ROWING NEW ZEALAND

2027 NZ U23 Rowing Team

2027 World Rowing U23 Championships

27 July-1 August (TBC)

Plovdiv, Bulgaria



What is the purpose of the NZ U23 Rowing Team that travels to the World Championships?

The purposes of the team are:

- Identify future successful Elite athletes
- Expose promising athletes to a high standard of training and international racing
- Develop our wider rowing community through exposure to standards of excellence

Who is eligible for the NZ U23 Rowing Team?

All athletes must meet the following to be eligible for a 2027 U23 Team trial. Any exceptions to the below requirements must be approved by the Rowing New Zealand Athlete Development Manager, Janey Charlton (janey@rowingnz.kiwi), before the due dates.

- Any rowers who are 22 years of age or under on 31 December of the year of the World Champs.
- Athletes must hold New Zealand citizenship and a current New Zealand passport
- Athletes must have completed an Athlete Nomination Form no later than 16 November 2026
- Athletes must have completed the erg testing and on water requirements set out below (see "How is the team selected?")

How do I nominate?

All athletes who wish to be considered must read the Selection Policy and High Performance Selection Guidelines. These documents can be found on the Rowing NZ website, under High Performance.

Athletes are to complete a nomination form via the Rowing NZ website. Selectors want to see that athletes are committed to rowing for NZ, so it is important to complete the nomination form and any erg submissions on time and complete the required on-water events. In the case of injury or illness later in the season, athletes are encouraged to perform erg tests early.

THE ROAD TO
U23 WORLD CHAMPS
For Domestic Athletes

ROWING NEW ZEALAND

November



Team Nomination



5K & 1min Erg Submission

December



Time Trials Before Xmas Regatta/Otago Champs



U23 Assessment Camp

January



2K Erg & Max Watt Submission



Time Trial Before NI/SI Champs



NI/SI Champs

February - June



NZ-Based Athletes U23 Trials



Domestic Training Squad



June U23 Trials (includes International Athletes)

June - August



Pre-tour camp



World Champs

THE ROAD TO
U23 WORLD CHAMPS
For International Athletes

ROWING NEW ZEALAND

November



Team Nomination





5K/6K & 1min Erg Submission

December



U23 Assessment Camp

February/ March



2K & Max Watt Erg Submission

June - August



June U23 Trials (includes International Athletes)





Pre-tour camp





World Champs

How do I get an U23 trial?

The High Performance Selection Guidelines on the Rowing NZ website explain how athletes may gain selection for the NZ U23 Rowing Team. Any athlete wishing to be selected should read the selection guidelines and selection policy. The detail below is a guide only.

- Athletes need to have completed the nomination form and submitted it by 16 November 2026.
- Athletes must have completed a 2km ergometer test and 5km (open rate) ergometer test in the time frames set out below and observed by a RNZ nominated regional erg tester (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).

Location	5K Erg	2K Erg
Domestic U23	2 – 15 Nov 2026	18 – 31 Jan 2027
International U23	2 – 29 Nov 2026	1 Feb – 1 Apr 2026

- Selection to the U23 Assessment Camps will be based on the 2026 5km erg submission as well as current and previous race results. International U23 athletes must attend the NZ U23 Assessment camp (15-19 Dec 2026) if invited.
- Domestic athletes must complete all the following on water events to be eligible:

Event	Regatta	Event
Time trial only	Karapiro Christmas Regatta **OR** Otago Champs	Prem 1x or 2-
Time trial **AND** Regatta	North Island Club Champs **OR** South Island Club Champs	Prem 1x or 2-

