

**Appendix A to Rowing Ireland Selection Policy and
2023 Event Requirements for the 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 2023 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 Senior A Team to compete at 2023 European Championships in Bled (Slov), The 2023 World Cup (and any other) Regattas to be attended.
- Selection consideration for the Ireland Senior A Team to compete at the 2023 Olympic Qualification and World Championships in Belgrade (SRB)

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 1 long distance (Open Event)	15 – 16 Oct	Cork – NRC or as otherwise decided	Lightweight – no minimum bodyweight requirement but recorded <u>Distance for PARA 3k.</u> <u>CANCELLED FOR BAD WEATHER</u>
Ergo 100m, 500m & 6k @ open rates	07 Nov	Cork – NRC / Domestic	No specific drag factor requested). Lightweight – no minimum bodyweight requirement but recorded. Para athletes 3k.
Ergo 30min @ 20 SPM	8 Nov	Cork – NRC / Domestic	No specific drag factor requested. Lightweight – no minimum bodyweight but recorded
TT 2 long distance (open event)	12 - 13 Nov	Cork – NRC or as otherwise decided	*Lightweight – agreed race bodyweight +6kg. <u>Distance for PARA 3k.</u> <u>CANCELLED FOR BAD WEATHER</u>
Lab Testing (Invited only)	12-16 December	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES.
Ergo 100m, 500m & 6k @ open rates	22 Dec	Cork–NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight - agreed race bodyweight +6kg. Para Athletes 3k. ATHLETES WHO LAB TESTED ONLY COMPLETE 6K
Ergo 30min @ open rates	23 Dec	Cork–NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight – agreed race bodyweight +6kg . FOR THOSE WHO DID NOT LAB

			TESTED
Ergo 30min @ open rates	02 January	Cork – NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight – agreed race bodyweight +6kg . ONLY FOR THOSE WHO LAB TESTED
2k ergo	21 Jan	National Rowing Centre or as otherwise decided	No specific drag factor requested. Lightweight bodyweight as required by the event For all carded athletes or centralised at the NRC. Senior rowers not based at the NRC must carry this out at their clubs
TT 3 long distance plus 2k (If invited)	18-19 Feb	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES. *Lightweight - agreed race body weight +4kg.
HP Matrix (If invited)	16-19 March	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES. *Lightweight - agreed race body weight +4k.
Memorial D’Aloja	30 March-04 April	Piediluco (ITA)	ONLY FOR SELECTED CREWS.
On Water Squad assessment 1	20-24 April	Cork – NRC or as otherwise decided	ONLY FOR INVITED CREWS. *Lightweight – agreed race bodyweight +3kg.
Lab Testing (Invited only)	24-27 April	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES.
European Championship	25-28 May	Bled (SLO)	ONLY FOR SELECTED CREWS

2K Ergo Test	13 June	Cork – NRC or as otherwise decided	ONLY IF REQUIRED. *Lightweight – agreed race bodyweight +2kg.
On Water Squad assessment 2	15- 18 June	Cork – NRC or as otherwise decided	ONLY FOR SELECTED CREWS. *Lightweight – agreed race bodyweight +2kg.
World Cup 3	5-9 July	Lucerne (SUI)	ONLY FOR SELECTED CREWS
National 2k Trials if needed	30 July – 2 August	Cork – NRC or as otherwise decided	ONLY FOR SELECTED CREWS
Olympic Qualification/World Championship	2-10 September	Belgrade (SRB)	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 unless differently agreed with the HPD.
- 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 Head Coach of each category, 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 Head 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) The SA and PARA Team Training Camps are mandatory for all Athletes and Coaches named in the Ireland SA and PARA Team unless differently agreed with the HPD.

7) Rowing Ireland reserves the right to nominate crew/s for targeted events at any time during the selection process if it is deemed that the crew/s have reached the required standard

8) 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

9) 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

10) 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