# Appendix B — U23 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 U23 World Rowing Championships
- 2026 U23 European Rowing Championships (TBC)
- Home International Regatta (U23 and Senior Categories)

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**<br>- 6k @ open rate | 1st - 9th November | Domestic | No specific drag factor requested |
| **Water Trial 1**<br>- 3km | 22nd - 23rd November | Cork – NRC | Open Event |
| **Training Camp** | 20th - 22nd December | Cork – NRC | Invited athletes only |
| **Erg Test**<br>- 2km @ open rate | 1st – 26th January | Domestic | Open Event |
| **Testing Camp** | 14th - 15th March | Cork – NRC | Invited athletes only |
| **Water Trial 2**<br>- 2km | 27th - 29th March | Cork – NRC | Invited athletes only |
| **Water Trial 3**<br>- 2km | 15th - 21st June | Cork – NRC | Invited athletes only |
| ***Home International Regatta*** | **July 2026 (Date TBC)** | **England (Location TBC)** | **Selected Athletes Only** |
| ***U23 World Rowing Championships*** | **23rd - 26th July** | **Duisburg, Germany** | **Selected Athletes Only** |
| ***U23 European Rowing Championships*** | **5th - 6th September** | **Kruszwica, Poland** | **Event TBC** |