

## - National Rowing Centre Of Excellence -

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### Event Supplement 2010 – Senior A, Adaptive, and Under 23 Teams

#### September 2009:

7 – 27 September 09:	National Strength Testing (conducted any time within this period), (2009 Senior A and Adaptive athletes exempt)
24 - 27 September 09:	Domestic NTC Long Distance Time Trials (2009 Senior A and Adaptive athletes exempt)

#### October 2009:

22 - 25 October 09:	Domestic NTC Long Distance Time Trials
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#### November 2009:

19 - 22 November 09:	Domestic NTC Long Distance Time Trials
30 November – 4 December 09:	National Power Profile Ergometer Testing Week

#### December 2009:

14 – 27 December 09:	National Strength Testing (conducted any time within this period)
17 - 20 December 09:	Domestic NTC Long Distance Time Trials

#### January 2010:

20 January 10:	Closing day for emailing nomination form to NRCE (by 5:00pm)
21 - 24 January 10:	Domestic NTC Long Distance Time Trials

#### February 2010:

February 10:	Athletes encouraged to compete in State Championships or Regattas
1 - 5 February 10:	National Power Profile Ergometer Testing Week
8 - 14 February 10:	National 7 x 4min Step Test
8 - 14 February 10:	National Strength Testing (conducted any time within this period)

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### March 2010:

1 – 7 March 10:	<p>National Championships</p> <ul style="list-style-type: none"> <li>• Small boat 1x or 2- in nominated weight category 1x / 2-</li> <li>• Races will be conducted as a normal part of the National Championship Regatta</li> <li>• It is encouraged that athletes of Under 23 age race within Under 23 category</li> <li>• Athletes also encouraged to race big boats</li> </ul>
10 March 10:	<p>Initial Invitation list of National Senior A and Under 23 Trialists announced</p> <ul style="list-style-type: none"> <li>• The National Selectors will confirm in which boat class each athlete will commence the trialing process i.e. either 1x or 2- for Senior A and Under 23 and 1x for Adaptive.</li> <li>• The National Selectors will also confirm pair combinations</li> </ul>

### April 2010:

12 – 16 April 10:	National Power Profile Ergometer Testing Week
19 April 10:	<p>Final Invitation list of National Senior A and Under 23 Trialists announced</p> <ul style="list-style-type: none"> <li>• The National Selectors will confirm at this time which boat class each additional athlete will commence the trialing process i.e. either 1x or 2- for Senior A and Under 23 and 1x for Adaptive.</li> </ul>
23 April - 2 May 10:	<p>National Selection Trials (see notes below)</p> <ul style="list-style-type: none"> <li>• Venue is Sydney International Regatta Centre</li> <li>• SIRC open from 20 April for training</li> </ul>
4 May 10:	Target date for Board approved announcement of respective teams

### June 2010:

May - June 10 (TBC):	Adaptive European Tour
13 June – 14 July 10:	Senior A European World Cup Tour (Second and Third World Cups)
18 – 20 June 10:	National Race Weekend #1 – Australia

### July 2010:

9 – 11 July 10:	National Race Weekend #2 – Australia
26 July – 1 August 10:	National Strength Testing (conducted any time within this period)

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### August 2010:

16 – 20 August 10:	National Power Profile Ergometer Testing Week
26 – 29 August 10:	Final National Senior A Selection Trials (For 2010 Senior A Squad members and targeted 2010 Under 23 athletes) <ul style="list-style-type: none"> <li>• Venue is Sydney International Regatta Centre</li> <li>• Selection of specific Senior A crews for 2010 World Championships tour</li> </ul>

### September 2010:

24 – 26 September 10:	National Race Weekend #3 – Australia
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### October 2010:

13 – 26 October 10:	Senior A pre-departure Camp
11 – 17 October 10:	National Strength Testing (conducted any time within this period)
15 – 17 October 10:	National Race Weekend #4 – Australia
27 October – 9 November 10:	Senior A World Championships tour to New Zealand

### Notes:

1. Domestic NTC Long Distance Time Trials are to be conducted as follows:
  - a. Senior A and Under 23 athletes in single sculls over as close as practicable to 5 kilometres
  - b. Adaptive athletes in single sculls over as close as practicable to 3 kilometres
2. National Ergometer testing to be conducted in line with NRCE Power Profile Ergometer Testing protocols, as outlined on RA website.
3. National Strength testing to be conducted in line with NRCE Strength Testing protocols, as outlined on RA website.
4. All athletes must complete all stipulated activities unless there are medical reasons or extenuating circumstances that prevent this. The NRCE is to be provided with an appropriate medical exemption form or notified of the particular extenuating circumstances as soon as is practicable.
5. Athletes attempting selection in the Under 23 Team must be 22 years of age or younger on 31 December 2010.
6. There are two parts to the Nomination Form – Notification, and Terms and Conditions.
  - a. The Nomination Form (Notification) should be completed electronically and returned in accordance with that form.
  - b. The Nomination Form (Terms and Conditions) should be completed, signed and returned in accordance with RA directions. Signed Nomination Forms (Terms and Conditions) can be

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sent to RA by e-mail (nrce@rowingaustralia.com.au), fax (02 6256 5955) or post (PO Box 245 Belconnen ACT 2617).

