

**Appendix C to Rowing Ireland Selection Policy and
2023 Event Requirements For The U19 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 U19 Team to compete at 2023 Junior World Rowing Championships and Coupe de la Jeunesse (and any other event 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 for Juniors	Date	Location	Note
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TT 1 long distance (Open Event)	15 – 16 Oct	Cork – NRC or as otherwise decided	<u>CANCELLED FOR BAD WEATHER</u>
Ergo 100m, 500m & 6k @ open rates	07 Nov	Cork – NRC / Domestic	No specific drag factor requested).
Ergo 30min @ 20 SPM	8 Nov	Cork – NRC / Domestic	No specific drag factor requested.
TT 2 long distance (If invited)	12 - 13 Nov	Cork – NRC or as otherwise decided	<u>CANCELLED FOR BAD WEATHER</u>
Ergo 100m, 500m & 6k @ open rates (If no lab test)	22 Dec	Cork – NRC / Domestic	No specific drag factor requested.
Ergo 30min @ open rates (If no lab test)	23 Dec	Cork – NRC / Domestic	No specific drag factor requested.
2k ergo Irish Indoor Rowing Championships	4 Feb	Limerick or as otherwise decided	No specific drag factor requested
TT 3 long distance plus 2k (If invited)	18-19 Feb	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES.
HP Matrix (If invited)	16-19 March	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES.
On Water Squad Assessment 1	20-24 April	Cork – NRC or as otherwise decided	ONLY FOR INVITED CREWS.
Final squad selection trial for U19	15-18 June	Cork – NRC or as otherwise decided	ONLY FOR INVITED CREWS and based on school's calendar

Relocation to Cork	19 June	Cork – NRC	ONLY FOR SELECTED CREWS Exact date tbc
Final Crew selection if needed	26 June -28 June	Cork – NRC	ONLY FOR SELECTED CREWS
Junior World Championships	3-6 August	Parise (FRA)	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) 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.

3) 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.

4) The minimum on-water performance prg% benchmarks required in each boat class under consideration for U19 is around 2% from the top RI crew. 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.

5) 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

6) 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

7) Any athlete already selected, or nominated and still in contention to be selected, for the World Championship Team (Sen A, U23, U19) 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. (A decision regarding Coupe team athletes will be communicated later in the year once dates of the Irish Championships and Coupe de la Jeunesse are confirmed).