

## EVENT REQUIREMENTS

2023 INTERSTATE STATE TEAM

Penrith Cup (Men's Lightweight Four) and Victoria Cup (Women's Lightweight Quad)

**Please Note:** Rowing South Australia ("RSA") will review these Event Requirements by no later than October of each year but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards prior to the relevant event or trial and the publication or notification shall take effect in accordance with the RSA Selection Policy.

### BACKGROUND

The RSA State Team Selection Policy outlines the broad selection criteria for all rowers and coxswains and can be viewed on the [RSA website](#). This document operates as an appendix to the Selection Policy and outlines the activities that rowers must complete to be eligible for selection consideration for Penrith and Victoria Cup.

Please note athletes who are also seeking Australian Rowing Team selection will need to satisfy the requirements set out in the corresponding Event Requirements set by [Rowing Australia](#).

All athletes must complete all activities stipulated in these Event Requirements unless there are Extenuating Circumstances (as defined in the Selection Policy) that prevent this.

### EVENT REQUIREMENTS- ACTIVITIES & KEY DATES

Activity	Type	See note(s)	Date
Nominations open for athlete, coxswain, and coaches		1 & 2	17 <sup>th</sup> October 2022
October Time Trial	Encouraged	4, 5, 11a	22 <sup>nd</sup> October 2022
5000m Erg	Encouraged	4, 6a, 11a	6 <sup>th</sup> -11 <sup>th</sup> November 2022
November Time Trial	Encouraged	4, 5, 11a	19 <sup>th</sup> November 2022
Nominations close for athlete, coxswain, and coaches		1 & 2	4 <sup>th</sup> December 2022
State Team Information Session			5 <sup>th</sup> December 2022
2000m Erg	Mandatory	6b, 11a	12 <sup>th</sup> -16 <sup>th</sup> December 2022
December Time Trial	Mandatory	5, 11a	17 <sup>th</sup> December 2022
5000m Erg	Mandatory	6a, 11b	9 <sup>th</sup> -23 <sup>rd</sup> January 2023
State Team Training Day 1	Mandatory	12a	29 <sup>th</sup> January 2023
New South Wales State Championships OR February West lakes Regatta	Mandatory	7, 11c	10 <sup>th</sup> -12 <sup>th</sup> February 2023 OR 11 <sup>th</sup> February 2023
State Team Training Day 2	Mandatory	12a	19 <sup>th</sup> February 2023
South Australian Rowing State Championships	Mandatory	8, 11d	25 <sup>th</sup> -26 <sup>th</sup> February 2023
Seat Racing (if required) and/or Speed Order (if required)	Mandatory	9, 11e	3 <sup>rd</sup> – 4 <sup>th</sup> March 2023
Crews Announced			9 <sup>th</sup> March 2023
State Team Training Day 3	Mandatory	12a	12 <sup>th</sup> March 2023
State Team Presentation Event			19 <sup>th</sup> March 2023
Australian Rowing Championships	Mandatory	10, 11g	27 <sup>th</sup> March - 2 <sup>nd</sup> April 2023

1. **ELIGIBILITY:** Athletes seeking selection must fulfil all requirements in the [RSA Selection Policy](#).
2. **NOMINATIONS:** Athletes seeking selection are required to Nominate via the [RSA Website](#). The Selectors may, at their discretion, accept late nominations up to the completion of the selection events.

Nominations Close: 11:59pm on Sunday the 4<sup>th</sup> of December 2022.

Lightweights must submit their current weight, evidence of making weight and/or a plan for making weight.

3. **GENERAL CRITERIA:** As far as is practical, for NTC based athletes, the results from the National Senior A Selection Event Requirements listed as Mandatory activities in the RSA Selection Requirements will be used as the basis to select these athletes into the South Australian team.

4. **ENCOURAGED AND COMPULSORY EVENTS:** Encouraged events are not compulsory but are strongly recommended. While not compulsory, the results of these activities may be considered in forming selection decisions. These activities should form an important part of each athlete's program and are designed to assist the athlete to achieve their best performance outcome.

Mandatory Selection Events apply to all athletes. Athletes who cannot participate in any of the mandatory selection activities must apply for an exemption for each activity that they are unable to participate in.

