

2011 – 2012 Event Requirements Senior A World Cup Tour 2012 & Olympic Team Nomination

Background:

The Rowing Australia (RA) 2012 Selection Policy Handbook outlines the broad selection and Olympic nomination criteria for all rowers and coxes, and can be viewed on the RA Website.

These Event Requirements operate as an appendix to the RA 2012 Selection Policy Handbook and outline the activities that athletes and coxes must complete (subject to Extenuating Circumstances) to be eligible for:

- Selection consideration for the Australian Senior A Team to compete at World Cup II in Lucerne, Switzerland, and World Cup III in Munich, Germany.
- Nomination to the Australian Olympic Committee (AOC) of Athletes for selection in the 2012 Australian Olympic Team.

The Selectors will consider performances as outlined in these Event Requirements and in accordance with the Selection Criteria outlined in Part 3 of the 2012 Selection Policy Handbook.

Specific Details:

October 2011:

3 October 2011	RA Target date for Shadow Team members to be in full training post the 2011 World Championships
10 – 12 October 2011	National Power Profile Ergometer Testing (2011 Senior A team member exempt) (refer to Note 3 below)
17 – 21 October 2011	National 7 x 4min Step Test (refer to Note 3 below)
19 – 23 October 2011	Domestic NTC Long Distance Time Trial (refer to Note 2 below)
25 October 2011	Release of Olympic Prospective Team list
28 October 2011	Closing date for completion of Nomination Form (Notification) by 5:00pm Canberra time (refer to Note 1 below)

November 2011:

21 - 26 November 2011	National Senior Camp – Women's heavyweight sweep and scull (Canberra) National Senior Camp – Women's lightweight (Canberra) (refer to Note 4 below)
23 - 27 November 2011	Domestic NTC Long Distance Time Trial (refer to Note 2 below)
28 November - 3 December 2011	National Senior Camp – Men's heavyweight sculling (Canberra) National Senior Camp – Men's lightweight (Canberra) (refer to Note 4 below)

December 2011:

5 – 7 December 2011	National Power Profile Ergometer Testing (refer to Note 3 below)
14 December 2011	Closing date for completion of Nomination Form (Terms and Conditions) by 5:00pm Canberra time (refer to Note 1 below)
15 – 18 December 2011	National Senior A Selection Trials #1 (Penrith) (refer to Notes 5, 8 and 9 below)

January 2012:

3 January 2012	Expected date for designated Shadow Team members to relocate to agreed squad training locations
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9 - 14 January 2012	National Senior Camp – Men’s heavyweight sweep (Canberra) (refer to Note 4 below)
16 - 22 January 2012	National Senior Camp – Women’s heavyweight sweep and scull (Canberra) National Senior Camp – Women’s lightweight (Canberra) (refer to Note 4 below)
16 - 28 January 2012	National Senior Camp – Men’s heavyweight sculling (Lake Barrington) National Senior Camp – Men’s lightweight (Lake Barrington) (refer to Note 4 below)
30 January – 1 February 2012	National Power Profile Ergometer Testing (refer to Note 3 below)
30 January 2012	Confirmation of National Championships entries for Shadow Team Athletes (refer to Note 10 below)

March 2012:

5 - 11 March 2012	National Championships (Champion Lakes, Perth) <ul style="list-style-type: none"> • Athletes are required to race in at least one event (refer to Note 10 below)
18 – 22 March 2012	Rowing Shadow Team Camp (Penrith)
21 March 2012	One 2000m maximal ergometer test (refer to Notes 3 and 6 below)
23 March – 1 April 2012	National Senior A Selection Trials #2 (Penrith) (refer to Notes 5 and 9 below)

April 2012:

1 April 2012	Naming of Senior A Team for World Cup Tour 2012
10 April 2012	Final date for all Senior A team members to begin training in designated crew/squad training locations

May 2012:

8 May – 12 May 2012	Senior A team World Cup Simulation (Penrith)
15 May 2012	RA Target date for Senior A team departure to Europe
20 - 23 May 2012	FISA Final Olympic Qualification Regatta, Lucerne, Switzerland (as required)
25 - 27 May 2012	World Cup II, Lucerne, Switzerland

June 2012:

15 – 17 June 2012	World Cup III, Munich, Germany
19 June 2012	RA Announcement of National Team Athletes to be nominated to the AOC for selection in the 2012 Australian Olympic Team
22 June 2012	RA Nomination of Athletes to the Australian Olympic Committee

Notes:

1. Athlete Nomination Process:

- a. There are two parts to the RA 2012 Senior A Nomination Form – Notification, and Terms and Conditions.
 - i. The Nomination Form (Notification) should be completed electronically on the Rowing Australia website:
http://www.rowingaustralia.com.au/about_ra_policies_nsp.shtm in accordance with that form.

