Appendix C — Junior High Performance Selection Guidelines

Background:

The 2025/26 Selection Guidelines operate as an appendix to the Selection Policy and provide additional details on the activities that rowers and coxswains must complete to be eligible for the following events:

- Home International Regatta
- Coupe de la Jeunesse
- 2026 U19 World Rowing Championships
- 2026 U19 European Rowing Championships (TBC)

Athletes must complete all activities stipulated in this Selection Guideline unless 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.

Notes:

1) Participation of athletes at the Selection Trials will be by invitation only for a number of the events listed below. RI will announce the list of athletes invited to the Selection Trial no later than seven (7) days before the event.

2) Overseas Athletes must complete the erg testing requirements as agreed with the Pathway Coordinator and meet agreed performance standards before invitation to June final trials.

3) All events are subject to change as deemed necessary based on weather conditions and unforeseen circumstances.

4) At the discretion of the HPD and Lead Coach, 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.

Event	Date	Location	Note
Erg Test - 6k @ open rate	1st- 9th November	Domestic	No specific drag factor requested
Water Trial 1 - 3km	22nd - 23rd November	Cork – NRC	Open Event
Training Camp	7th December	Cork – NRC	Invited athletes only
Erg Test - 2km @ open rate	1st – 26th January	Domestic	Open Event
Testing Camp	13th - 16th February	Cork – NRC	Invited athletes only
Water Trial 2 - 2km	28th - 29th March	Cork – NRC	Invited athletes only
Water Trial 3 - 2km	1st - 3rd May	Cork – NRC	Invited athletes only
U19 European Rowing Championships	**23rd - 24th May**	**Brandenburg, Germany**	**Event TBC**
Home International Regatta	**25th July**	**Docklands, England**	**Selected Athletes Only**
Coupe de la Jeunesse	**25th - 26th July**	**Lucerne, Switzerland**	**Selected Athletes Only**
U19 World Rowing Championships	**6th - 9th August**	**Plovdiv, Bulgaria**	**Selected Athletes Only**