



Appendix A to Rowing Ireland Selection Policy and 2024 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 2024 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 2024 European Championships in Szeged (HUN), The 2024 World Cup (and any other) Regattas to be attended.
- Selection consideration for the Ireland Senior A Team to compete at the 2024 Final Olympic Qualification Lucerne (SUI) and Olympic Games in Paris (FRA)

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
On water TT long distance (open event)	11 th -12 th November	Cork – NRC or as otherwise decided	Lightweight – no minimum bodyweight requirement but recorded. <u>Distance for PARA 3k.</u>
National Ergo monitoring 500m - 6k @open rates - 30min) @ open rate	15 th – 16 th November	Cork – NRC or as otherwise decided	Lightweight – no minimum bodyweight requirement but recorded. <u>Distance for PARA 3k</u> and 20min.
Ergo 2k test	18 th January	Cork–NRC / Domestic	No specific drag factor requested. Lightweight bodyweight 75kg for LM – 62 kg for LW. For all carded athletes or centralised at the NRC. Senior rowers not based at the NRC must carry this out at the National indoor Championship on Jan 20th.
On water TT , 6K for SA and ADAPTIVE (3k). On water 2k Matrix.	22 nd -24 th January	Cork – NRC / Domestic	No specific drag factor requested. Lightweight bodyweight 75kg for LM – 62 kg for LW
On water Squad Selection Assessment 1 - 2K trials	07 th -10 th March	Cork – NRC or as otherwise decided	ONLY FOR INVITED CREWS. *Lightweight bodyweight 74kg for LM – 61 kg for LW.

Ergo 2k test	01 st April	Cork – NRC / Domestic	No specific drag factor requested. Lightweight bodyweight 73kg for LM – 60 kg for LW. For all carded athletes or centralised at the NRC. Senior rowers not based at the NRC must carry this out at their clubs
On water Squad Selection Assessment 2 - 2K trials	07 th -10 th April	Cork – NRC or as otherwise decided	ONLY FOR INVITED CREWS. *Lightweight bodyweight 73kg for LM – 60 kg for LW
European Championship Regatta	25 th -28 th April	Szeged (HUN)	ONLY FOR SELECTED CREWS
Final Olympic Qualification Regatta	19 th -21 st May	Lucerne (SUI)	ONLY FOR SELECTED BOATS TO BE QUALIFIED
World Cup 2 Regatta	24 th -26 th May	Lucerne (SUI)	ONLY FOR CREWS ALREADY QUALIFIED
National 2k Trials if needed	27 th May – 02 nd June	Cork – NRC or as otherwise decided	
Olympic Games	27 th – 04 th July	Paris (FRA)	
Paralympic Games	30 th August – 1 st September	Paris (FRA)	.

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 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 no later than five (5) days before the event.
- 4) The HPD, supported by the 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 it's 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, taking previous trial prognostic scores into consideration if required. Achievement of the minimum on water performance prg % benchmarks do 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/dates 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 Olympic Games (Sen A,) 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 Olympic Games event. Selection for 2024 World Championships (If part of the plan) of Selected Paris Olympic Team members will be based on a number of factors including results from trials in that season.

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