Appendix B — U23 High Performance Selection Guidelines

Background:

The 2026/27 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:

- 2027 U23 World Rowing Championships
- 2027 U23 European 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 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
Water Trial 1 - 2km	3rd – 4th October	Cork – NRC	Open Event *(Back up date: 10th/11th Oct)*
Erg Test - 2k @ open rate	1st- 31st October	Domestic	Submission 5pm October 31st
Water Trial 2 - 2km	28th – 29th November	Cork – NRC	Invited athletes only *(Back up date: 5th/6th Dec)*
Training Camp	18th – 20th December	Cork – NRC	Invited athletes only
Erg Test - 2km @ open rate	1st – 31st January	Domestic	Open Event
Water Trial 3 - 2km	20th – 21st February	Cork – NRC	Invited athletes only *(Back up date: 27th/28th Feb)*
Training Camp	13th – 14th March	Cork – NRC	Invited athletes only (Potential testing opportunity)
Water Trial 4 - 2km	3rd – 4th April	Cork – NRC	Invited athletes only *(Back up date: 24th/25th Apr)*
Provisional Trial - 2km	8th – 9th May	Cork – NRC	Only if required
U23 Final Trial - 2km	10th – 13th June	Cork – NRC	Invited athletes only
U23 World Rowing Championships	**July (TBC)**	**TBC**	**Selected Athletes Only**
U23 European Rowing Championships	**September (TBC)**	**TBC**	**Selected Athletes Only**