



New Zealand U19 Selection Process

Eligibility

Athletes must be 18 or younger as of 31st December 2022 to be eligible.

Selection process

In order to be considered for a trial for the NZ U19 team, rowers must complete the following...

- Fill in an U19 nomination form [here](#).
 - If a rower wishes to be considered for the U19 Development camps, nominations must be complete by the **15 November, 2021**.
 - Nominations for U19 trials will close on the **28 February, 2022**.
- Complete the following erg tests
 - 5km/30min test
 - Must be completed in the period 11 October-15 November 2021
 - 30min test to be at a stroke rate of 20
 - 5k test is open rate
 - 2km test
 - Must be completed in the period 1 January - 28 February 2022
 - All tests must be witnessed by a coach

Information required to nominate

- Personal contact details
- Coach contact details
- Passport information
- Arm span, height and weight
- Photo of rower (headshot)
- Best 2km erg score, date of test, average split and rate
- Erg testing results. Only 5km/30min data will be requested for those completing a nomination prior to the 15 November. 2km results will be requested later.
- Your availability for the December camps

December U19 Development Camps

- The purpose of the camp is to provide information to rowers about U19 trial process and what the selectors are looking for at trials. It is also an opportunity to provide technical feedback and to train with other potential U19 trialists.
- Camp dates are as follows...
 - North Island athletes: Lake Karāpiro 19-21 December, 2021

- South Island athletes: Lake Ruataniwha 12-14 December, 2021
- Cost to attend these camps: \$150

Coxswains

Coxswains must complete the COXSWAIN nomination form by the 28 February, 2022. This can be found [here](#). A recording of racing (or race piece from training), coxing CV and cover letter must be submitted as part of the nomination process.

If a coxswain wishes to be considered for the Development Camps, they must also nominate by 15 November 2021.

Auckland Athletes

The impact of the lockdown in Auckland will be taken into consideration when selecting Auckland rowers for the December Development Camps.

If rowers are able to complete a 5km/30min test within the set timeframe, then please submit this with your nomination. If this is not possible, please submit a 5km/30min erg, ideally from with the last year.

Selectors will also consider previous race results, erg data and consult with coaches where necessary.

Key dates

- 30min at SR 20/5km erg test due: 15 November, 2021
- Cut off date for those wishing to be considered for December camp: 15 November, 2021
- 2km erg test due: 28 February, 2022
- Nominations close: 28 February, 2022
- Trialists announced: 3 April, 2022
- Trial dates: 23-28 April, 2022
- Athletes selected to the U19 team will stay one additional day after the conclusion of the trial (29 April, 2022).