

## EVENT REQUIREMENTS

2023 INTERSTATE STATE TEAM

Kings Cup (Men's Senior Eight) and Queens Cup (Women's Senior Eight)

**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 Kings and Queens 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	22 <sup>nd</sup> October 2022
5000m Erg	Encouraged	6a	6 <sup>th</sup> -11 <sup>th</sup> November 2022
November Time Trial	Encouraged	4, 5	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	12 <sup>th</sup> -16 <sup>th</sup> December 2022
December Time Trial	Mandatory	5	17 <sup>th</sup> December 2022
5000m Erg	Mandatory	6a	9 <sup>th</sup> -23 <sup>rd</sup> January 2023
State Team Training Day 1	Mandatory	11a	29 <sup>th</sup> January 2023
New South Wales State Championships OR February West lakes Regatta	Mandatory	7	10 <sup>th</sup> -12 <sup>th</sup> February 2023 OR 11 <sup>th</sup> February 2023
State Team Training Day 2	Mandatory	11a	19 <sup>th</sup> February 2023
South Australian Rowing State Championships	Mandatory	8	25 <sup>th</sup> -26 <sup>th</sup> February 2023
Seat Racing (if required) and/or Speed Order (if required)	Mandatory	9	3 <sup>rd</sup> – 4 <sup>th</sup> March 2023
Crews Announced			9 <sup>th</sup> March 2023
State Team Training Day 3	Mandatory	11a	12 <sup>th</sup> March 2023
State Team Presentation Event			19 <sup>th</sup> March 2023
Australian Rowing Championships	Mandatory	10	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.

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 or a pair.
  - (b) For the December 4.8km Time Trial: All athletes are strongly recommended to row in a single but may row in 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 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. Athletes are required to race in either a scull or a pair.
8. **SOUTH AUSTRALIAN ROWING STATE CHAMPIONSHIPS:** All athletes are required to participate in the South Australian State Championships.

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

12. **LIGHTWEIGHT ATHLETES:** No adjustments will be made for lightweight athletes nominated for heavyweight crews. Lightweight athletes who have nominated for Heavyweight crews will need to complete all testing and selection events under heavyweight 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 an athlete/crew if there is a failure to meet minimum benchmarks.