- ii. 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), fax (02 6214 1836) or post (PO Box 7147 Yarralumla ACT 2600).
- iii. 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.

2. Domestic NTC Long Distance Time Trials:

- a. These are to be conducted as follows:
 - i. All Athletes to race over a distance as close as practicable to 5 kilometres.
 - ii. For the October and November 2011 NTC Long Distance Time Trials, all Athletes are to race in single sculls.

3. Other testing protocols:

- a. National Ergometer testing to be conducted in line with NRCE Power Profile Ergometer Testing protocols as outlined on the RA Website.
- b. National 7 x 4 minute Step Test to be conducted in line with the NRCE Step Test protocols as outlined on the RA Website.

4. Invitations to designated National Senior Camps:

- a. Invitations to National Senior Camps will be issued to all rowing Athletes in the AOC Shadow Team in the respective rowing categories as at that time.
- b. Those invited are expected to attend for the entire camp duration and participate in all designated activities.

5. Invitations to designated National Senior A Selection Trials:

- a. Invitations to National Senior A Selection Trials will be issued to all rowing Athletes named in the AOC Shadow Team in the respective rowing categories as at that time.

6. Lightweight bodyweight requirements:

- a. Lightweight Athletes are required to be within the following weight ranges for racing, time trials, and any national testing:
 - i. October 2011 – no specified weight, however Athlete's weights must be recorded and sent to the NRCE when completing racing or testing.
 - ii. November and December 2011 - Athletes must not weigh more than plus 6% of the FISA average weight (i.e. Men 74.2kg and Women 60.4kg).
 - iii. January and February 2012 - Athletes must not weigh more than plus 5% of the FISA average weight (i.e. Men 73.5kg and Women 59.9kg).
 - iv. For racing at the National Championships Athletes must abide by Rowing Australia rules.
 - v. For the March 2012 2000m maximal ergometer test and the March 2012 Senior A Selection Trials, Athletes must nominate their individual competition weight, and compete at no more than this nominated weight (taking into consideration in Note 6.vi), or at a weight designated at the sole discretion of the National High Performance Director. This weight must be nominated to the National Selectors no later than 5:00pm Tuesday 20 March 2012.

- vi. For the March 2012 Senior A National Selection Trials, crews must be on FISA average crew weight of Olympic class events (i.e. Men 70kg and Women 57kg) when completing all racing, or at a weight designated at the sole discretion of the National High Performance Director.
- vii. The National Selectors will publish race schedules at least 24hrs before the start of the National Selection Trials, and any amended weight requirements (March 2012 Senior A National Selection Trials only).

7. Assessment of coxes

- a. Coxes will be assessed in line with the Selection Criteria as outlined in the 2012 Selection Policy Handbook paragraph 3.2.
- b. Coxes are expected to attend National Camps if invited by the Selectors.
- c. At each camp and National Selection Trial, coxes must audio record their dialogue for all specified training sessions and races and presented to the Selectors as soon as possible after each activity for their assessment.

8. Designated Shadow Team squad training locations:

- a. The NRCE will announce designated Shadow Team squad training locations prior to the start of the National Senior A Selection Trials #1 in December.
- b. At the conclusion of the National Senior A Selection Trials #1 the National Selectors will determine all Athletes required to train from these designated training locations.

9. Target schedules for Senior A National Selection Trials:

- a. For the December 2011 National Selection Trials, Athletes will be required to compete in the following activities:
 - i. 5km time trial in single sculls (for athletes in sculling categories) or coxless pairs (for Athletes in sweep categories) as designated by the National Selectors
 - ii. Coxless pair combinations will be confirmed by the National Selectors no later than Thursday 8 December 2011
 - iii. Racing over 2000m in crew combinations that will be determined by the National Selectors
 - iv. The schedule, including race distance, is subject to weather and any Extenuating Circumstances.
- b. For the March 2012 National Selection Trials, Athletes will be required to compete in the following activities:
 - i. Racing over 2000m in crew combinations that will be determined by the National Selectors
 - ii. The schedule, including race distance, is subject to weather and any Extenuating Circumstances.

10. Confirmation of National Championships entries for Athletes

- a. The National Head Coaches, in consultation with the supporting category coaches, will confirm the respective National Championship 2012 entries for Shadow Team Athletes.