squad. Lightweight bodyweight (see Strat Plan doc)	SA, U23, JUN,ADAPT
April	12-14	Memorial D'Aloja	Piediluco (ITA)	Only for invited athletes	SA, U23
April	15-27	National Ergo monitoring Test 3	Domestic	All categories. 30min open rates between 03 to 09 March. 360 monitoring for carding	SA, U23, JUN,ADAPT
April	15-27	National Winter Camp for SA	Varese	Only for invited athletes	SA
May	10-12	World cup 1	Plovdiv BUL	Not part of the plan	SA
May-June	31-02	European championships	Lucerne, SUI	Only for invited SA crews	SA
June	21-23	World cup 2	Poznan POL	No funding	
June-July	24-08	National Camp for SA - Pre world cup 3	Varese	Only for invited athletes	SA
July	12-14	World cup 3	Rotterdam NED	Only for selected crews	SA
July	16-20	Lab ergo test -VO2 - AT ??	Limerick - Dublin	Only for carding HP athletes. Lightweight Bodyweight (see Strat Plan doc). OPTION TO BE CONFIRMED	
July	24-26	National 2k Trials SA	Cork	Only for invited athletes if need it. Team's announcement	SA
July-August	29-19	National Camp for SA - Pre world championships	Varese/Baniolas	Only for invited athletes	SA
August/September	25-01	2019 World Rowing Championships	Linz Ottensheim, AUT	Olympic Qualification	SA