- c. Please note that by competing at an RA Event, you undertake and agree to abide and be bound by the terms and requirements of, amongst other things, the Selection Policy, this Event Supplement, the Nomination Form and the RA Policies.
7. Invitations to attend the Senior A, Adaptive and Under 23 Selection Trials will be gained in the following ways :
- a. Achievement of the NRCE minimum ergometer standards for tests competed in 2010:
    - i. Senior A and Under 23 athletes either the 6km or 2km
    - ii. Adaptive athletes either the 3km or 1km
  - b. Achievement of the following final positions at the National Championships:
    - i. Open Women's Single Scull – top 7 nominated athletes
    - ii. Open Women's Coxless Pair – top 3 crews with both athletes nominated
    - iii. Open Lightweight Women's Single Scull – top 5 nominated athletes
    - iv. Under 23 Women's Single Scull – top 7 nominated athletes
    - v. Under 23 Women's Coxless Pair – top 3 crews with both athletes nominated
    - vi. Under 23 Lightweight Women's Single Scull – top 7 nominated athletes
    - vii. Open Men's Single Scull – top 7 nominated athletes
    - viii. Open Men's Coxless Pair – top 7 crews with both athletes nominated
    - ix. Open Lightweight Men's Single Scull – top 2 nominated athletes
    - x. Open Lightweight Men's Coxless Pair – top 4 crews with both athletes nominated
    - xi. Under 23 Men's Single Scull – top 7 nominated athletes
    - xii. Under 23 Men's Coxless Pair – top 7 crews with both athletes nominated
    - xiii. Under 23 Lightweight Men's Single Scull – top 3 nominated athletes
    - xiv. Under 23 Lightweight Men's Coxless Pair – top 4 crews with both athletes nominated
    - xv. Arms only 1x MEN – top 1 nominating athletes
    - xvi. Arms only 1x WOMEN – top 1 nominating athletes
    - xvii. Trunk and Arms 1x MEN – top 2 nominating athletes
    - xviii. Trunk and Arms 1x WOMEN – top 2 nominating athletes
    - xix. Legs, Trunk & Arms 1x MEN – top 3 nominating athletes
    - xx. Leg, Trunk & Arms 1x WOMEN – top 3 nominating athletes
- Please note: Where events have 3 or less participants, selectors may choose to invite 1 less athlete than the number entered in any selection event.
- c. As a wild card entry based on selector discretion
8. Lightweight athletes are required to race and test at the following weight ranges:
- a. For the September – October 09 – no specified weight, however race weights must be recorded and sent to the NRCE.
  - b. For the November - December 09 NTC time trials athletes must not weigh more than plus 6% of the FISA average weight (i.e. Men 74.2kg and Women 60.4kg) when racing.

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- c. For the January 2010 National Ergometer Testing Week athletes must not weigh more than plus 5% of the FISA average weight (i.e. Men 73.5kg and Women 59.9kg) when completing each test.
  - d. For racing at the National Championships athletes must abide by Rowing Australia rules.
  - e. For the April 2010 National Power Profile Ergometer Testing Week athletes must not weigh more than the FISA maximum weight (i.e. Men 72.5kg and Women 59.0kg) when completing each test
  - f. Lightweight athletes invited to participate at the Selection Trials are required to inform the selectors of their nominated racing weights, and then race at those nominated weights. This must occur:
    - i. not less than 24 hours before the first weigh-in for the Selection Trials; and
    - ii. at any other time when requested by the Selectors.
    - iii. All lightweight crews must race at or below the FISA crew average (Men: 70kg and Women: 57kg)
  - g. The NRCE will publish further details (including race schedules) at least 24hrs before the start of the Selection Trials.
  - h. Once athletes are selected into Australian representative squads they will be notified of required weights for National Race Series and other testing.
9. Boats targeted to compete at the Under 23 World Championships:
- a. Under 23 Women's Coxless Four
  - b. Under 23 Women's Quad Scull
  - c. Under 23 Lightweight Women Quad Scull
  - d. Under 23 Men's Eight
  - e. Under 23 Men's Quad Scull
  - f. Under 23 lightweight Men's Coxless Four
  - g. Under 23 Lightweight Men's Double Scull
  - h. and any small boats considered to be fast enough by the National selectors
10. Indicative targeted boats for 2012 Olympic and Paralympic Games:
- a. Men's Coxless Pair
  - b. Men's Coxless Four
  - c. Men's Eight
  - d. Men's Double Scull
  - e. Men's Quad Scull
  - f. Men's Lightweight Coxless Four
  - g. Women's Double Scull
  - h. Women's Coxless Pair
  - i. Women's Quad Scull
  - j. Women's Lightweight Double Scull
  - k. Arms Only Men's Single Scull
  - l. Arm's Only Women's Single Scull
  - m. Trunk and Arms Mixed Double Scull
  - n. Legs, Trunk and Arms Mixed Coxed Four