

# 2017 EVENT REQUIREMENTS

## Men's & Women's Interstate Scull

DATE: October 2016  
REFERENCE: Event Requirements – Men's and Women's Interstate Scull  
EVENT: 2017 Interstate Regatta

---

This document must be read together with the Rowing New South Wales (RNSW) Selection Policy

### 1. NOMINATIONS

Participants must nominate for selection. The completed nomination form should be lodged with RNSW by 5:00 PM on Friday 20<sup>th</sup> January 2017.

A club may submit a nomination on behalf of a Participant in which case the Participant must confirm their nomination in writing if requested to do so by the Selectors or otherwise prior to final team selection.

### 2. STATE TEAM ELIGIBILITY

All athletes must have nominated in accordance with section 1. Nominations and must complete the two (2) activities listed below:

- 2.1 2000 metre ergometer score – conducted between 29<sup>th</sup> November 2016 – 17<sup>th</sup> February 2017. Result to be submitted to [alan@rowingnsw.asn.au](mailto:alan@rowingnsw.asn.au) at the RNSW Office.
- 2.2 RNSW Championships Regatta – SIRC, Penrith – 10-12 February 2017 (athletes must compete in a men's or women's single scull event)

### 3. SELECTION ACTIVITIES

Selection activities which are identified as compulsory must be undertaken by all athletes seeking selection except in circumstances set out in clause 10.3. Athletes seeking exemption must do so in writing to the Chairman of Selectors at least 48 hours prior to the event or with a medical certificate within 24 hours of the compulsory event stating the reasons why exemption is sought. All exemptions must be signed by the Club Captain, Club President, or a similar Officer of the Club that the athlete is representing (non-coaching).

### 4. 2000m ERGOMETER TESTING

All athletes must complete an ergometer test to be eligible for selection. In addition to the scheduled ergometer testing and at any time between 29<sup>th</sup> November 2016 – 17<sup>th</sup> February 2017.

Participants may update their best score from time to time by undertaking a 2000 meter ergometer test under the direct personal supervision of their coach. In order for the Selectors to verify this score, the score must be submitted to the Rowing NSW office by the Participant who completed the test.

All 2000 meter ergometer testing will be in accordance with the National Testing protocols.

## **5. FINAL CREW SELECTION**

Participants will be ranked according to the results of the NSW Championship Regatta. The scullers to contest the men's and women's events at the Interstate Regatta will be the highest ranked scullers available to contest those events having regard to other commitments athletes may have to the NSW interstate team.

## **6. SELECTION PANEL CONTACTS**

The 2016/17 RNSW Selection Panel consists of the following members:

Terry O'Hanlon – Chairman of Selectors

[rowing@qoh.net.au](mailto:rowing@qoh.net.au)

Gillian Campbell

[Campbells@rowperfect.com.au](mailto:Campbells@rowperfect.com.au)

Nick Baxter

[npgbaxter@yahoo.com.au](mailto:npgbaxter@yahoo.com.au)

Notes:

*National Ergometer testing to be conducted in line with National Training Centre (NTC) protocols, as outlined on RNSW website.*

*Those athletes who are not considered NSW-based athletes, are those athletes who are eligible to represent NSW that are currently based in training environments outside of NSW. This may include athletes training at the Australian Institute of Sport, or other State Institutes of Sport within Australia.*

*Some athletes, coxswains and coaches, may be required to attend selection activities outside of the Event Requirements. These training activities will be at the discretion of the Selectors and a minimum of 48 hours' notice may be given to those athletes, coxswains and coaches required.*

*Rowing NSW sets out dates for testing and trials for various boat selections. These may be subject to change where Rowing NSW accommodates aspects of the national training and selection system. If changes are required, they will be prominently featured on the Rowing NSW website.*

### PREPARATION SQUAD ACTIVITIES

<b>24<sup>th</sup> September 2016</b>	Athletes encouraged to compete in NTC Time Trial, Nepean River
<b>29<sup>th</sup> October 2016</b>	Athletes encouraged to compete in NTC Time Trial, Nepean River
<b>19<sup>th</sup> November 2016</b>	Athletes encouraged to compete in NTC Time Trial, Nepean River

### STATE SELECTION ACTIVITIES

<b><i>Wed-Fri 9-11<sup>th</sup> December 2016</i></b>	<i>National Selection Event #1 – National Time Trial 1x or 2- (if conducted)</i>
<b><i>Fri-Sun 29<sup>th</sup>-31<sup>st</sup> January</i></b>	<i>National Selection Event #2 – Omnium 1x or 2- (if conducted)</i>
<b>10<sup>th</sup> – 12<sup>th</sup> February 2017</b>	NSW Championships: <ul style="list-style-type: none"><li>• Athletes must compete in Elite 1x</li></ul>
<b>Any time between 29<sup>th</sup> November 2016 - 17<sup>th</sup> February 2017</b>	<ul style="list-style-type: none"><li>• Ergometer 2000m Test – prefer athletes use National Erg Test set for 30<sup>th</sup> November</li></ul>
	<ul style="list-style-type: none"><li>• Past Performance.</li></ul>