



## **Appendix B to Rowing Ireland Selection Policy and 2024 Event Requirements for the U23 & 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 2024 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 & U19 Team to compete at 2024 U23 & U19 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 & U19 Ireland based athletes	Date	Location	Note
Ergo 500m 6k @ open rates & 30min	18 <sup>th</sup> -19 <sup>th</sup> September	Cork – NRC / Domestic	No specific drag factor requested). Lightweight – no minimum bodyweight requirement but recorded.
TT 1 long distance (Open Event)	23 <sup>rd</sup> -24 <sup>th</sup> September	Cork – NRC or as otherwise decided	<b>Lightweight</b> – no minimum bodyweight requirement but recorded
Ergo 500m & 6k @ open rates 30@ open rate	16 <sup>th</sup> -17 <sup>th</sup> October	Cork – NRC / Domestic	No specific drag factor requested). <b>Lightweight</b> – no minimum bodyweight requirement but recorded.
TT 2 long distance(If Invited )	21 <sup>st</sup> - 22 <sup>nd</sup> October	Cork – NRC or as otherwise decided	<b>Lightweight</b> –no minimum bodyweight requirement but recorded.
Ergo 500m 6k @ open and 30 min @open	06 <sup>th</sup> 07 <sup>th</sup> Nov	Cork – NRC / Domestic	No specific drag factor requested. Lightweight no minimum bodyweight requirement but recorded

TT 3 long distance(If Invited )	11 <sup>th</sup> - 12 <sup>th</sup> Nov	Cork – NRC or as otherwise decided	<b>Lightweight</b> – no minimum bodyweight requirement but recorded.
Ergo 500m 6k @ open rates & Ergo 30min @ open rates	04 <sup>th</sup> 05 <sup>th</sup> Dec	Cork – NRC / Domestic	No specific drag factor requested. <b>Lightweight</b> no minimum bodyweight requirement but recorded
Irish Indoor Ergo 2k	20 <sup>h</sup> Jan	Cork or at the Irish Indoor Championships	<b>Lightweight</b> Bodyweight 75kg – 62kg
On Water TT4 long distance(If Invited )	27 <sup>th</sup> – 28 <sup>th</sup> Jan	Cork	<b>Lightweight</b> - agreed race body 75kg – 62kg ONLY FOR INVITED ATHLETES.
Camp at the NRC for invited athletes	February Dates TBC	Cork	<b>Only for Invited Athletes</b>
On Water 2k	7 <sup>th</sup> – 10 <sup>th</sup> March	Cork	<b>Lightweight</b> – bodyweight 74kg – 61kg. ONLY FOR INVITED CREWS.
Camp at the NRC for invited athletes	May Dates TBC	Cork	<b>Only for Invite Athletes</b>
U19 European Championships	17 <sup>th</sup> -19 <sup>th</sup> May	Minsk (BLR)	<b>U19</b>  <b>TBC</b>

On Water 2k Crew Selection	29 <sup>th</sup> – 30 <sup>th</sup> June	Cork	<b>U23 &amp; U19 Lightweight</b> – bodyweight 73kg – 60kg. ONLY FOR INVITED CREWS.
U23 & U19 World Championships	19 <sup>th</sup> -25 <sup>th</sup> August	St Catherin (CAN)	<b>U19 U23</b>
U23 European Championships	7 <sup>th</sup> -9 <sup>th</sup> sept	Edine (TUR)	<b>U23</b>  <b>TBC</b>

**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 U23 and U19 is around 2% from the top U23 and U19 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 U23 & U19 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 (if appointed) or designated coordinator and in conjunction with the HPD and Pathway Coordinator (if appointed) or designated coordinator meet agreed performance standards before invitation to June final 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

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