

ROWING NEW ZEALAND (“RNZ”) 2022-2023 HIGH PERFORMANCE SELECTION GUIDELINES

RNZ intends to select crews for one or more of the following regattas:

ELITE/DEVELOPMENT

2023 World Rowing Cup II Varese, ITA 16 – 18 June 2023 (Attendance TBC)
2023 World Rowing Cup III Lucerne, SUI 7 – 9 July 2023

ELITE

2023 World Rowing Championships Belgrade, SRB 3 – 10 September 2023

UNDER 23

World Under 23 Championships Plovdiv, BUL 19 July – 23 July 2023
Rowers who are under 23 years of age on the 31 December 2023

FISU World University Championships (Rowing)

FISU World University Championships (Rowing) London, CAN 13 – 15 July 2023
Rowers who are currently attending a NZ University in 2023

UNDER 21

NZ vs Australia Cambridge, NZL 27 – 29 July 2023
The exact race format is yet to be agreed upon and will be confirmed as soon as possible.
Rowers who are under 21 years of age on the 31 December 2023

Team:

Sweep 4 men / 4 women (plus coxswains)
Sculling 4 men / 4 women
Reserves 1 man / 1 woman

UNDER 19

World Under 19 Championships Paris, FRA 2 – 6 August 2023
Rowers who are under 19 years of age on the 31 December 2023

UNDER 18

North vs South Island Regatta Cambridge, NZL 19 – 20 April 2023
Rowers who are under 18 years of age on the 31 December 2023

Team: North Island and South Island teams comprising:

Sweep 8 men / 8 women (plus coxswains)
Sculling 4 men / 4 women (plus coxswains)

The following events will be held for Under 18 men and women: 8+, 4+, 2-, 4x+, 2x, 1x

ELITE/UNDER 23 SELECTION PROCESS

- a) **ELITE SELECTION TRIAL 1 (World Cup)** **18 – 23 March 2023, Lake Karāpiro**
A Final World Championship Trial maybe held for some crews post World Cup III.
Lightweights Weight Requirement:
Below 60kg Women, 73kg Men
- b) **UNDER 23 NZ BASED SELECTION TRIAL** **20 – 24 February 2023, Lake Karāpiro**
Lightweights Weight Requirement:
Below 60kg Women, 73kg Men
- c) **UNDER 23 USA BASED SELECTION TRIAL** **16 – 18 June 2023, Briones Reservoir (TBC)**

1. HOW TO QUALIFY FOR A SELECTION TRIAL

SUMMER SQUAD/ELITE DEVELOPMENT SQUAD ATHLETES

1.1 All Athletes selected into the Summer Squad/Elite Development Squad shall be eligible for an Elite Selection Trial and/or Under 23 Selection Trial (under the age group rules) providing they shall have:

- a) Completed a 5km and 2km erg test within the timeframes set out below, in the presence of an RNZ Coach (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ General Manager Performance).

2022 Ergometer 5km Test Completed before 13 December 2022

2023 Ergometer 2km Test Completed between 23 – 29 January 2023

Lightweights Weight Requirement:
January 2k Below 61kg Women, 74kg Men

- b) Participated in the National Small Boat Regatta (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ General Manager Performance).

National Small Boat Regatta
North Island Club Champs, Lake Karāpiro 28 – 30 January 2023

- c) An initial trialist list of U23 eligible invited athletes will be announced on Friday 3 February 2023, with a final list announced on Sunday 19 February 2023 on the Rowing NZ website and a trialist list of elite invited athletes will be announced before Wednesday 1 March 2023 on the Rowing NZ website.

USA BASED ATHLETES

1.2 To be considered for an Elite and/or Under 23 Selection Trial, USA Based athletes shall have:

- a) Completed a 5km or 6km erg test and 2km erg test within the timeframes set out below and submitted a photo of their erg screen to RNZ (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ General Manager Performance).

2022 Ergometer 5km or 6km Test Completed and submitted before 13 December 2022 (Scores to RNZ)

2023 Ergometer 2km Erg Completed and submitted before 26 March 2023 (Scores to RNZ)

- b) Raced in the Christmas Regatta in 1x/2- and/or attended the Development Camps at Lake Karāpiro (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ General Manager Performance).

