

Please Note: Rowing South Australia ("RSA") will review these Event Requirements by no later than December 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 athletes must complete to be eligible for selection for the Master's Men's and Women's Eight and Quad.

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	Athletes	See note(s)	Date
Nominations open for athletes and coxswain		1, 2, 3, 4, 5	1 st March 2023
1000m Erg Test (Part of Nomination)	Mandatory	6a	1 st March - 13 th April 2023
Nominations close for athletes and coxswain			13 th April 2023
March West Lakes Regatta	Encouraged	7	11 th March 2023
Masters and Grade Regatta	Encouraged	8	15 th April 2023
Masters, 3 rd Grade and Novice State Championships	Mandatory	9	22 nd -23 rd April 2023
Seat Racing (if required) and/or Speed Order (if required)	Mandatory	10	29 th -30 th April 2023
Crews Announced			3 rd May 2023
Selected Squad Training Commences	Mandatory	12	4 th May 2023
State Team Presentation Event	Encouraged		TBD May 2023
Australian Masters Rowing Championships - Sydney	Mandatory	11	1 st June-4 th June 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 Thursday the 13th of April 2023.
3. **AGE CATEGORIES:** The Masters Interstate boats are all category D. This is an average age of 50 years or more. RSA Selectors must, to the best of their ability select a D grade crew. All athletes are encouraged to nominate but be aware that selection decisions are tied to the age requirements and as such a slower athlete may be selected to meet this requirement.
4. **INTERSTATE NOMINEES:** Athletes who have also nominated for the Interstate State Team will need to communicate this upon nomination with the selectors. Athletes are required to fulfil the Interstate requirements as a priority. Any conflicting priorities must be discussed with the selectors in advance. It is at the selectors discretion to dismiss, extend or replace requirements in these circumstances.
5. **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.
6. **ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RA website](#).
 - (a) **1000m:** must be completed at athletes' clubs and must be supervised by a coach. Results must be submitted as part of the athlete's nomination. No nomination will be accepted without the March/April 1000m erg submission. Submit the nomination and ergo on the [RSA Website](#).
 - (b) Should the selectors require further erg testing sufficient notice must be provided and follow the protocols above. Athletes are required to complete any additional ergs within reason.
7. **MARCH WEST LAKES REGATTA:** All athletes are encouraged to participate in the March West Lakes Regatta.
 - (a) Athletes are encouraged 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.
8. **MASTERS AND GRADE REGATTA:** Athletes are encouraged to race in the Masters and Grade regatta in small and big boats.
 - (a) Athletes are encouraged 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. **MASTERS, 3RD GRADE & NOVICE STATE CHAMPIONSHIPS:** All athletes are required to participate in the Masters, 3rd Grade & Novice 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.
10. **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.
11. **AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS:** All successful athletes are required to compete in the Masters Interstate Race and at least one other event at the Masters Rowing Championships unless otherwise negotiated with the selectors.
12. **TRAINING:** All athletes are expected to be completing a full training load outside of state team event requirements.

Trainings will be organised by coaches in consultation with crews. Training will commence on the 4th of May with the selected crews or earlier if seat racing is not required. Athletes must be available (within reason) for trainings up until the conclusion of the AMRC.
13. **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.