Appendix A — Senior 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:

- 2026 World Cup I
- 2026 World Cup III
- 2026 European Rowing Championships (TBC)
- 2026 World Rowing Championships

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 HPD and Lead Coach and meet agreed performance standards before invitation to 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	28th Dec - 11th Jan	Seville, Spain	Invited athletes only
Erg Test - 2km @ open rate	1st – 26th January	Domestic	Open Event
Water Trial 2 - 2km	24th - 29th March	Cork – NRC	Invited athletes only
World Cup I	**29th - 31st May**	**Seville, Spain**	**Selected Athletes Only**
World Cup III	**26th - 28th June**	**Lucerne, Switzerland**	**Selected Athletes Only**
Water Trial 3 - 2km	6th - 10th July	Cork – NRC	Invited athletes only
European Rowing Championships	**31st Jul - 2nd Aug**	**Varese, Italy**	**Event TBC**
World Rowing Championships	**24th - 30th August**	**Amsterdam, Netherlands**	**Selected Athletes Only**