

Memo

Regarding: **UPDATED - National Selection Trials 2011**

Written by: Andrew Matheson
National High Performance Director

Date: 25 March 2011

1. Introduction:

The National Selectors have considered the appropriate trials processes for all the categories within the Senior A, Adaptive and Under 23 areas.

Given the position in the Olympic cycle, the Selectors believe that to maximise the opportunity to select the fastest possible Senior A crews for 2011, a refinement of the trials process from the previous two years is appropriate.

However, the Selectors believe that the replication of the trials processes for Under 23 and Adaptive rowing remains appropriate.

To ensure that all invited athletes and their respective coaches have appropriate information, detailed below are the proposed broad trials plans for the respective categories.

Please also note the follow:

- Biomechanical and other scientific testing may be undertaken on crews in any category and age-group
- All Under 23 athletes will be expected to undertake rowing NTID testing during the process of the Selection Trials.

NOTES - The reason for the update is to clarify and update information for athletes and coaches (see bold italic sections for updated information).

2. Category Trials Plans:

Senior A

a. Men's Heavyweight Sweep

- i. The starting position for this category at the National Selection Trials will be coxless four rowing.
 - ii. Throughout the trials coxless pairs and/or ergometers may be also be utilised to effectively manage the numbers within the category.
 - iii. Additionally as the trials progress the category will also move specifically into eight oar and coxless pair rowing to assess the potential selection of these boats.
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- iv. All racing and/or time-trials are targeted to be conducted over 2000m (barring extenuating circumstances).
- v. A more detailed trials schedule including starting crew combination will be outlined no later the National Selection Trials briefing on Thursday 14 April.
- vi. ***It is expected that trialling for this category will be completed by midday Saturday 23 April. Athletes in this category will be free to depart at this time.***

b. Men's Heavyweight Sculling

- i. The starting position for this category at the National Selection Trials will be:
 - 1. David Crawshay and Scott Brennan in the double scull
 - 2. All others athletes will be focussed on quad scull rowing
- ii. Throughout the trials single sculls, double sculls and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iii. All racing and/or time-trials are targeted to be conducted over 2000m (barring extenuating circumstances).
- iv. A more detailed trials schedule including starting crew combination will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- v. ***It is expected that trialling for this category will be completed by midday Friday 22 April. Athletes in this category will be free to depart at this time.***

c. Men's Lightweight Sweep

- i. The starting position for this category at the National Selection Trials will be coxless four rowing.
- ii. At present the athletes who achieved top 4 placings in the lightweight coxless pair at the 2011 National Championships are the athletes currently being considered for the lightweight coxless four in the first instance, with all other invited athletes being considered primarily for the lightweight eight only. However this will be reviewed at the conclusion of the April Power Profile ergometer testing.
- iii. Throughout the trials coxless pairs and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iv. Additionally as the trials progress the category will also move specifically into eight oar and coxless pair rowing to assess the potential selection of these boats.
- v. All racing and/or time-trials are targeted to be conducted over 2000m (barring extenuating circumstances).
- vi. A more detailed trials schedule including starting crew combination will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vii. ***It is expected that trialling for this category will be completed by midday Friday 22 April. Athletes in this category will be free to depart at this time.***

d. Women's Heavyweight Sweep

- i. The starting position for this category at the National Selection Trials will be coxless pairs.
- ii. The targeted starting combinations to be those that raced at the 2011 National Championships.
- iii. Throughout the trials ergometers may be also be utilised to effectively manage the numbers within the category.
- iv. Additionally as the trials progress the category may also move into coxless four rowing to assess the potential selection of this boat.
- v. All racing and/or time-trials are targeted to be conducted over 2000m (barring extenuating circumstances).
- vi. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vii. *It is expected that trialling for this category will be completed by 4:00pm Thursday 21 April. Athletes in this category will be free to depart at this time.***

e. Women's Heavyweight Sculling

- i. The starting position for this category at the National Selection Trials will be double scull rowing.
- ii. Throughout the trials single sculls and/or ergometers may be utilised to effectively manage the numbers within the category.
- iii. Additionally, as the trials progress the category will also move specifically into quad scull and/or single scull rowing to assess the potential selection of these boats.
- iv. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- v. *It is expected that trialling for this category will be completed by midday Friday 22 April. Athletes in this category will be free to depart at this time.***

f. Women's Lightweight Sculling

- i. The starting position for this category at the National Selection Trials will be:
 1. Hannah Every-Hall and Alice McNamara in the double scull
 2. All others athletes will race in single sculls
- ii. Throughout the trials single sculls and/or ergometers may also be utilised to effectively manage the numbers within the category.
- iii. All racing and/or time-trials are targeted to be conducted over 2000m (barring extenuating circumstances).

