



## New Zealand U21 Selection Process

---

### **Eligibility**

Athletes must be 20 or younger as of 31st December 2022 and hold a valid New Zealand passport.

### **Selection process**

In order to be considered to trial for the NZ U21 team, rowers must complete the following...

- Fill in an U21 nomination form [here](#). Nominations close 9 January, 2022.
- Complete the following erg tests
  - 2km
    - Completed between 1 January - 11 February 2022.
  - All tests must be witnessed by a coach

### **Information required to nominate**

- Personal contact details
- Coach contact details
- NZ Passport information
- Arm span, height and weight
- 2km erg test results (Note: you will be able to submit your 2k test results after nominating)
- Confirmation that you are able to train on the water between camps during the campaign (either with a pairs partner or in a single)

### **Coxswains**

Coxswains must complete the COXSWAIN nomination form by the 9 January, 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.

### **Key dates**

- 2km erg test completed 1 January 2022 - 11 February 2022
- Nominations close: 9 January 2022
- Trial dates: 23-25 February 2022