

## Event Requirements 2012 – Senior A Non-Olympic

### **Background:**

The Rowing Australia (RA) Selection Policy 2010 - 2012 outlines the broad selection criteria relevant to rowers and coxswains, and can be viewed on the RA website [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au).

This document operates as an appendix to the RA Selection Policy 2010 – 2012 and outlines the activities that athletes and coxswains respectively must complete to be eligible for selection consideration for the Australian Senior A Non-Olympic Team for 2012.

A number of athletes who nominate for selection in the Australian Senior A Non-Olympic Team for 2012 may also be members on the Olympic Shadow Team. The 2012 Olympic Selection Policy Handbook and associated Event Requirements supersedes this Event Requirements until which point the athlete or coxswain is removed from the Olympic Shadow Team.

### **Specific Details:**

#### **October 2011:**

10 – 12 October 2011	National Power Profile Ergometer Testing (refer to note 3)
17 – 21 October 2011	National 7 x 4min Step Test (refer to note 5)
19 – 23 October 2011	Domestic NTC Long Distance Time Trial (2011 Senior A Team members exempt) (refer to note 2)
28 October 2011	Closing date for completion of Nomination Form (Notification) by 5:00pm Canberra time (refer to note 7)

#### **November 2011:**

23 - 27 November 2011	Domestic NTC Long Distance Time Trial (refer to note 2)
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#### **December 2011:**

5 – 7 December 2011	National Power Profile Ergometer Testing (refer to note 3)
14 - 18 December 2011	Domestic NTC Long Distance Time Trial (refer to note 2)

#### **January 2012:**

30 January – 1 February 2012	National Power Profile Ergometer Testing (refer to note 3)
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#### **February 2012:**

February 11	Athletes are strongly encouraged to compete in State Championships or Regattas
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#### **March 2012:**

5 - 11 March 2012	National Championships (Champion Lakes, Perth) All athletes excluding Olympic Shadow Team members: <ul style="list-style-type: none"> <li>• Athletes to race a small boat of 1x or 2- in nominated weight category</li> <li>• Races will be conducted as a normal part of the National Championship Regatta</li> </ul>
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	<ul style="list-style-type: none"> <li>• It is encouraged that athletes of Under 23 age race within Under 23 category</li> <li>• Athletes must also race at least one big boats within this regatta i.e. fours, quads or eights</li> </ul>
14 March 2012	<p>Initial Invitation list of National Selection Trials - Senior A Non-Olympic announced;</p> <ul style="list-style-type: none"> <li>• The National Selectors will confirm in which boat class each athlete will commence the trialling process</li> <li>• The National Selectors will also confirm pair combinations if applicable</li> </ul>

### **April 2012:**

9 - 11 April 2012	National Power Profile Ergometer Testing – Athletes competing at the National Senior A Selection Trials #2 (final Olympic Trials) exempt (refer to note 3)
13 April 2012	<p>Final Invitation list of National Selection Trials - Senior A Non-Olympic 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 trialling process</li> <li>• The National Selectors will also confirm pair combinations if applicable</li> </ul>
19 April 2012	Closing date for completion of Nomination Form (Terms and Conditions) by 5:00pm Canberra time (refer to note 7)
20 - 28 April 2012	National Selection Trials (see notes below) Venue is Sydney International Regatta Centre
28 April 12	Target date for announcement of the team

### **Notes:**

1. The Rowing Australia Olympic Selection Handbook supersedes this Event Requirements for athletes that are in the Olympic Shadow Team. At which point athletes are removed from the Olympic Shadow Team this Event Requirements must be followed for athletes seeking Senior A Non-Olympic Selection in 2012.
2. Domestic NTC Long Distance Time Trials are to be conducted as follows:
  - a. Athletes to race in single sculls over as close as practicable to 5 kilometres.
3. National Ergometer testing to be conducted in line with NRCE Power Profile Ergometer Testing protocols updated August 2010, as outlined on RA website.
4. National Strength testing to be conducted in line with NRCE Strength Testing protocols, as outlined on RA website.
5. National 7 x 4 minute Step Test to be conducted in line with the NRCE Step Test protocols, as outlined on the RA website. This testing is compulsory for all Tier 1 and Tier 2 scholarship athletes, and optional for Tier 3 athletes.
6. 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.

7. There are two parts to the Nomination Form – Notification, and Terms and Conditions.
  - a. The Nomination Form (Notification) should be completed electronically by on the Rowing Australia website: [http://www.rowingaustralia.com.au/about\\_ra\\_policies\\_nsp.shtm](http://www.rowingaustralia.com.au/about_ra_policies_nsp.shtm) 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 sent to RA by e-mail ([nrce@rowingaustralia.com.au](mailto:nrce@rowingaustralia.com.au)), fax (02 6214 1836) or post (PO Box 7147 Yarralumla ACT 2600).
  - 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.
  
8. Invitations to attend the Senior A Non-Olympic Trials will be gained in one or more of the following ways :
  - a. Any athlete who has been a member of the Olympic Shadow Team 2012
  - b. Achievement of the NRCE Benchmark Senior A ergometer standards for tests competed in 2012 for either the 6km or 2km
  - c. As a wild card entry based on selector discretion
  
9. Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing:
  - a. For the September – October 11 – no specified weight, however weights must be recorded and sent to the NRCE when completing racing or testing.
  - b. For the November - December 11 - athletes must not weigh more than plus 6% of the FISA average weight (i.e. Men 74.2kg and Women 60.4kg). Hydration status at time of weight-in must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
  - c. For the January and February 12 athletes must not weigh more than plus 5% of the FISA average weight (i.e. Men 73.5kg and Women 59.9kg). Hydration status at time of weight-in must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
  - d. For racing at the National Championships athletes must abide by Rowing Australia rules.
  - e. For the April 2012 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. Hydration status at time of weight-in for the heats of the lightweight men's coxless pairs and lightweight women's single scull must also be provided, and is to be conducted following the NRCE Hydration Measurement Protocols.
  - 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) and the Selectors may require you to provide a urine sample to assess hydration status at the time of weigh-in.



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- 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.
10. Boats targeted to compete at the 2012 Senior A World Championships will be based on the depth of talent available and corresponding speed displayed at the Selection Trials relative to World Best Times.