

NATIONAL ACTIVITY PLAN 2007-2008 FEBRUARY OLYMPIC SELECTION EMPHASIS

Month	Sun.	Intervals	Phase	Activity	Tests	Weights
		Sen. A	Eq.			
Aug	26					
Sep	2			WORLD CHAMPIONSHIPS - Munich; (26th-2nd)		
	9		Trans			
	16		1	NTCTT (non Sen A - singles)		open/record
	23		2			
	30		3	Intervarsity Champs, Hinze Dam QLD 26-28	Sen A resume 24th	
Oct	7	5 Weeks	Light			
	14		1	NTCTT (singles)		open/record
	21		2			
	28		3			
Nov	4	4 Weeks	Light			
	11		1	NTCTT (Qualifyer - singles) 2% or Selection criteria 4.1.1		plus 6%
	18		2		Lab Test 7 x 4', 12-16	plus 6%
	25		3			
Dec	2	4 Weeks	Light		Ergo 6k 26-30	plus 6%
	9		1	NTCTT (1x U23, etc) Penrith 5km TT (1x/2-) / SIRC 2km (2x/4-)		plus 6%
	16		2	CAMP AIS 10 - 16 (RA Awards Sat 15th)		plus 6%
	23		3			
	30	4 Weeks	Trans	National Squads named for relocation - Jan 7		
Jan	6		1		Ergo 2000 Fri 4thJan OG	plus 4%
2008	13		2	National Squad camps as required - all cat's (venues TBC)		
	20		3	National Squad camps as required - all cat's (venues TBC)		
	27		4			
Feb	3		5		Ergo 6k 31-3 U23/NO	plus 6%
	10	6 Weeks	Light			
	17		1	OG Selection Regatta (13-15) SIRC	11th-19th SIRC booked	Nominated
	24		2	OG Selection Trials (15-19) - name squads	NSW Ch. 16-17; CA(GP) 20-24	Nominated
Mar	2	3 Weeks	Light		Lab Test 7 x 4', 25 - 29 (by category)	
	9	Comp	Comp	National Championshipships (3rd-9th) SIRC (Olympic squad to compete)		FISA ave
	16	Trans	Trans			
	23		1	OG Squad training commence 17th March (or earlier)	Ergo 2000 17th U23/Jun	plus 6%
	30		2			
Apr	6	3 Weeks	Light			
	13	Comp	Comp	U23/Jun/SA(NO) Selection Regatta (11-13) SIRC (OG if required < priority)		Nominated
	20	Comp	Comp	Selection Trials (14-20)		Nominated
	27	Trans	Trans			
May	4		1	U23/Jun/SA(NO)training commence 28 April	Olympic Team option 1 dep 3rd	
	11		2	FISA World Cup (9 - 11, Munich)		
	18		3			
	25	4 Weeks	Light		Olympic Team departs 24th	
Jun	1		1	FISA World Cup (30 - 1, Lucern)	(unless option B - AD)	
	8		2			
	15		3/Light			
	22	4 Weeks	Light/1	FISA World Cup (20 - 22, Poznan); Qual Regatta (15 - 18, Poznan)		
Jul	29		2		Olympic Team returns 23rd	
	6		3	RA crews final 30th	Final AOC nomination 4th July	
	13	3 Weeks	Light			
	20		1	World Under 23 Championships, 17-20 Brandenburg, GER		
	27		2	Camp starts Fri 25th July-Penrith) / World Champs J/SA, 22-27 Ottensheim, AUT		
Aug	3		3	Camp; depart Beijing 1st Aug.		
	10	4 Weeks	Light			
	17		1	Beijing 8 - 24 Rowing 9 - 17		
	24	Trans	Trans	Beijing 8 - 24, Closing Ceremony		
Aug	31					
Sep	7			World University (4 - 7) Belgrade, Serbia	Para 9th	Youth Cup
	14			NTCTT (non Sen A - singles)		