

2018 - 2019 NATIONAL SELECTION EVENT REQUIREMENTS AND ANNUAL EVENTS (U23)

HPD: Antonio Maurogiovanni; Leading Coach Category: James Mangan & Giuseppe De Vita; Assistant National Coach: ??, ??

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	06-07	National Winter Camp for U23 On water TT , 6K for SA, U23, Jun and ADAPTIVE(3k).	Limerick ??	Only for invited athletes after ergo and on water monitoring. 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)	U23
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 (see Strat Plan doc)	SA, U23, JUN,ADAPT
November	24-25	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 (see Strat Plan doc)	SA, U23, JUN,ADAPT
December	22	National Ergo monitoring Test 2	Domestic	All categories. 100mt + 500mt (Sat 22nd morn) - 6k open rates (Sat 22nd aft)	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
January	02-09	National Winter Camp for U23	Sabaudia-Seville	Only for invited athletes. Based on funding.	U23
January	19	Irish Indoor 2k nationals	Limerick	National HP 2k ergo assessment for all categories.	SA, U23, JUN, ADAPT
February	09-10	National Winter Camp for U23 On water TT, 6K and 2k for SA, U23, Jun and ADAPTIVE(3k)	Cork	Only for invited athletes. Only for invited athletes. Day 1 6k and day 2 2k based on day 1 results. Lightweight bodyweight (see Strat Plan doc)	U23
February	23-24	On water TT, 6K and 2k for SA, U23, Jun and ADAPTIVE(3k)	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	National Ergo monitoring Test 3	Domestic	All categories. 100mt + 500mt (morn) - 6k open rates (aft of the same day)	SA, U23, JUN,ADAPT
March	03-09	National Ergo monitoring Test 3	Domestic	All categories. 30min open rates between 03 to 09 March.	SA, U23, JUN,ADAPT
March	16-17	National Camp for U23	Cork	Only for invited athletes.	U23
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	16-21	National Test 2k ergo	Domestic	2k ergo assessment for all categories and not invited to SA camp	SA, U23, JUN
April	19-22	National 2k Trials U23, Jun, ADAPTIVE	Cork	Only for invited athletes. Para, U23 and Jun pre-selection national crews Lightweight bodyweight (see Strat Plan doc)	U23, JUN, ADAPT
June	21-23	National 2k Trials Jun and U23. First day 2k ergo for all.	Cork	Only for invited athletes. Jun and U23 with the inclusion of overseas athletes. First day 2k ergo for all. Lightweight bodyweight (see Strat Plan doc) Final selection for U23, Jun and COUPE. EU23 team (??), CREWS RELOCATION	U23 and Jun
July	24-28	World U23 Championships	Sarasota (USA)		U23
Sept	07-08	European U23 Championships	Ioannina GRE	Based on funding	U23