

ROWING NEW ZEALAND (“RNZ”) 2024 AGE GROUP and WORLD UNIVERSITY SELECTION GUIDELINES

RNZ intends to select crews for one or more of the following regattas, subject to meeting performance standards:

UNDER 23

World Under 23 Championships St Catharines, CAN 18-23 August 2024

Rowers who are 22 years of age or under as at the 31 December 2024

FISU World University Championships (Rowing)

FISU World University Championships (Rowing) Rotterdam, NED 4-6 July 2024

Rowers who meet the eligibility criteria, related to study load, graduation date and age.

UNDER 21

NZ vs Australia Sydney, AUS 31 May-2 June 2024

The exact race format is yet to be agreed upon and will be confirmed in early 2024.

Rowers who are 20 years of age or under as at the 31 December 2024

Team:

Sweep 4 men / 4 women

Sculling 4 men / 4 women

Coxswains 2 coxswains

Reserves 2* men / 2* women

***TBC**

UNDER 19

World Under 19 Championships St Catharines, CAN 21-25 August 2024

Rowers who are 18 years of age or under as at the 31 December 2024

UNDER 18

North vs South Island Regatta Cambridge, NZL 23 -24 April 2024

Rowers who are 17 years of age or under as at the 31 December 2024

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

UNDER 23 SELECTION PROCESS

- a) **UNDER 23 NZ BASED SELECTION TRIAL** **19 – 23 February 2024, Lake Karāpiro**
- b) **UNDER 23 INTERNATIONAL BASED SELECTION TRIAL** **23 – 27 June 2024, Lake Karapiro**
Possible final confirmation of all selected NZ U23 crews, if not decided in February 2024 trial.

1. HOW TO QUALIFY FOR A SELECTION TRIAL

PERFORMANCE HUB/CLUB BASED ATHLETES

1.1 All Performance Hub and club based athletes that have completed the online [nomination form](#) shall be eligible for Under 23 Selection Trials (under the age group rules) providing they shall have:

- a) Athletes must hold a current NZ Passport.
b) Must be 22 years or under as at 31 December 2024.
c) 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 Manager).

2023 Ergometer 5km Test Completed between 1 October – 19 November 2023

2024 Ergometer 2km Test Completed between 22 – 28 January 2024

- d) 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 Athlete Development Manager).

National Small Boat Regattas (compete at one)

North Island Club Champs, Lake Karāpiro 26 – 29 January 2024 – Boats Premier 1x/2-

South Island Club Champs, Lake Ruataniwha 27 – 28 January 2024 – Boats Premier/Open 1x/2-

- e) Participated in the NZ Club Championships Regatta (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Manager).

Under 23 eligible athletes (complete in at least one of)

New Zealand Club Champs, Lake Karāpiro 13 – 17 February 2024 – Boats U22 1x/2- and/or Prem 1x/2-

- f) An initial trial list of invited U23 athletes will be announced on Friday 2 February 2024 on the Rowing NZ website, with a final trial list of invited U23 athletes announced on Sunday 18 February 2024 on the Rowing NZ website.

INTERNATIONAL BASED ATHLETES

1.1 To be considered for a Under 23 Selection Trial, International Based athletes shall have:

- a) Athletes must hold a current NZ Passport.
b) Must be 22 years or under as at 31 December 2024.
c) 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 Athlete Development Manager).

2023 Ergometer 5km or 6km Test Completed and submitted before 1 December 2023

2024 Ergometer 2km Erg Completed and submitted before 1 April 2024

- d) Attended the U23 Development Camp at Lake Karāpiro, 19 – 23 December 2023 (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Manager).
- e) Have nominated via the RNZ online [nomination form](#) by 19 November 2023.
- f) A trial list of International based U23 eligible invited athletes will be announced on the Rowing NZ website before 20 May 2024.

WORLD UNIVERSITY SELECTION PROCESS

SELECTION TRIAL *19 – 23 February 2024, Lake Karāpiro or 29-30 March, Lake Karapiro (TBC)*

2. HOW TO QUALIFY FOR A SELECTION TRIAL

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

- a) Athletes must hold a current NZ Passport.
- b) Must be at least 18 and no older than 25 years of age on 31 December 2024.
- c) Must be studying towards a degree or diploma in 2024 or have graduated in 2023.
- d) Complete the RNZ online [nomination form](#) no later than 19 November 2023 (except with leave of RNZ Athlete Development Manager).
- 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 Manager).

2023	Ergometer 5km Test	Completed before 19 November 2023
-------------	--------------------	-----------------------------------

2024	Ergometer 2km Test	Completed between 22 – 28 January 2024
-------------	--------------------	--

- f) A trial list of World University eligible invited athletes will be announced either on Sunday 18 February 2024 or on Friday 1 March 2024 on the Rowing NZ website.

U21 SELECTION PROCESS

SELECTION TRIAL *19 – 23 February 2024, 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.
- b) Must be 20 years or under as at 31 December 2024.
- c) Complete the RNZ online [nomination form](#) no later than 19 November 2023 (except with leave of RNZ Athlete Development Manager).
- d) 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 Manager).

2023	Ergometer 5km Test	Completed before 19 November 2023
-------------	--------------------	-----------------------------------

2024	Ergometer 2km Test	Completed between 22 – 28 January 2024
-------------	--------------------	--

- e) An initial trial list of U21 eligible invited athletes will be announced on Friday 2 February 2024, with a final trial list announced on Sunday 18 February 2024 on the Rowing NZ website.

U19 SELECTION PROCESS

SELECTION TRIAL 18 – 23 April 2024, 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.
- b) Must be 18 years or under as at 31 December 2024.
- c) Complete the RNZ online [nomination form](#) no later than 19 November 2023 (except with leave of RNZ Athlete Development Manager).
- d) Completed a 2km ergometer test and 5km (open rate) or 30min (@20 stroke rate) 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 Manager).

2023 Ergometer 5km OR 30min Test Completed between 1 October - 19 November 2023

2024 Ergometer 2km Test Completed between 1 January – 29 February 2024

- e) A trial list of U19 eligible athletes will be announced on the Rowing NZ website before Monday 25 March 2024.

NORTH AND SOUTH ISLAND UNDER 18 SELECTION PROCESS

SELECTION TRIAL 17 - 19 April 2024, Lake Ruataniwha and 18 - 20 April 2024, 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 2024.
- b) Completed an online [nomination form](#) no later than 29 February 2024.
- c) Completed and submitted a 2km ergometer test between 1 January to 29 February 2024, 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 trial list of U18 eligible athletes will be announced on the Rowing NZ website before Monday 25 March 2024.

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, 20 - 24 April 2024.

NOTES

1. Nomination forms on Rowing NZ website/High Performance: [Nomination Forms](#)
2. All ergometer testing (with exception of Summer Squad) 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: **RNZ Athlete Development Manager, Janey Charlton, email janey@rowingnz.kiwi**