

## 2019 -2020 ROWING IRELAND SELECTION REQUIREMENTS AND ANNUAL EVENTS - ALL CATEGORIES (DRAFT)

Month	Date	Description - Event	Location	Note	Event requirement category
September	21-22	Ireland High Performance Ergo monitoring Test 1	Domestic	All categories except SA from Linz. 100mt + 500mt (250mt adaptive) (sat 21 morn) - 6k open rates (3k adaptive)(sat 21 aft) - 30min open rates (sund 22 aft)	SA, U23, JUN,ADAPT
September	28 - 29	On water TT , (6K day 1, 3k day 2) for SA, U23, Jun and ADAPTIVE (3k day 1, 1.5k day 2).	Cork	All categories except SA from Linz. Day 1 & 2 in 1x or 2-. Lightweight male and female and SA/U23 Heavyweight male all sculling. Lightweight Bodyweight ( to be checked but with no restrictions)	SA, U23, JUN,ADAPT
October	5-6	Ireland High Performance U23 Camp	Cork	Only for invited athletes and based on ergo test.	U23
October	19 - 20	On water TT , 6K for SA, U23, Jun and ADAPTIVE (3k).	Cork	Only for invited athletes. All categories. Day 1 1st in 1x or 2-; Day 2 in 2x or 4- based on day 1. Lightweight male and female and SA/U23 Heavyweight male all sculling. Lightweight Bodyweight (TBC if not on the Strat Plan)	SA, U23, JUN,ADAPT
October	22 - 23	Ireland High Performance Ergo monitoring Test 2	Domestic	All categories. 100mt + 500mt (Tue 22 morn) - 6k open rates (Tue 23 aft) - 30min open rates (Wed 24 morn)	SA, U23, JUN,ADAPT
November	2-3	Ireland High Performance Junior Camp	Cork	Only for invited athletes	JUN
November	04-17	Ireland High Performance Winter Camp for SA	Sabaudia/Seville	Only for invited athletes. TBC based on funding	SA
November	23-24	On water TT , 6K for SA, U23, Jun and ADAPTIVE (3k).	Cork	Only for invited athletes. All categories. Day 1 1st in 1x or 2-; Day 2 in 2x or 4- based on day 1. Lightweight male and female and SA/U23 Heavyweight male all sculling. Lightweight Bodyweight (TBC if not on the Strat Plan)	SA, U23, JUN,ADAPT
November	25-30	Lab test	Limerick	Only for invited athletes	
Nov-Dec	30-1	Ireland High Performance Junior Camp	Cork	Only for invited athletes	JUN
December	21-22	Ireland High Performance Ergo monitoring Test 3	Domestic	All categories. 100mt + 500mt (Sat 21 morn) - 6k open rates (Sat 21 aft) - 30min open rates (Sund 20morn) - 30min open rates (Sund 22morn) - 360 monitoring for carding	SA, U23, JUN,ADAPT
Dec-Jan	29/12-12/01	Ireland High Performance Winter Camp for SA	Sabaudia/Seville	Only for invited athletes	SA
January	3-12	Ireland HighPerformance U23 Camp	Sabaudia/Seville	Only for invited athletes. TBC based on funding	U23
January	3-5	Ireland High Performance Jun Camp	Cork	Only for invited athletes	JUN
January	25	Irish Indoor 2k Championships	Limerick	Ireland HP 2k ergo assessment for all categories. Lightweight Bodyweight (see Strat Plan doc)	SA, U23, JUN, ADAPT
January	27-31	Lab test		Only for invited athletes	SA
February	03-16	Ireland High Performance Winter Camp for SA	Sabaudia/Seville or Varese	Only for invited athletes	SA
February	10-12	Ireland High Performance U23 Camp	Cork	Only for invited athletes	U23
February	22-23	On water TT, 6K and 2k for SA, U23, Jun and ADAPTIVE	Cork	Only for invited athletes. Day 1 6k and 2k. Day 2 2k morn and aft based on day 1 results. Lightweight bodyweight (see Strat Plan doc)	SA, U23, JUN,ADAPT
February	29-01/03	Ireland High Performance Ergo monitoring Test 3	Domestic	All categories. 100mt + 500mt (Sat 29 morn) - 6k open rates (Sat 29 aft) -30min open rates (Sund 1st March morn) 360 monitoring for carding	SA, U23, JUN,ADAPT
March	07-08	Ireland High Performance U23 Camp	Cork	Only for invited athletes	U23
March	21-22	Ireland High Performance 2k ergo	Domestic	Ireland HP 2k test for SA only	SA
March	21-29	Ireland High Performance 2k Trials SA,U23, Junior, ADAPTIVE	Cork	Pre selection of the Olympic SA squad. Lightweight bodyweight (see Strat Plan doc)	SA, U23, JUN,ADAPT

April	09-12	WC1	Sabaudia (Ita)	Only for invited athletes	SA
April	13-26	Ireland High Performance Camp for SA	Varese or Sabaudia	Only for invited athletes	SA
April	18-19	Ireland High Performance 2k ergo	Domestic	Ireland HP 2k test for U23 and Jun only	U23, Jun
April	24-26	Ireland High Performance 2k Trials U23, Junior	Cork	Pre selection of the squad. Lightweight bodyweight (see Strat Plan doc)	U23, Jun
April/May	28-03	European Olympi Qual.	Gavirate (Ita)	Only for selected crews going for the Olympic qualification (not for Ireland)	SA
May	19-24	World cup 3 & Final Olympic Qualification	Lucerne, SUI	Only for invited SA crews	SA
May	28-31	European Junior championships	Belgrad (Ser)	Not Planned - Self funded	Jun
May	28-31	Final Olympic Selection Trials	Cork	Only for invited athletes and if need it	SA
June	02-14	Pre Olympic Camp 1	Gavirate/Banjoles	Olympic Team	SA
June	05-07	European SA championships	Poznan	Only for specific crews	SA
June	15-21	Pre Olympic Camp 2 (Light - Transition)	Cork	Olympic Team	SA
June	22-26	Lab test		Only for invited athletes	SA
June	15 - 21	Ireland High Performance 2k Ergo and 2k Trials SA(non olympic), U23	Cork	Lightweight bodyweight (see Strat Plan doc)	SA, U23, Jun
June	22-26	Ireland High Performance 2k Ergo and 2k Junior	Cork	Only for invited athletes	Jun
June/July	22-10	Pre Olympic Camp 3	Gavirate/Banjoles	Olympic Team	SA
June/Augus	29-12	Ireland Team U23 and Junior relocation camp	Cork		U23 and Jun
July	10-12	Irish Rowing Championships	Cork		
July	13-31	Olympic Games	Tokyo	Olympic Team	SA
August	16-23	U23 & Jun 2019 World Rowing Championships	Bled (SLO)		U23, Jun
Aug/Sept	25 - 06	Para Olympic Games	Tokyo	Olympic Team	SA
Sept	04-06	U23 European Championships	Duisburg (GER)		U23



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