- iv. Additionally as the trials progress the category may also move specifically into double scull, quad scull and/or single scull rowing to assess the potential selection of these boats.
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vi. ***It is expected that trialling for this category will be completed by 4:00pm Thursday 21 April. Athletes in this category will be free to depart at this time.***

g. Adaptive rowing

- i. ***Adaptive athletes are expected to be at Penrith by midday Monday 18 April, with racing beginning Tuesday 19 April.***
- ii. The starting position for this category at the National Selection Trials will be single sculls (in the appropriate boat classes).
- iii. For the TA class, trialling in the double scull will then follow.
- iv. All racing and/or time-trials are targeted to be conducted over 1000m (barring extenuating circumstances).
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vi. ***It is expected that trialling for this category will be completed by midday Thursday 21 April. Athletes in this category will be free to depart at this time.***

Under 23

h. Men's Heavyweight Sweep

- i. The starting position for this category at the National Selection Trials will be coxless pairs.
- ii. The starting pair combinations are targeted to be those that raced at the 2011 National Championships.
- iii. Throughout the trials single sculls, coxless pairs and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iv. Additionally as the trials progress the category will also move into coxless fours, then move specifically into eight oar rowing to assess the potential selection of this boat.
- v. ***Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.***
- vi. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.

- vii. *It is expected that trialling for this category will be completed by midday Saturday 23 April. Athletes in this category will be free to depart at this time.***

i. Men's Heavyweight Sculling

- i. The starting position for this category at the National Selection Trials will be single sculls.
- ii. Throughout the trials single sculls, double sculls and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iii. Additionally as the trials progress the category will also move into double sculls, then move specifically into quad scull rowing to assess the potential selection of this boat.
- iv. *Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.***
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vii. *It is expected that trialling for this category will be completed by midday Friday 22 April. Athletes in this category will be free to depart at this time.***

j. Men's Lightweight Sweep

- i. The starting position for this category at the National Selection Trials will be coxless pairs.
- ii. These pair combinations are targeted to be those that raced at the 2011 National Championships.
- iii. Throughout the trials, single sculls, coxless pairs and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iv. Additionally as the trials progress the category will also move into coxless four rowing to assess the potential selection of this boat.
- v. *Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.***
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vii. *It is expected that trialling for this category will be completed by midday Friday 22 April. Athletes in this category will be free to depart at this time.***

k. Men's Lightweight Sculling

c/o AIS Rowing, PO Box 176, Belconnen ACT 2616 | P +61 2 6260 4724 | F +61 2 6285 2813

- i. The starting position for this category at the National Selection Trials will be single sculls.
- ii. Throughout the trials, single sculls and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iii. Additionally as the trials progress the category will also move into double scull rowing to assess the potential selection of this boat.
- iv. Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.**
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vi. It is expected that trialling for this category will be completed by midday Thursday 21 April. Athletes in this category will be free to depart at this time.**

I. Women's Heavyweight Sweep

- i. The starting position for this category at the National Selection Trials will be coxless pairs.
- ii. These pair combinations are targeted to be those that raced at the 2011 National Championships.
- iii. Throughout the trials, single sculls, coxless pairs and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iv. Additionally as the trials progress the category will also move into coxless four rowing to assess the potential selection of this boat.
- v. Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.**
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vii. It is expected that trialling for this category will be completed by midday Thursday 21 April. Athletes in this category will be free to depart at this time.**

m. Women's Heavyweight Sculling

- i. The starting position for this category at the National Selection Trials will be single sculls.
- ii. Throughout the trials, single sculls, double sculls and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iii. Additionally as the trials progress the category will also move into double scull and quad scull rowing to assess the potential selection of this boat.

- iv. Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.**
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vi. It is expected that trialling for this category will be completed by midday Thursday 21 April. Athletes in this category will be free to depart at this time.**

n. Women's Lightweight Sculling

- i. The starting position for this category at the National Selection Trials will be single sculls.
- ii. Throughout the trials, single sculls, double sculls and/or ergometers may be also be utilised to effectively manage the numbers within the category.
- iii. Additionally as the trials progress the category will also move into double sculls, then move specifically into quad scull rowing to assess the potential selection of this boat.
- iv. Initial small boat racing will be over 2000m on Friday and Saturday 15/16 April. All other racing and/or time-trials are targeted to be conducted over 1500m (barring extenuating circumstances), with the potential for up to 3 races per session.**
- v. A more detailed trials schedule will be outlined no later than the National Selection Trials briefing on Thursday 14 April.
- vi. It is expected that trialling for this category will be completed by midday Thursday 21 April. Athletes in this category will be free to depart at this time.**

3. Next Steps

- National Power Profile Ergometer testing 4 – 6 April 2011.
- Naming of the Final Invitation List for the National Selection Trials on 8 April 2011.
- National Selection Trials briefing Thursday 14 April 2011.