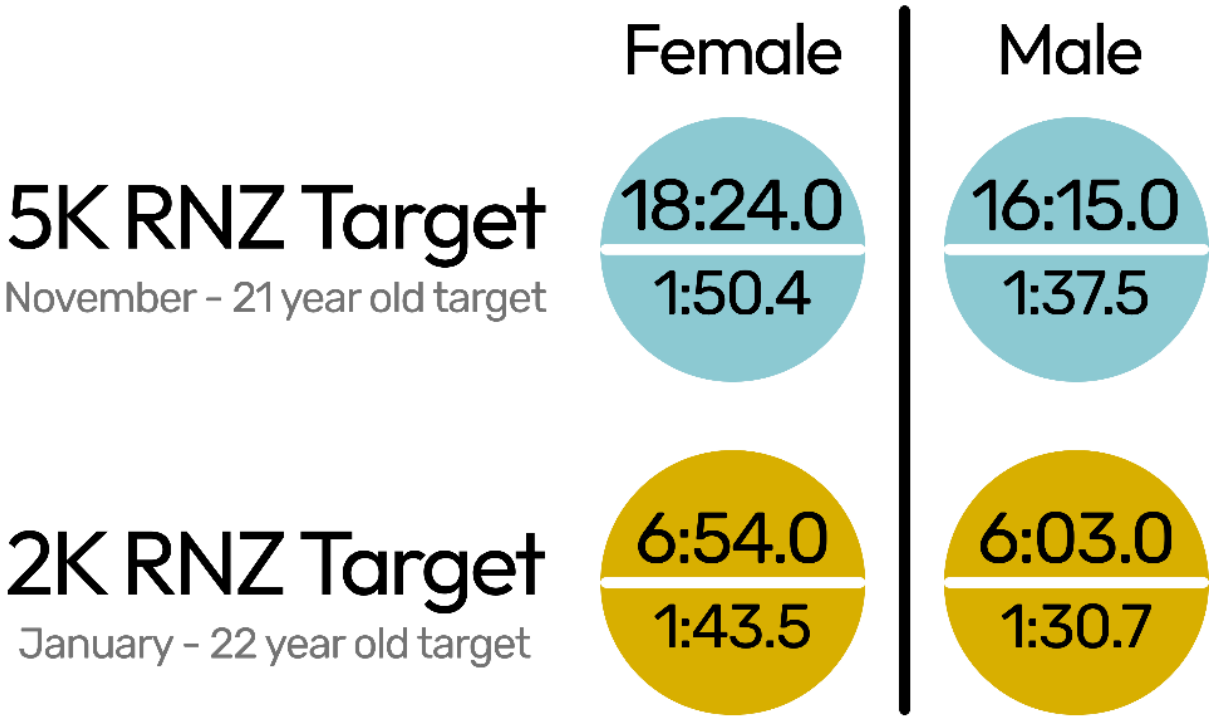
- An initial list of athletes will be invited to trial by the Rowing New Zealand U23 Selection Panel via an announcement on the Rowing New Zealand website before the 3 February 2027.
- Athletes are expected read the Selection for Athletes and Crews Policy, especially Clause 14 – Selection Criteria
- Selection guidelines are also available on the Rowing NZ website.
- All nominating athletes must **complete the Understanding the Rowing NZ Selection Policy for Classic Rowing module**, it should take between 25-30 minutes. See the instructions at the end of this document for more information.

Subject to compliance with the pre-requisites set out above and in the previous section, athletes may gain selection for Under 23 trials by:

- Invitation of the RNZ U23 Selection Panel; or by
- Meeting "Auto-Trial" criteria by:

  Bettering the 2km Erg standards (see below - to be verified by RNZ Ergometer Tester)
  AND
  Achieve an elite prognostic within 2% of winners of Prem 2- or 1X at NICC or NZCC

*Note that athletes must achieve **both** the 2km erg standard and on-water criteria to earn an "auto-trial".*



What is the standard required to succeed?

It is a big step up to international standard.

- On-water, the gap from Under 23 to Elite is not a huge one, with some athletes from other countries competing and succeeding at both the Under 23 and Elite World Championships. Racing in premier grade against our elite rowers at big domestic regattas gives some idea of what the standard is like.
- Physically, rowers should be aiming to hit RNZ erg standards above. Everyone moves a boat well at International level so it is important to have both the boat movement *and* the physical capabilities.



What are the key dates?

It is important to know the key dates from athlete nominations in 2026 to the end of the campaign in 2027.

