



# 2026 State Team

## 2026 EVENT REQUIREMENTS PATHWAY 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 a Pathway Crew.

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	State Team	Type (Minimum)	See note(s)	Date
Nominations open for athlete, coxswain, and coaches	Pathway		1, 2	2 February 2026
<i>South Australian Rowing Championships</i>			5	6 – 8 February 2026
Pathway Info Session	Pathway	Recommended	3	19 February 2026
2000m Erg	Pathway	Mandatory	3, 4, 7	1 - 28 February 2026
Nominations close for athlete, coxswain, and coaches	Pathway		1, 2	6 March 2026
<i>Australian Rowing Championships</i>				23 – 29 March 2026
Seat Racing (if required)	Pathway	Mandatory	3, 6, 7, 8	31 March – 2 April 2026
Pathway Team Announcement	Pathway			6 April 2026
Pathway Team Presentation Event	Pathway	Mandatory		9 April 2026
<b>Pathway Regatta</b>	<b>Pathway</b>	<b>Mandatory</b>	<b>8</b>	Tbc – by RA



# 2026 State Team

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

Athletes and Coxswains to be considered for Pathway crews must be classified as either an Under 19 rower until 31 December of the year in which the rower reaches the age of 18; or an Under 17 rower until 31 December of the year in which the rower reaches the age of 16

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

Nominations Close: 11:59pm on Friday 6 March 2026.

- a. 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 further 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. **SOUTH AUSTRALIAN ROWING CHAMPIONSHIPS:** All nominees are encouraged to participate in the South Australian State Championships.
6. **SEAT RACING:** Selectors reserve the right at their sole discretion 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:** No adjustments will be made for lightweight athletes as selection is for heavyweight crews.
8. **COXSWAINS:** have a target weight of 55kg at Seat Racing, and the Pathway Regatta.
9. **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.

Training commences after the Australian Rowing Championships with training mandatory and scheduled throughout the school holidays. Please note this is after school rowing obligations conclude. It is an expectation that all athletes, coxswains, and coaches are available to train during this period leading up to the competition. If athletes are unavailable, they may not be selected.

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



# 2026 State Team

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.

10. 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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