5. **4.8KM TIME TRIALS:** are to be completed at West Lakes.
  - (a) For the October and November 4.8km Time Trials: All rowers are strongly recommended to compete in the single.
  - (b) For the December 4.8km Time Trial: All athletes are strongly encouraged to row a single but can also race a pair.
  - (c) Athletes must compete in their club/school zootie
  - (d) Athletes must weigh in
6. **ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RA website](#). Performances will be assessed against the Ergometer Benchmarks set in the RSA State team benchmark policy.
  - (a) **Encouraged November 5000m and Mandatory January 5000m:** must be completed at athletes' clubs/schools and must be supervised by a coach. Results must be submitted on the day of completion on the [RSA Website](#).
  - (b) **Mandatory December 2000m:** must be completed at athletes' clubs/schools and must be supervised by a coach. Results must be submitted on the day of completion on the [RSA Website](#).

7. **NSW STATE CHAMPIONSHIPS OR WEST LAKES REGATTA:** All nominees are required to participate in either the NSW State championships or the RSA West Lakes Regatta.

- (a) Athletes are required to race in either a single or a pair.
- (b) Athletes are strongly encouraged to race a single.

8. **SOUTH AUSTRALIAN STATE CHAMPIONSHIPS:** All athletes are required to participate in the South Australian State Championships.

- (a) Athletes are required to race in either a scull or a pair.
- (b) Athletes are strongly encouraged to race a single.
- (c) Athletes are strongly encouraged to compete in other boat categories in addition to the small boat.

9. **SEAT RACING/SPEED ORDER:** The Selectors reserve the right at their sole discretion to choose the crew combinations and the matrix of seat racing. Selectors reserve the right to conduct a Speed order trial where seat racing is not required or after the crew has been selected.

10. **AUSTRALIAN NATIONAL CHAMPIONSHIPS:** All successful athletes are required to compete in the Interstate Regatta and at least one other event at the National Championships unless otherwise negotiated with the selectors.

11. **LIGHTWEIGHT:** Athletes are required to complete all selection events according to lightweight criteria.

Lightweight athletes are required to be within the following weight ranges for racing, time trials and testing:

- (a) Prior to 1 January athletes must be no greater than the following weights - Men 75.0kg and Women 62.0kg.
- (b) For the January 5km ergometer test athletes must be no greater than the following weights - Men 73.75 kg and Women 60.5 kg;
- (c) At the NSW State Championships/West Lakes Regatta athletes must be at no greater than FISA maximum weight (Men 72.5kg and Women 59.0 kg);
- (d) For the South Australian State Championships athletes must be no greater than FISA maximum weight (Men 72.5kg and Women 59.0kg).
- (e) For the seat racing and/or speed trials athletes must be no greater than FISA maximum weight (Men 72.5kg and Women 59.0kg).
- (f) For racing at the National Championships, athletes must abide by the rules of racing at these respective events (meet the average crew weights of Ave Crew: Men 70.0kg and Women 57.0kg).

12. **TRAINING:** All athletes expected to be completing a full training load outside of state team event requirements.

- (a) **Training days:** are mandatory and are used for selection. All training days will be on a Sunday. Coaches and selectors will use this opportunity to look at the crew cohesion and adjust seating orders to determine the optimum configuration. Athletes must be available for boat loading/unloading.
- (b) **West Lakes Trainings:** are compulsory with a minimum of one session per week (with exceptions). West Lakes trainings will be negotiated with the State Team coach as to determine the most suitable day/s.

Below are the set training days. Note additional trainings may be scheduled as required. This will be managed by the coach and communicated via email. Any additional trainings to these dates are not a part of selection and depend on athlete availability.

Training	Time	Date
Boat Loading	TBD	28 <sup>th</sup> January 2023
State Team Training Day 1	7:00am-2:00pm	29 <sup>th</sup> January 2023
Boat Loading	Directly after SPS #3 (Time TBD)	18 <sup>th</sup> February 2023
State Team Training Day 2	7:00am-2:00pm	19 <sup>th</sup> February 2023
Boat Loading	Directly after West Lakes Regatta (Time TBD)	11 <sup>th</sup> March 2023
State Team Training Day 3	7:00am-2:00pm	12 <sup>th</sup> March 2023

13. **BENCHMARKS:** will be used to help make selection decisions by the selectors. Refer to the [RSA benchmarks policy](#) for more information.

- (a) Selectors reserve the right to not select an athlete/crew if there is a failure to meet minimum benchmarks.