



2026 State Team

2026 EVENT REQUIREMENTS OCEANIA U22 STATE TEAM ATHLETES, COXSWAINS & COACHES

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 nominees must complete to be eligible for selection consideration in the SA Oceania U22 Team.

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	State Team	Type (Minimum)	See note(s)	Date
Nominations open for athlete, coxswain, and coaches	Oceania		1, 2	2 February 2026
Oceania Team Information Session	Oceania	Recommended		11 February 2026
5000m Ergo (submitted upon nomination)	Oceania	Mandatory	3, 4, 7	1 January – 27 February 2026
February West Lakes Regatta	Oceania	Recommended	5, 7	21 February 2026
Nominations close for athlete, coxswain, and coaches	Oceania		1, 2	27 February 2026
March West Lakes Regatta	Oceania	Mandatory	3, 5, 7	7 March 2026
2000m Ergo	Oceania	Mandatory	3, 4, 7	17 March 2026
<i>Australian Rowing Championships</i>				<i>23 – 29 March 2026</i>
Seat Racing and Coxswain Interviews	Oceania	Mandatory	2, 3, 6, 7	1 – 3 May 2026
Oceania Team Announcement	Oceania			5 May 2026
Oceania Team Presentation Event	Oceania	Mandatory	3	9 May 2026
Oceania U22 Regatta	Oceania	Mandatory	8	22 – 25 May 2026



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1. **ELIGIBILITY:** Athletes, Coxswains and Coaches seeking selection must fulfil all requirements in the RSA Selection Policy.

Athletes and Coxswains to be considered for the Oceania Team must be classified as an Under 22 athlete until 31 December of the year in which the rower reaches the age of 21, exception of Para athletes where there is no maximum age. Athletes and Coxswains need to have reached the age of 18 as at the first day of competition. Athletes and Coxswains must not have made an U23 or Senior A National Team in the year of competition, nor be a current member of the Australian National Training Centres.

2. **NOMINATIONS:** Athletes, Coxswains and Coaches seeking selection are required to Nominate via the RSA Website.

Nominations Close: 11:59pm on 27th February 2026.

- a. Athletes must submit their best 2000m ergo completed in 2025.
 - b. Athletes must have a high level of competency in sweep rowing as all will be racing in a sweep boat at least once.
 - c. Coxswains must submit a coxing CV, including one coaching referee, and one recent coxswain race recording (recorded in 2026). The CV should outline coxing history, past performance, and relevant experience. Following the consideration of submitted information, coxswains may also be required to submit coxswain recordings and/or participate in a coxswain selection interview.
3. **MANDATORY EVENTS:** Mandatory Selection Events apply to all nominees. Nominees 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.

Coaches will be required to complete an induction with Rowing SA before commencing.

4. **ERGOMETER TESTING:** Is to be conducted in line with Australian Rowing Team Ergometer Testing protocols, available on the [RSA website](#).
 - a. All ergo testing must be completed at the athletes' club/school and be supervised by a coach. Results must be submitted on the day of completion via the RSA Website.
 - b. Upon submission, athletes will be required to provide a photo of the erg memory screen, Concept 2 reference number, and identify the coach that supervised.
5. **WEST LAKES REGATTA:** all nominated athletes are required to participate in the Small Boat Combine event. Athletes are required to race in either a single scull or a pair. **It is up to the athlete to ensure their club/school enters them prior to close of entries as no late entries can be accepted into regattas.** Results from both the heat and final may be considered by the Selectors, and athletes are required to compete in both, unless exemption is granted. Progressions will be managed by the Regatta Operations Manager and will not be guaranteed.
6. **SEAT RACING:** The Selectors reserve the right at their sole discretion to determine how the days reserved for Seat Racing will be used, to choose the crew combinations and the matrix of seat racing. All nominees are required to be available to attend seat racing.
7. **LIGHTWEIGHT ATHLETES & COXSWAINS:** Selectors will need to monitor lightweight athletes and coxswains to ensure they are tracking in line with their submitted weight management plan with their coaches.
 - a. Coxswains to have a target weight of 55kg at Seat Racing, and the Oceania Regatta.
 - b. Athletes must be no greater than the following weights for all mandatory selection events and the



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Oceania Regatta:

- i. Men: 75kg
- ii. Women 62kg

8. **TRAINING:** All athletes are expected to be completing a full training load and training outside of Oceania 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.

Training Squads to be announced on 1st April, with training commencing 10th April.

Any additional trainings/changes will be managed by the coach and communicated via email.

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.

9. **OTHER REQUIREMENTS (Coaches only):** Coaches will need to fulfil the following criteria.
- a. Organise boats and other equipment in line with the RSA Use of Boats and Equipment Policy.
 - b. Within reason, be available and participate in meetings and development sessions with the Coaching Team, and Selectors where necessary.
 - c. Work as a part of the Coaching Team, one vision one team.
 - d. Communicate professionally and appropriately with all stakeholders including but not limited to.
 - i. Athletes
 - ii. Parents
 - iii. Coaches
 - iv. Selectors
 - v. Rowing SA including the Board.
 - vi. Media outlets
 - e. Remain objective, unbiased and respect and uphold the decisions of the Selectors.
 - f. Respect confidentiality, especially in regard to selection decisions and information as well as athlete medical and personal information.

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