



## New Zealand U23 Selection Process

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### **Eligibility**

Athletes must be 22 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 U23 team, rowers must complete the following...

- Fill in an U23 nomination form [here](#). Nominations close 28 January, 2022.
- Complete the following erg tests
  - 5km
    - Must be completed between 6 November - 5 December, 2021
  - 2km
    - Must be completed between 24-30 January 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/5km erg test results (Note: you will be able to submit your 2k test results after nominating)

### **Coxswains**

Coxswains must complete the COXSWAIN nomination form by the 28 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**

- 5km erg test completed 6 November - 5 December 2021
- 2km erg test completed January 2022 (dates TBC)
- Nominations close: 28 January 2022
- Final trialists announced: 20 February 2022
- Trial dates: 21-25 February 2022

### **Athletes based overseas**

Athletes based overseas are required to follow the same nomination with regards to submission of a nomination form and ergometer scores. These athletes will not be required to attend the trials but are required to communicate performance data to Rowing NZ throughout the season so that they can be considered for selection. Overseas based athletes are encouraged to nominate early so that we can get in touch with them with regards to the data required and identify their contact person.

If the athlete is selected to the National Pathway, they should submit their nomination and also notify their National Pathway coach directly who will ensure they receive all the information they require.

#### **Auckland based athletes**

The impact of the lockdown in Auckland will be taken into consideration by the Selectors.

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