

## EVENT REQUIREMENTS

2023 PATHWAY STATE TEAM

Pathway Men's Eight and Pathway Women's Eight

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 rowers must complete to be eligible for selection consideration for Pathway Men's or Women's Eights.

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](#).

Athletes who have also nominated for the Youth Eight for the Interstate State Team will need to abide by the Youth Event Requirements and notify the Selectors. If deselected from the Youth trials, then all remaining selection events should be completed using the Pathway State Team Event Requirements.

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	1 <sup>st</sup> January 2023
2000m Erg	Mandatory	4	1 <sup>st</sup> January- 9 <sup>th</sup> February 2023
Nominations close for athlete, coxswain, and coaches		1 & 2	9 <sup>th</sup> February 2023
Pathway State Team Information Session	Mandatory		13 <sup>th</sup> February 2023
South Australian Rowing State Championships	Mandatory	5, 9	25 <sup>th</sup> -26 <sup>th</sup> February 2023
Seat Racing (if required)	Mandatory	6, 9	5 <sup>th</sup> -6 <sup>th</sup> March 2023
Head of the River		10	18 <sup>th</sup> March 2023
Winning HOR Crew and Pathway Crew invitations sent out			19 <sup>th</sup> March 2023
Acceptance of invitations			28 <sup>th</sup> March 2023
2 <sup>nd</sup> round of Crew invitations sent out (if required)			29 <sup>th</sup> March 2023
Pathway Training Commences	Mandatory	11	5 <sup>th</sup> April 2023
Pathway State Team BBQ and Presentation	Mandatory		TBC 21 <sup>st</sup> April 2023
Pathway Regatta (Including travel and training)	Mandatory	7, 9	TBC 25 <sup>th</sup> -28 <sup>th</sup> April 2023

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

A rower or coxswain shall be classified as an Under 19 rower until 31 December of the year in which the rower reaches the age of 19. Pathway athletes must be current school students.

- 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. Athletes must confirm their ability to row sweep.

Coxswains must submit a coxing CV, including one coaching referee, and one recent coxswain recording. The CV should outline coxing history, past performance, and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit further recordings and/or participate in a coxswain selection interview.

Nominations Close: 11:59pm on Thursday the 9<sup>th</sup> February 2023.

- 3. MANDATORY 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.
- 4. ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RA website](#). Men's drag factor 125 and Women's drag factor 100.
  - (a) 2000m:** must be completed at athletes' clubs/schools 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 January 2000m erg submission. Submit the nomination and ergo on the RSA Website.
  - (b) Minimum requirement:** The minimum benchmark erg time to be considered is 6:45 for men and 7:45 for women.
  - (c) Interstate Nominees:** note that Pathway nominees who have also nominated for Interstate and are still trialling and required to do the 5000m Interstate erg may submit their December 2000m erg test.
- 5. SOUTH AUSTRALIAN ROWING STATE CHAMPIONSHIPS:** All athletes are required to participate in the South Australian State Championships.
  - (a)** Athletes are required to compete in a sweep boat, either a Four (4-), Coxed Four (4+) or Eight (8+) to demonstrate competency.
  - (b)** Coxswains are required to cox one boat and record the race to submit to the Selectors.

- 6. SEAT RACING:** The Selectors reserve the right at their sole discretion to choose the crew combinations and the matrix of seat racing. Athletes and Coxswain are required to attend seat racing.
- 7. AUSTRALIAN PATHWAY REGATTA:** All successful athletes are required to compete in the Pathway Regatta which is held within the Underage Selection Trials.
  - (a)** HOR Winners (Men/Women)
  - (b)** Pathway Selected Crews (Men/Women)
  - (c)** Pathway Reserves 'Fruit Salad' (Men/Women). The selected reserves will race in a crew made up of all the states reserves.
- 8. 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.
- 9. COXSWAINS:** have a target weight of 55kg at the South Australian State Championships, Seat Racing, and the Pathway Regatta.
- 10. HOR SELECTION:** The winning Schoolgirl and Schoolboy First Eights from the 2023 Head of the River Regatta will be extended an invitation to represent South Australia at the 2023 Interstate Pathway Regatta, regardless of whether all athletes have nominated or attended selection events. Athletes in these crews who are unavailable to compete at the 2023 Interstate Pathway Regatta will be replaced internally within the school or with highest ranked nominated athlete/s.
- 11. TRAINING:** All athletes are expected to be completing a full training load and training outside of Pathway State Team event requirements.

Training is mandatory for all selected athletes/coxswain. Coaches will use this opportunity to look at the selected crew cohesion and adjust seating orders to determine the optimum configuration.

Below is an **example** of Training Schedule once training commences on the 5<sup>th</sup> of April. Please note this is after school rowing obligations conclude. Any additional trainings/changes to these dates will be managed by the coach and communicated via email.

Note this is a guide and can be changed depending on coaches and athlete availability and weather. Additional trainings may be scheduled by coaches as required and in consultation with athletes. This will be managed by the coach and communicated via email.

DRAFT Pathway Training Program 2023							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
APRIL	3	4	5	6	7	8	9
Session 1 7:00am			Training Commences		Row	Row 1 Row 2	
Session 2 4:15pm			Row	Row			
APRIL	10	11	12	13	14	15	16
Session 1 7:00am	Cross Train 60'			Cross Train 60'	Row	Row 1 Row 2	
Session 2 4:15pm		Row	Row/Erg				
APRIL	17	18	19	20	21	22	23
Session 1 7:00am	Cross Train 60'			Cross Train 60'	Row Load Trailer		
Session 2 4:15pm		Row	Row/Erg				
APRIL	24	25	26	27	28	29	30
Session 1 7:00am	Travel to Sydney	Row	Row Heats	Row Finals			
Session 2 4:15pm	Row	Row		Travel to Adelaide			