

# 2017 EVENT REQUIREMENTS

## Men's Interstate Lightweight Coxless Four

DATE: October 2016  
REFERENCE: Event Requirements – Men's Interstate Lightweight Coxless Four  
EVENT: 2017 Interstate Regatta

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This document should 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. Early nomination is encouraged and Participants may only be included in preliminary squads if they have lodged a completed nomination form with Rowing NSW.

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. PREPARATION SQUAD TRAINING

The objective of Squad training is to develop crew combination and provide the selectors and crew coaches the opportunity to assess and rank athletes in a crew environment for the purpose of selection. Squad training sessions may include training activities and/or competition on which the final selection of the team may be based.

Participation in each Squad Session is performance-based. The crew coaches, with the approval of the Selectors, may invite other Participants to participate in Squad Training sessions based on their ranking in competition and testing as set out in the Selection Policy and this Event Requirements document. Selectors may adjust the composition of squads after each squad training session based upon the performance of a Participant and the overall performance of the squad.

Squads will be reviewed monthly and where necessary, updated squad lists will be posted on the Rowing NSW website. The initial squads will be formed in late October 2016. Squad inclusion is strictly performance-based, these performances may include, but are not limited to the events listed in the calendar below. A plan of squad sessions will be emailed to squad members by the crew coaches.

The following Participants will be included in the initial squad:

- a) All eligible and active members of the 2016 NSW Men's Lightweight Four
- b) All eligible and active members of the 2016 Australian National Team (Lightweight Senior A; U23 and U21)
- c) Any active member of the 2016 NSW Youth Eights who wishes to compete as a lightweight athlete in 2016-17 season, will be deemed eligible and must meet the agreed NTC lightweight limits for preparation squad and state selection activities.
- d) Other athletes based upon previous performances as agreed by the crew coaches, with the approval of the Selectors.

Following inclusion in the Preparation Squad, athletes are expected to compete in the activities listed in the Preparation squad activities, unless an exemption is lodged in accordance with section 4 of this document.

### **3. STATE TEAM ELIGIBILITY**

All athletes must have nominated in accordance with section 1. Nominations and must complete the four (4) activities listed below:

- 3.1 RNSW Small Boat Regatta, SIRC, Penrith – 28<sup>th</sup> January 2017. Athletes will be required to compete in 1x OR 2-
- 3.2 RNSW State Team Trials – SIRC, Penrith – 29<sup>th</sup> January 2017 (athletes will be notified by the selectors if they are required)
- 3.3 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.
- 3.4 RNSW Championships Regatta – SIRC, Penrith – 10 - 12 February 2017. Athletes must compete in at least two (2) events, one of which must be a large sweep boat.

### **4. 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).

### **5. 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

### **6. FINAL CREW SELECTION**

The final crew will be determined by the results of the activities outlined in section 3: State Team Eligibility. The Selectors may place a different weighting on the outcome of each Selection Activity. After consideration of the results of the items in Section 3 and any further trialling, if there is a need to separate two or more athletes of equal ranking, the Selectors will consider the result of the 2000m ergometer test.

## 7. SELECTION PANEL CONTACTS

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

Terry O'Hanlon – Chairman of Selectors [rowing@goh.net.au](mailto:rowing@goh.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.*

*Selectors advise nominees that at the state championship regatta and small boat regatta prognostic times for the Lightweight Men's 1x and or the Lightweight Men's 2- and or other events may not be directly comparable and rankings may be subjective in nature and as such are not subject to appeal.*

*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
<b>10<sup>th</sup> December 2016</b>	Athletes encouraged to compete in NTC Time Trial, Nepean River

## STATE SELECTION ACTIVITIES

<b>28<sup>th</sup> January 2017</b>	RNSW Small Boat regatta <ul style="list-style-type: none"><li>• 1x OR 2- Event to be communicated to the Selectors.</li></ul>
<b>29<sup>th</sup> January 2017</b>	RNSW State Team Trials, SIRC, Penrith (as required)
<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</li></ul>
<b>10<sup>th</sup> – 12<sup>th</sup> February 2017</b>	NSW Championships <ul style="list-style-type: none"><li>• Athletes must demonstrate current or past success in sweep boats</li></ul>
<b>TBA</b>	Further trials/seat racing if required by Selectors