



Appendix B to Rowing Ireland Selection Policy and 2021 Event Requirements For The U23 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 provides additional detail on the activities that rowers and coxswains must complete to be eligible for:

- Selection consideration for the Ireland U23 Team to compete at 2021 U23 World Rowing Championships

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 U23 Athletes	Date	Location	Note
TT 2 long distance 6k (If invited)	24 – 25 Oct	Cork – NRC or as otherwise decided	LM on 75-LW 62. <u>Distance for PARA 3k.</u>
Ergo Test 1: 100/500/6k/30min @ open rates	27-28 Oct	Cork – NRC / Domestic	No specific drag factor requested.
TT 3 long distance 6k (If invited)	21 - 22 Nov	Cork – NRC or as otherwise decided	LM on 75-LW 62. <u>Distance for PARA 3k.</u>
2k Ergo Test	23-27 Nov	Domestic	LM on 75 – LW 62 – Weights to be submitted along with scores
Ergo Test 2: 100/500/6k/ 30min @ open rates	21-22 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 bodyweight +4kg. 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.
On water 2k Selection Trials 3	22-25 April	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight + 2kg. Only for invited athletes. (Pre-selection of squad)
National 2k ERGO and On water 2k Selection Trials 4	14-20 June or 22-26 June	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight + 2kg. Only for selected athletes. Announcement of squads
U23 relocation/preparation camp	20 June – 7 July	Cork – NRC	
U23 World Rowing Championships	7-11 July	Racice (CZE)	

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 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 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 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.
- 6) Overseas (US based) U23 athletes with the wish to be included in the selection process must complete the erg monitoring requirements as agreed with the HPD and Pathway Coordinator and in conjunction with the HPD and Pathway Coordinator meet agreed performance standards before invitation to June trials.
- 7) All events are subject to change as deemed necessary based on government, travel and health restrictions at the time

8) 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