Date	Event	Location
2-15 November 2026	5km erg submission window for Domestic Athletes	Online
16 November 2026	U23 Team Nomination Form due	Online
20 November 2026	U23 Assessment Camp invitations sent	Online
2-29 November 2026	5km/6km erg submission window for International Athletes	Online
10 December 2026	Time Trial – North Island	Lake Karāpiro
11 December 2026	Time Trial – South Island	Lake Ruataniwha
15-19 December 2026	Assessment Camp	Lake Karāpiro
18-31 January 2027	2km erg submission window for Domestic Athletes	Online
28-31 January 2027	Time Trial and North Island Club Champs	Lake Karāpiro
29-31 January 2027	Time Trial and South Island Club Champs	Lake Ruataniwha
1 February – 1 April 2027	2km erg submission window for International Athletes	Online
3 February 2027	U23 Training Squad trialists list published	Online
20-25 February 2027	U23 Training Squad trial	Lake Karāpiro
30 March 2027	U23 Training Squad assemble	Cambridge
14-19 June 2027	U23 Final Selection Trial	Lake Karapiro
12 July 2027 TBC	U23 World Champs team depart	Plovdiv, Bulgaria
28 July - 1 August 2027 TBC	U23 World Championships	Plovdiv, Bulgaria



What are the On Water Requirements for?

Domestic U23 athletes must complete the required time trials ahead of the following regattas: Karāpiro Christmas Regatta **OR** Otago Championships, **AND** the North Island Club Championships **OR** South Island Club Championships. The time trials must be completed in either a 1X or 2-.

Athletes must also compete at the North Island Club Championships Regatta **OR** South Island Club Championships Regatta in the Prem 1X or Prem 2- events.

The time trials help selectors to understand more about how well athletes are moving a boat.

The U23 Assessment Camp is important because it is the only opportunity for International athletes to be compared to Domestic athletes on-water before U23 trialists are announced. For this reason, **International U23 athletes must attend the assessment camp if invited** in order to be eligible for selection to trial. Exceptions will only be granted in exceptional circumstances by the Athlete Development Manager. Athletes who feel this applies to them need to apply for an exception before 16 November 2026.

How do I get an invite to an Assessment Camp?

The U23 Assessment Camp will be held at Lake Karapiro in December.

For the camps, selectors are looking for evidence that rowers may be capable of a medal-winning performance at the U23 World Championships, demonstrated through:

- Strong **boat-moving ability** (especially small boats), **AND**
- Strong **physical capability** (5K/6K, 2K, 1min, max watts erg performances in the most recent testing windows).

To be considered, athletes must have completed their 5K/6K erg. Rowers who have not completed this erg test, including those with a medical exception, will not be invited to participate in assessment camps.

Coxswains are selected based on racing and training recordings. More information is provided to those who have nominated. See the updated Pathway Plan on the Rowing NZ Website to view the Coxswain Picture of Performance and to better understand what selectors are looking for.

If I don't get invited to an Assessment Camp, can I still get an U23 Trial?

Domestic and International rowers not invited or unable to attend the Assessment Camp are **still eligible to be selected for an U23 trial.** Some athletes who don't get invited to camp show strong performances after Christmas that can earn them a trial, and potentially a place in the team. Athletes who cannot attend or are not invited to the Assessment Camp should still submit a 2K erg in the submission window if they want to be considered for the U23 team.

What happens at the Assessment Camps?

U23 Assessment Camp is held at Lake Karapiro the week after the Christmas Regatta. Participation is by invitation only. Athletes indicate in the U23 nomination form whether they want to be considered to attend the assessment camp.

The intent of these camps is to:

- Assess athletes – review the current attributes, ambition and attitude of athletes more closely
- Develop options – Get a sense of which boat classes and combinations could be realistic medal-winning options
- Provide feedback – give clear guidance to athletes on their development needs ahead of trials

At the assessment camps, athletes will receive the chance to measure themselves against the best NZ U23 talent in seat racing and training rows. There will also be testing and/or education opportunities in areas like S&C, physiology and nutrition.