- c) Have nominated via the RNZ [nomination form](#) by 13 December 2022.

- d) A trialist list of USA based U23 eligible invited athletes will be announced on the Rowing NZ website before 20 May 2023. A trialist list of USA based elite eligible invited athletes may be announced on the Rowing NZ website before 20 May 2023, if a final World Championship trial goes ahead post World Cup III.

CLUB BASED ATHLETES

- 1.3 All club based athletes that have completed the online [nomination form](#) shall be eligible for Elite and/or Under 23 Selection Trials (under the age group rules) providing they shall have:
- a) Completed a 5km and 2km erg test within the timeframes set out below and submitted a photo of their erg screen to RNZ (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ General Manager Performance).

2022 Ergometer 5km Test Completed and submitted before 13 December 2022 (Scores to RNZ)

2023 Ergometer 2km Test Completed and submitted between 23 – 29 January 2023 (Scores to RNZ)

- b) Participated in one of the National Small Boat Regatta's (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ General Manager Performance).

Elite athletes National Small Boat Regatta

North Island Club Champs, Lake Karāpiro 28 – 30 January – Boats open 1x/2-

Under 23 eligible athletes National Small Boat Regattas (compete at one)

North Island Club Champs, Lake Karāpiro 28 – 30 January – Boats open 1x/2-

South Island Club Champs, Lake Ruataniwha 28 – 29 January – Boats open 1x/2-

- 1.4 Subject to compliance with the pre-requisites set out above, club based athletes may gain selection for Elite and/or Under 23 Trials by:

- a) Invitation of the RNZ Elite and/or U23 Selection Panel; or by
b) Achieving or bettering at least one of the following standards:

2km Ergometer (to be verified by submitting a photo of erg test result screen)

Men Elite 5:49

Men Lwt Elite 6:13

Men Under 23 5:55

Women Elite 6:43

Women Lwt Elite 7:10

Women Under 23 6:51

Lightweights Weight Requirement

January 2k Below 61kg Women, 74kg Men

Elite/U23 Trials Below 60kg Women, 73kg Men

- c) An initial trialist list of U23 eligible invited athletes will be announced on Friday 3 February 2023, with a final list announced on Sunday 19 February 2023 on the Rowing NZ website and a trialist list of elite eligible invited athletes will be announced before Wednesday 1 March 2023 on the Rowing NZ website.

NZ UNIVERSITY TEAM SELECTION PROCESS

SELECTION TRIAL

20 – 24 February 2023, Lake Karāpiro

2. HOW TO QUALIFY FOR A SELECTION TRIAL

- 2.1 To be considered for a NZ University selection trial, athletes shall have:

- a) Athletes must hold a current NZ Passport and;
b) Must be at least 18 and no older than 25 years of age on 31 December 2023.
c) Must be studying towards a degree or diploma in 2023 (*other criteria TBC*).

- d) Complete the RNZ online [nomination form](#) no later than 13 December 2022 (except with leave of RNZ Athlete Development Lead).
- e) Completed a 5km and 2km erg test within the timeframes set out below and submitted a photo of their erg screen to RNZ (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Lead).

2022 Ergometer 5km Test Completed and submitted before 13 December 2022 (Scores to RNZ)

2023 Ergometer 2km Test Completed and submitted between 23 – 29 January 2023 (Scores to RNZ)

- f) An initial trialist list of NZ University eligible invited athletes will be announced on Friday 3 February 2023, with a final list announced on Sunday 19 February 2023 on the Rowing NZ website.

U21 SELECTION PROCESS

SELECTION TRIAL 20 – 24 February 2023, Lake Karāpiro

3. HOW TO QUALIFY FOR A SELECTION TRIAL

3.1 To be considered for a Under 21 selection trial, athletes shall have:

- a) Athletes must hold a current NZ Passport and;
- b) Must be 20 years or under as at 31 December 2023.
- c) Complete the RNZ online [nomination form](#) no later than 13 December 2022 (except with leave of RNZ Athlete Development Lead).
- d) Completed a 2km ergometer test in the time frames set out below and submitted a photo of their erg screen to RNZ (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Lead).

