



Appendix B to Rowing Ireland Selection Policy and 2022 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 2022 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 2022 U23 World Rowing Championships (and any other events subsequently entered).

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 1 Long Distance 6k (Open to all)	17-19 Sept	Cork – NRC or as otherwise decided	Lightweight – no minimum bodyweight requirement but recorded <u>Distance for PARA 3k.</u>
Ergo Test 1: 100/500/6k/30min @ open rates (30min@r.20)	11-12 Oct	Domestic	No specific drag factor requested). Lightweight – no minimum bodyweight requirement but recorded
TT 2 long distance 6k (Open to all)	23 – 24 Oct	Cork – NRC or as otherwise decided	Lightweight – no minimum bodyweight requirement but recorded <u>Distance for PARA 3k.</u>
Ergo Test 2: 100/500/6k/30min @ open rates	15-16 Nov	Domestic	No specific drag factor requested). Lightweight – no minimum bodyweight requirement but recorded

TT 3 long distance 6k (If invited)	20 - 21 Nov	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight +6kg. <u>Distance for PARA 3k. Invitation Only</u>
Ergo Test 3: 100/500/6k/ 30min @ open rates	22-23 Dec	Cork – NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight - agreed race bodyweight +6kg. Para Athletes 3k
2k ergo Irish open	22 Jan	Limerick or as otherwise decided	No specific drag factor requested. Lightweight bodyweight as required by the event
On Water 6k + 2k Selection Trials 1	11-13 Feb	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight +4kg. ONLY FOR INVITED ATHLETES.
Ergo Test (2k/6k/30min) @Open Rates	01-05 March	Cork – NRC/Domestic or as otherwise decided	No specific drag factor requested. Lightweight Bodyweight – agreed race bodyweight +4kg ONLY FOR INVITED ATHLETES
2k ergo test	16-22 May	Cork – NRC/Domestic or as otherwise decided	*Lightweight Bodyweight – agreed race bodyweight +2kg ONLY FOR INVITED ATHLETES
On water 2k Selection Trials 2	23-29 May	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight + 2kg. Only for invited athletes. Pre-selection of squads (Relocation TBC and agreed)
On water Final 2k Selection Trial 3 (If required)	07-13 July	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight + 2kg. Only for invited athletes. Final selection of squads
U23 relocation/preparation camp	06 June – 20 July	Cork – NRC or as otherwise decided	Only for invited crews
U23 World Rowing Championships	26-31 July	Varese (ITA)	Only for selected crews

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 National Coach 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, Sport Ireland and Rowing Ireland travel and health restrictions, along with general health and safety factors at the time

8) At the discretion of the HPD, the event/trial/test protocol and/or locations may be changed or events added if deemed necessary for the best needs of the team taking all factors into consideration

9) Any athlete already selected, or nominated and still in contention to be selected, for the World Championship Team (Sen A, U23, Junior) will not be in a position to race for their clubs at the Irish Championships if the date of the Irish Championships is close to selection events or during the final relocation/preparation phase leading up to the World Championship event.

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