What happens at the U23 trials?

Following the initial NZ U23 Training Squad trialist announcement on the Rowing NZ website by 3 February 2027, athletes will need to confirm whether they accept or decline the trial by lunch time Thursday 4 February 2027 to the High Performance Operations Manager, Lisa Holton, lisa@rowingnz.kiwi.

The NZ U23 Training Squad trial will take place from the 21 – 25 February 2027, with athletes arriving at Lake Karāpiro in the afternoon of the 20 February 2027.

All trialists will be required to:

- Complete a 2km maximum erg test (Sunday 21 February)
- Be prepared to race and/or time trial in any of the following boats: singles, doubles, pairs, fours, quads or eights over distances from 500m through 2000m

Selectors will be looking for athletes that are showing the physical attributes both on and off the water, as well as the attitude and ambition that will enable them to make A finals and win medals at the U23 World Championships.

There is no cost to attend the NZ U23 Training Squad trial, except you will need to cover your own food costs during the trial.

Following the U23 Final Selection trialist announcement on the Rowing NZ website, (dates TBC), athletes will need to confirm whether they accept or decline the trial by contacting the High Performance Operations Manager, Lisa Holton, lisa@rowingnz.kiwi by the nominated date.

The U23 Final Selection trial will take place from the 15 – 19 June 2027, with athletes arriving at Lake Karāpiro on or before the afternoon of the 14 June 2027.

All trialists will be required to:

- Complete a 2km maximum erg test (Tuesday 15 June)
- Be prepared to race and/or time trial in any of the following boats: singles, doubles, pairs, fours, quads or eights over distances from 500m through 2000m

Selectors will be looking for crews capable of making A finals and going at least 97% of the U23 World's Best Times at trials in ideal conditions.

The purpose of the 2027 U23 Final Selection Trial is to select athletes and crews to represent New Zealand at the U23 World Rowing Championships in Plovdiv, Bulgaria, from 28 July - 1 August 2027.

There is no cost to attend* the U23 Final Selection Trial, except you will need to cover your own food costs during the trial.

*International athletes will need to get themselves to Lake Karāpiro for the trial, there will be a financial contribution from RNZ to offset some of this cost.



How am I expected to behave at trials?

As a condition of participating in the two 2027 U23 Selection trials, Rowing New Zealand requires that you agree to and uphold the following understandings and conditions:

Rowing New Zealand expects that:

- *At all times you will conduct yourselves in a dignified and responsible manner that is respectful towards others*
- *You will willingly comply with all reasonable requests of Rowing New Zealand's National Selectors, Coaches and Officials*
- *To ensure fair outcomes you agree to participate to the best of your ability in all selection races, time trials etc.*
- *You will not make comment about rowers other than yourself to the media or any comments that reflects on Rowing New Zealand or its selectors, coaches and officials negatively*
- *You acknowledge that at times during the trial there may be unavoidable delays as a result of the decision-making process. Where possible these will be kept to a minimum.*

How does the Domestic Training Squad work?

Post the trials in February the U23 Training Squad is announced that contains domestic athletes who are displaying the capabilities required to succeed at the final U23 trials in June. Being named in the training squad **does not** mean athletes are selected for the U23 team.

Once named to the training squad, the athletes will be required to train regionally before the opportunity to train from the Rowing New Zealand High Performance Centre (HPC) begins on Tuesday 30 March 2027. Regional training will be monitored, and a training program will be provided. The training squad will be coached by the U23 team coaches to prepare for the U23 Final Selection trials.

Athletes selected to the training squad will need to have a current PHE before they begin training at the HPC. These can be done regionally through approved providers and athletes will be provided with the details post the trial.

Athletes can expect to compete anywhere from 130km (a women's single, for example) to 200km (a men's eight) per week in training. This is about 14 – 22 hours of training. Athletes can expect to complete two training sessions a day, 6 days a week, with at least one row each day and a combination of more rowing, strength and conditioning or ergs for a second session.

