

EVENT REQUIREMENTS

2023 INTERSTATE STATE TEAM

PR3 M1x (Men's Para Scull) and PR3 W1x (Women's Para Scull)

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 PR3 M1x and PR3 W1x.

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 th October 2022
October Time Trial	Encouraged	5	22 nd October 2022
5000m Erg	Encouraged	6a	6 th -11 th November 2022
November Time Trial	Encouraged	5	19 th November 2022
Nominations close for athlete, coxswain, and coaches		1 & 2	4 th December 2022
State Team Information Session			5 th December 2022
2000m Erg	Mandatory	6b	12 th -16 th December 2022
December Time Trial	Mandatory	5	17 th December 2022
5000m Erg	Mandatory	6a	9 th -23 rd January 2023
State Team Training Day 1	Encouraged	9a	29 th January 2023
State Team Training Day 2	Encouraged	9a	19 th February 2023
South Australian Rowing State Championships	Mandatory	7	25 th -26 th February 2023
Crews Announced			9 th March 2023
State Team Training Day 3	Encouraged	9a	12 th March 2023
State Team Presentation Event			19 th March 2023
Australian Rowing Championships	Mandatory	8	27 th March - 2 nd April 2023

- 1. ELIGIBILITY:** Athletes seeking selection must fulfil all requirements in the [RSA Selection Policy](#).

Athletes must be internationally classified either with a 'Confirmed' or 'Review' sport class status. A PR2 or PR1 athlete may nominate but will be required to complete testing under PR3 Criteria.

- 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 4th of December 2022.

- 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 must row in a single.

(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' club/school 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' club/school and must be supervised by a coach. Results must be submitted on the day of completion on the [RSA Website](#).

- 7. SOUTH AUSTRALIAN ROWING STATE CHAMPIONSHIPS:** All athletes are required to participate in the South Australian State Championships. Athletes are required to race in a single. This will be the main selection event.

- 8. AUSTRALIAN NATIONAL CHAMPIONSHIPS:** 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.

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

(a) **Training days:** are encouraged and will be on a Sunday. Training days are not part of selection for scullers but provide a structure for training. 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.

Training	Time	Date
State Team Training Day 1	7:00am-2:00pm	29 th January 2023
State Team Training Day 2	7:00am-2:00pm	19 th February 2023
State Team Training Day 3	7:00am-2:00pm	12 th March 2023

(b) **West Lakes Trainings:** are not compulsory for scullers and they can train within their own schedule with their Coach and the State Team Head Coach's oversight.

- 10. LIGHTWEIGHT ATHLETES:** No adjustments will be made for lightweight athletes nominated for heavyweight events. Lightweight athletes who have nominated for the scull will need to complete all testing and selection events under Para criteria.

- 14. 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 a sculler if there is a failure to meet minimum benchmarks.