

**Appendix B to Rowing Ireland Selection Policy and
2023 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 2023 Event Requirements operate as an appendix to the Selection Policy and provide 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 2023 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 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. CANCELLED FOR BAD WEATHER
Ergo 100m, 500m & 6k @ open rates	07 Nov	Cork – NRC / Domestic	No specific drag factor requested). Lightweight – no minimum bodyweight requirement but recorded.
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>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 (If no lab test)	22 Dec	Cork – NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight - agreed race bodyweight +6kg. HP athletes who lab test only complete 6k
Ergo 30min @ open rates (If no lab test)	23 Dec	Cork – NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight – agreed race bodyweight +6kg HP athletes are exempted if listed for Lab Test
Ergo 30min @ open rates	2 Jan	Cork – NRC / Domestic	No specific drag factor requested. Lightweight Bodyweight – agreed race bodyweight +6kg Only for HP athletes who

			lab tested
2k ergo	21 Jan	National Rowing Centre	No specific drag factor requested. Lightweight Bodyweight as required by the event FOR U23 CENTRALISED AT THE NRC
2k ergo	4 Feb	Limerick	No specific drag factor requested. Lightweight Bodyweight as required by the event FOR U23 NOT CENTRALISED AT THE NRC
TT 3 long distance (If invited)	18-19 Feb	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES. *Lightweight - agreed race body weight +4k.
HP Matrix (If invited)	16-19 March	Cork – NRC or as otherwise decided	ONLY FOR INVITED ATHLETES. *Lightweight - agreed race body weight +4kg.
On Water 2k 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.
2K Ergo Test	13 June	Cork – NRC or as otherwise decided	ONLY IF REQUIRED. *Lightweight – agreed race bodyweight +2kg.
Final selection for U23	15- 18 June	Cork – NRC or as otherwise decided	ONLY FOR SELECTED CREWS.
Relocation to Cork	19 June	Cork – NRC	ONLY FOR SELECTED CREWS

U23 World Championships	19 – 23 July	Plovdiv (BUL)	ONLY FOR SELECTED CREWS
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NOTES:

1) All National Ergometer testing is to be conducted as indicated on the event requirement document and sent 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 U23 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 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 Head Coaches and in conjunction with the HPD and Head Coaches 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