Shortly before the final trials, any International U23 athletes who have been invited to trial can join the training squad.

If I am selected, what does the U23 World Champs Team Campaign look like?

Post the U23 Final Selection trial, once selected to the team, athletes will be required to train at Lake Karapiro from Monday 21 June through until the team departs (approximately 12 or 19 July, pending on World Champs final date). This is the period described as the Pre-Tour Camp phase and which will involve training for 3-4 weeks in New Zealand before travelling to Europe to train for 12-16 days before racing starts.

Out of town athletes are encouraged to secure Cambridge accommodation in a flatting or private board situation. There may be an opportunity to stay in the Rob Waddell Lodge post trials in June/July 2027, at a cost of $37per person per night (NB: minimum of 10 people required). You would be responsible for all your own catering and cleaning during this period.

The U23 World Championships are from the 28 July – 1 Aug 2027 in Plovdiv, Bulgaria. The 2027 Championships will be combined with the U19 World Championships (27 – 31 July 2027), so the two teams will travel together in 2027. Dates are still to be confirmed by World Rowing.

How much does it cost?

Assessment Camp

Athletes need to get themselves to Lake Karapiro on Monday 14 December in the evening or first thing in the morning on Tuesday 15 December 2026. Accommodation will be provided (no cost to you) at the Rob Waddell Lodge and Chalets at Lake Karapiro. You will need to bring your own bedding and you will be responsible for your own catering. You will be sharing the space with the U19 Assessment camp attendees until Wednesday morning 16 December.

U23 Training Squad Trial

Upon acceptance of your trial, Lisa will arrange flights for those that require them. Accommodation will be provided (no cost to you) at the Rob Waddell Lodge at Lake Karapiro. You will need to bring your own bedding and will be responsible for your own catering.

U23 Final Selection Trial

All athletes are responsible for getting themselves to Lake Karapiro for the trials. A travel contribution will be available to all International based athletes to help offset the travel costs back to NZ. Accommodation will be provided at the Rob Waddell Lodge. You will need to bring your own bedding and will be responsible for your own catering.

U23 World Champs Team Tour - $11,000 approx. (TBC) for new athletes and $9000 approx (TBC) for returning athletes

This cost covers return flights to Bulgaria, meals, accommodation, uniform, transport, equipment transport and hire, and insurance while overseas with the team. This cost will be invoiced in instalments. All tour costs must be paid prior to team departure.

U23 Training Squad Athletes – will be invoiced in four instalments (if you do not make the team, you will be refunded):

- March 2027
- April 2027
- May 2027
- June 2027

U23 International and Coxswains – will be invoiced in two instalments:

- June 2027



Understanding the RNZ Selection Policy for Classic Rowing

As an athlete nominating for a team, it is compulsory that you complete the Understanding the Rowing NZ Selection Policy for Classic Rowing module, it should take between 25-30 minutes.

The How to look after yourself during selection periods module is not compulsory but is highly recommended for those who may be relatively new to the nomination and selection process and takes 15-20 minutes, it is accessible to all with the RowingNZ Sport Tutor access.

Both modules are housed on SportTutor which is Sport NZ's free education platform. The selection Policy module can only be accessed through the link.

To access the Understanding the Rowing NZ Selection Policy for Classic Rowing module, please follow these steps:

1. Go to https://sporttutor.nz/rowingnz
2. Log in using your existing SportTutor details.
3. If you don't have a SportTutor account, select "Sign Up" and create one.
4. Once logged in, go back into this email/document and open the module using this link: https://sporttutor.nz/ilp/pages/description.jsf#/users/@self/catalogues/5648282/courses/5644965
5. Click 'syllabus' to access (If you experience any issues accessing your SportTutor account, please contact sporttutor@sportnz.org.nz.)

Once you are in the RowingNZ Sport Tutor you will be able to see the 'How to look after yourself during selection periods' module, the link is also provided below:

https://sporttutor.nz/ilp/pages/description.jsf#/users/@self/catalogues/2906240/courses/5636844

