



For athletes who aim to be selected as part of the U23/Junior National Teams in 2021 please see below the selection process:

The Junior and U23 National Teams selection process will be as follows:

- **Week of the 29th of March:** Based on the submitted 2k ergo results a group of athletes will be selected to participate in online zoom ergo training sessions twice weekly.
- **19th April:** 2k on water trial in small boats at the National Rowing Centre. Invitations will be based on the 2k ergo submitted in March, performance and attendance at zoom training sessions, an accumulation of previous data and recent international performances. (The on-water trial is subject to updates on covid restrictions post 5 April).
- **17th May:** 2k ergo testing remotely only for invited athletes.
- **24th May:** A small group of athletes will be invited to take part in a camp of maximum two weeks at the National Rowing Centre for the preparation of the last trial. The invitations for the camp will be based on the results of the water trial on the 19th of April and the submitted 2k ergo results on the 17th of May.
- **7th June:** Final selection trials.
- **14th June:** Final camp for the U23 selected team until the U23 World Championships (1st July).
- **14th June:** Final camp for the Junior selected team, with the duration of camp to be decided closer to the date.

Athletes who are selected must be prepared to relocate to train together after final selection until the Junior/U23 World Championships. Location will be dependent on what is the most suitable for the selected crews at the time based on covid restrictions.

All subject to Government, HSE COVID-19 guidelines, along with Sport Ireland and Rowing Ireland advice.

