

# Rowing NZ Pathway Update March 2023

The Pathway team at Rowing NZ are looking to update the current pathway list after the completion of the 2022-2023 summer rowing season. As per the National Pathway selection document, athletes can get onto the Pathway either in April or October each year if they meet the current criteria outlined below.

All athletes who wish to be on the Pathway **must complete the nomination form**, unless you have been selected to an age group team (U23, U21 and U19 teams).

All rowers on Tier 2 and Tier 3 of the Pathway who are not in 2023 Age Group teams, will be required to complete the ergs listed below and trial for their Regional Interprovincial team during the winter.

- 5km Erg (month of August 2023)

- 2km Erg (month of September 2023)

- Interprovincial Regatta (Date TBC, will be late Sept/early Oct 2023)

**TIER 3** - An athlete can be selected to Tier 3 on the National Pathway by fulfilling two from three of the criteria listed (2000m erg/5000m erg/on water)

Erg 1	<b>2000m Erg Performance</b>	<b>National Pathway threshold line</b>	
Erg 2	<b>5000m Erg Performance</b>	<b>National Pathway threshold line</b>	
On water	<b>South Island Club Championships</b>	<b>Premier 1X</b>	<b>Top 4</b>
		<b>Premier 2-</b>	<b>Top 2</b>
	<b>North Island Club Championships</b>	<b>Senior 1X</b>	<b>Top 4</b>
		<b>Senior 2-</b>	<b>Top 2</b>
	<b>National Club Championships</b>	<b>Senior 1X</b>	<b>Top 6</b>
		<b>Senior 2-</b>	<b>Top 3</b>
	<b>NZSS Championships Maadi</b>	<b>U18 1X</b>	<b>Top 4 (Yr 13)</b>
		<b>U18 2-</b>	<b>Top 2 (Yr 13)</b>
	<b>NZ University Championships</b>	<b>Champ 1X</b>	<b>Top 4</b>
		<b>Champ 2-</b>	<b>Top 2</b>
	<b>Team Selection</b>	<b>Trialist for U23, U21, U19 or World University team</b>	

**TIER 2** - An athlete can be selected to Tier 2 on the National Pathway by fulfilling two from three of the Criteria listed (2000m erg/5000m erg/on water) OR AUTOMATIC SELECTION if named to the NZ U23, U21 Or U19 teams.

Erg 1	<b>2000m Erg Performance</b>	<b>Champions line (RNZ target)</b>	
Erg 2	<b>5000m Erg Performance</b>	<b>Champions line (RNZ target)</b>	
On water	<b>South Island Club Championships</b>	<b>Premier 1X Premier 2-</b>	<b>Top 2 Winner</b>
	<b>North Island Club Championships</b>	<b>Senior 1X Senior 2-</b>	<b>Top 2 Winner</b>
	<b>National Club Championships</b>	<b>Senior 1X Senior 2-</b>	<b>Top 2 Winner</b>
	<b>NZ University Championships</b>	<b>Champ 1X Champ 2-</b>	<b>Winner Winner</b>

**TIER 1** - AUTOMATIC SELECTION for U23 medallists. Selection to Tier 1 for those not meeting the automatic criteria is at the discretion of the National Pathway Team and contingent upon consistent performances on the water and in physical metrics such as erg testing. Athletes wanting to gain selection to Tier 1 should be, targeting Premier 1X and/or 2- events at the National Championships and major regattas and tracking around the Champions line on their individual erg performances.

If you feel you have reached the criteria, please fill out the following form to put your name forward to the Pathway team, nominations will close on Friday 7 April 2023, 9pm:

<https://www.surveymonkey.com/r/TDHC8YQ>

## **Process to be considered for an invitation into the Elite Development (EDS) 2023/24 Squad**

Nomination for EDS consideration is constructed to cater for the following two athlete groups -

1. Athletes Training outside of Rowing New Zealand.
  - a. NZ based athletes, training in clubs, not selected to 2023 U23 or Elite teams.
  - b. Internationally based athletes returning to NZ (USA collegiate, UK collegiate, dual citizen etc.)
2. EDS/SS athletes not selected to 2023 U23 or Elite teams.

Nominations will be considered for an invitation into the Elite Development Squad process for 2023/24.

Athlete's must meet with their respective Pathway Lead to review 2023 on and off water performances and discuss their nomination.

Nominated athletes invited to the EDS process must then meet the following requirements:

- 5km Erg\* (week beginning 15 May 2023)
- 2km Erg (week beginning 12 June 2023)

- RNZ Internal regatta (18-20 August 2023)

\*Internationally based collegiate athletes are exempt from completing this test.

The above results will be submitted to the EDS Selection Panel for final selection. Selected athletes will commence EDS/SS training on 9 October 2023.

The nomination form is available here and nominations will close on Friday 7 April 2023, 9pm:

<https://www.surveymonkey.com/r/ZS8QS6H>