



Appendix A to Rowing Ireland Selection Policy and Olympic Nomination Criteria 2021 Event Requirements for Senior Ireland Rowing Team

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:

These 2021 Event Requirements operate as an appendix to the Selection Policy and Olympic/Paralympic Nomination Criteria, and provides additional detail on the activities that rowers and coxswains must complete to be eligible for:

- Selection consideration for the Ireland Senior A Team to compete at 2021 European Championships in Gavirate, Italy, The 2021 World Cup II in Lucerne, Switzerland and any other event deemed necessary
- Selection consideration for the Ireland Senior A Team to compete at the 2021 Final Qualification Regatta in Lucerne, Switzerland or at the 2021 Final Para Qualification Regatta in Gavirate, Italy.
- Nomination to the OFI/Paralympics Ireland for selection to the 2021 Ireland Olympic/Paralympic Team.

All Athletes must complete all activities stipulated in these Event Requirements unless:

- Expressly provided otherwise in these Event Requirements; or
- There are Special Circumstances (as defined in the Selection Policy) that prevent this (in which case Rowing Ireland must be notified of the particular reason in accordance with the Selection Policy).

In addition to the activities stipulated in these Event Requirements, athletes invited to the National Rowing Centre ("**NRC**") must also complete all activities stipulated by Rowing Ireland.

Event requirements Senior A ("SA") & PARA Ireland based athletes	Date	Location	Note
TT 2 long distance (If invited)	24 – 25 Oct	Cork – NRC or as otherwise decided	LM on 75-LW 62. <u>Distance for PARA 3k.</u>
Ergo 6k @ open rates	27 Oct	Cork – NRC / Domestic	No specific drag factor requested.
Ergo 30min @ open rates	28 Oct	Cork – NRC / Domestic	No specific drag factor requested.
TT 3 long distance (If invited)	21 - 22 Nov	Cork – NRC or as otherwise decided	LM on 75-LW 62. <u>Distance for PARA 3k.</u>
Ergo 6k @ open rates	21 Dec	Cork – NRC / Domestic	No specific drag factor requested. Para Athletes 3k

Ergo 30min @ open rates	22 Dec	Cork – NRC / Domestic	No specific drag factor requested.
2k ergo Irish open	23 Jan	Limerick or as otherwise decided	No specific drag factor requested. Lightweight Bodyweight as required by the event
On Water 2k Selection Trials 1	19-21 Feb	Cork – NRC or as otherwise decided	*Lightweight - agreed race body weight +4k. ONLY FOR INVITED ATHLETES.
On water 2k Selection Trials 2	16-21 March	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight +2kg ONLY FOR INVITED ATHLETES.
European Championships	09-11 April	Gavirate (ITA)	ONLY FOR SELECTED CREWS.
Final Paralympic Qualification Regatta	07-09 May	Gavirate (ITA)	ONLY FOR SELECTED CREWS.
Final Olympic Qualification Regatta	16-18 May	Lucerne (SUI)	ONLY FOR SELECTED CREWS.
World Cup 2	21-23 May	Lucerne (SUI))	ONLY FOR SELECTED CREWS
On water 2k Selection Trials 3	28-30 May	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight +2kg. ONLY IF REQUESTED BY SELECTORS.
Rowing Ireland inform athletes of the list of nominations to be forwarded to the OFI	05 June		
Rowing Ireland Nomination of Athletes to the OFI (subject to any appeals through the Selection Appeals Process being completed)	15 June		
Final date for Rowing Ireland Nomination of Athletes to the OFI	29 June		
Olympic Games	23-30 July	Tokyo (JPN)	
Paralympic Games	28-31 August	Tokyo (JPN)	
World Championships (Non-Olympic)	17-24 October	Shanghai (CHN)	Not currently in the plan

NOTES:

1) All National Ergometer testing is to be conducted as indicated on the event requirement document and send by the Tuesday of the week after the testing.

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

3) Participation of SA and PARA athletes at the Selection Trials 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.

4) The HPD supported by the appointed LCC reserves 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.

5) The minimum on-water performance prg % benchmarks required in each boat class under consideration for the SA is around 2% from the top SA RI. The top RI crew will be considered as a top crew only when its best 2k prg % time is around 95% of Rowing Ireland SA 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 minimum on water performance prg % benchmarks does not guarantee selection. The minimum on water performance prg % 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.

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

7) For Olympic qualification places obtained at the European Continental Qualification regattas and the Final Qualification regatta, the athletes that qualified the boat(s) at these events must compete in the same event if they compete in any events at the Olympic Games Tokyo 2021 as per FISA rules.

8) Rowing Ireland reserves the right to nominate crew/s for the Olympic Games/Paralympic Games at any time during the selection process if it is deemed that the crew/s have reached the required standard

9) All events are subject to change as deemed necessary based on government, travel and health restrictions at the time

10) At the discretion of the HPD, event/trial/test locations maybe changed if deemed necessary for the best needs of the team

*Lightweight bodyweight – The HPD reserves the right to adjust the prescribed athlete bodyweight requirements if deemed necessary