2022 Ergometer 5km Test Completed and submitted before 13 December 2022 (Scores to RNZ)

2023 Ergometer 2km Test Completed and submitted between 23 – 29 January 2023 (Scores to RNZ)

- e) An initial trialist list of U21 eligible invited athletes will be announced on Friday 3 February 2023, with a final list announced on Sunday 19 February 2023 on the Rowing NZ website.

U19 SELECTION PROCESS

SELECTION TRIAL 15 – 20 April 2023, Lake Karāpiro

4. HOW TO QUALIFY FOR A SELECTION TRIAL

4.1 To be considered for a U19 selection trial, athletes shall have:

- a) Athletes must hold a current NZ Passport and;
- b) Must be 18 years or under as at 31 December 2023.
- c) Complete the RNZ online [nomination form](#) no later than 14 November 2022 (except with leave of RNZ Athlete Development Lead).
- d) Completed a 2km ergometer test and 5km or 30min ergometer test in the time frames set out below and submitted a photo of their erg screen to RNZ (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Lead).

2022 Ergometer 5km OR 30min Test Completed and submitted before 14 November 2022 (Scores to RNZ)

2023 Ergometer 2km Test Completed and submitted between 1 January and 28 February 2023 (Scores to RNZ)

- e) A trialist list of U19 eligible athletes will be announced on the Rowing NZ website before Monday 3 April 2023.

NORTH AND SOUTH ISLAND UNDER 18 SELECTION PROCESS

SELECTION TRIAL 14 – 17 April 2023, Lake Ruataniwha and 15 – 17 April 2023, Lake Karāpiro

5. HOW TO QUALIFY FOR A SELECTION TRIAL

5.1 To be considered for a North Island or South Island Under 18 selection trial, athletes shall have:

- a) Athletes must be 17 years or under as at 31 December 2023.
- b) Completed an online [nomination form](#) no later than 28 February 2023.
- c) Completed and submitted a 2km ergometer test between 1 January to 28 February 2023, with a photo of the erg screen to RNZ (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Lead).
- d) A trialist list of U18 eligible athletes will be announced on the Rowing NZ website before Monday 3 April 2023.

NB. The North and South Island teams will participate in a camp and regatta run in conjunction with the U19 Selection Trial to be held on Lake Karāpiro, 17 – 20 April 2023.

ELITE PARA ROWING PROCESS

SELECTION TRIAL 20 – 25 March 2023, Lake Karāpiro

6. HOW TO QUALIFY FOR A SELECTION TRIAL (except with leave of RNZ General Manager Performance)

6.1 In order to be eligible for an Elite Para Selection Trial, athletes shall have:

- a) Completed an online [nomination form](#) no later than 13 December 2022
- b) Completed a 3Km and 2km erg test within the time frames set out below:

2022 Ergometer 3Km Test Completed and submitted by the 13 December 2022 (Scores to RNZ)

2023 Ergometer 2Km Test Completed and submitted between 23 – 29 January 2023 (Scores to RNZ)

- c) Participated in adaptive races at NZ Club Championships

6.2 Subject to compliance with the pre-requisites set out above athletes may gain selection for an Elite Adaptive Selection Trial:

- a) By invitation at the sole discretion of the RNZ Elite Selection Panel.
- a) A trialist list of invited athletes will be announced on the Rowing NZ website before Wednesday 1 March 2023.

NOTES

1. Nomination forms on Rowing NZ website/High Performance: [Nomination Forms](#)
2. All ergometer testing (with exception of Summer Squad/Elite Development Squads) to be validated by sending in a photo of the erg test screen to RNZ either via the team specific nomination form or link on the [nomination page](#).
3. Athletes may be required to contribute to the costs of the tours and to relocate to Karāpiro.
4. All athletes must hold a New Zealand Passport at the time of nomination.
5. For information of appointments of RNZ Coaches and Team Managers refer to the RNZ Website – [Nomination Page](#)
6. For further information contact: **for Elite, U23 and Para questions to RNZ General Manager Performance, Judith Hamilton email judith@rowingnz.kiwi and for U21, U19, U18 and World University questions to RNZ Athlete Development Lead, Janey Charlton, email janey@rowingnz.kiwi**