

Selection to the National Pathway

Selection to a Rowing NZ Trans-Tasman University (Tier 3), U19/U21/World University (Tier 2) or U23/Winter Squad (Tier 1) Representative Team gains an athlete automatic selection to the National Pathway for the following year.

If not selected to a representative team, athletes are able to gain selection through attainment of at least two from three selection criteria within a calendar year to gain selection:

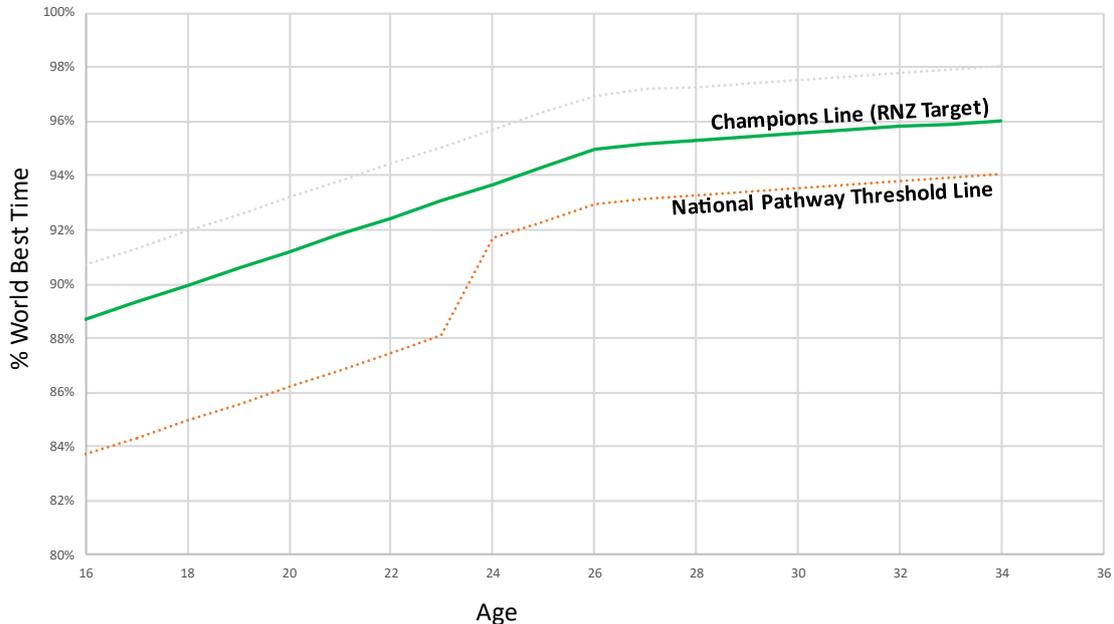
- 5000m ergometer test
- 2000m ergometer test
- On water race result at identified regatta

Athletes can gain selection to the National Pathway throughout the year via submission of ergs and race results to their National Pathway Coach.

Please note: Unless selected to the Trans-Tasman University, U19, U21, World University or U23 Team and therefore gaining automatic selection to the Pathway, athletes must be in year 13 or above to be named on the National Pathway.

Ergometer standards

The ergometer standards required are determined by the RNZ performance curve (see below) and are individual to the athlete. Please email your National Pathway Coach, including your date of birth and the date you are going to complete your test, to obtain your personal targets. Erg tests can be completed at a time that works for the club programme but must be witnessed by a coach.



RNZ Performance Curve (2020)

National Pathway athletes and those looking for selection into representative teams would generally follow a programme with tracking ergs in November, January, May and July so this could be a guide for those looking to gain selection to the Pathway.

On water standards

Key Regatta's through the summer will be used as an opportunity for entry into the National Pathway via on water standards (see Table 1 below).

As it is difficult to determine individual contribution to a big boat performance, on water performance measures are focussed on small boat results. The majority of athletes entering the National Pathway at Tier 3 would be expected to do so via the two ergometer standards, but some may achieve one of the ergometer standards and an on-water standard.

	Regatta	Category	Tier 3 Selection	Tier 2 Progression
Erg 1	2000m ergometer performance	National Pathway threshold line		Champions Line (RNZ Target)
Erg 2	5000m ergometer performance	National Pathway threshold line		Champions Line (RNZ Target)
On water	Otago Championships*	Open 1x Open 2-	Top 8 Top 4	Top 3 Winner
	Christmas Regatta**	Senior 1x Senior 2- Club 1x Club 2-	Top 6 Top 3 Top 2 Winner	Top 3 Winner
	National Club Championships	Senior 1x Senior 2- Club 1x Club 2-	Top 8 Top 4 Top 2 Winner	Top 4 Top 2
	Maadi Schools Regatta	U18 1x U18 2-	Top 6 (Year 13) Top 4 (Year 13)	NZ U19 Team Selection
	NZ University Championships	Championship 1x Championship 2-	Top 6 Top 3	Winner Winner

Table 1: Key regattas identified for selection to the National Pathway or progression to Tier 2

* should the events specified not take place, this will be replaced with the Canterbury Championships

**should the events specified not take place, this will be replaced with the North Island Club Championships

Progression through the Tiers

Once selected to the National Pathway, athletes can progress to Tier 2 or Tier 1 based on their continued development and attainment of performance standards. It is important for athletes to be following a positive trend in terms of their own personal performance curve as this is a key area that is being sought for identifying future potential. The highest predictor of future potential within rowing is campaign team selection, with return campaign athletes (eg. those that do more than one age grade campaign) having the highest likelihood of continuing on to represent New Zealand at senior international level. As such, the automatic selection criteria for Tiers 1 & 2 are related to selection to NZ representative campaign teams.

The Trans-Tasman University Team (Tier 3), World University Team (Tier 2) and Winter Squad (Tier 1) provide opportunity for athletes that start rowing later or perhaps mature at an older age, to progress through the pathway if no longer eligible for age grade representative teams. Selection to New Zealand teams is contingent upon on water performances throughout the season, personal progression and performance on the ergometer and ability to perform under pressure in a trial situation.

A key principle of the National Pathway is to provide multiple entry points for athletes to enter and progress through the stages. This enables people to transition at the time that is right for them. For this reason, there are also opportunities for people to progress between Tiers if they missed selection to a representative team, but later produce outstanding performances on the water and/or on their individual ergometer performances. The ways in which someone can gain selection to Tier 2 and Tier 1 are outlined below.

Tier 2

Selection to Tier 2 of the National Pathway is contingent upon selection to the NZ U19, U21 or World University Team. Further opportunity to gain selection is offered through attainment of both ergometer standards (Champions line target in 2000m and 5000m - See RNZ Performance Curve) or meeting one ergometer and the on-water race result target for Tier 2 progression (see Table 1).

Tier 1

Selection to Tier 1 is achieved automatically upon selection to the U23 Team or Winter Squad. Further opportunities for selection are at the discretion of a National Pathway Selection panel and contingent upon consistent performances on the water and in physical performance metrics such as ergometer testing. Athletes wanting to gain selection to Tier one should be targeting Premier single sculling events at the National Championships and major regattas and need to be tracking around the Champions line on their individual ergometer performances (see RNZ Performance Curve).