ROWING NEW ZEALAND ("RNZ")
2026-2027 HIGH PERFORMANCE SELECTION GUIDELINES

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

PERFORMANCE LEVEL

NZ ROWING TEAM (ELITE)

2027 World Rowing Cup III	Racice, CZE	9-11 July 2027
2027 World Championships	Lucerne, SUI	23-29 August 2027

NZ ROWING U19 & NZ ROWING U23

World Under 19 Championships	Plovdiv, BUL	*27-31 July 2027 (TBC)*
Rowers who are 18 years of age or under on the 31 December 2027		
World Under 23 Championships	Plovdiv, BUL	*28 July-1 Aug 2027 (TBC)*
Rowers who are 22 years of age or under on the 31 December 2027		

DEVELOPMENT LEVEL

FISU World University Games

FISU World University Rowing Championships	Chungju, ROK	2-4 August 2027

Rowers who meet the eligibility criteria, related to study load, graduation date and age (between the ages of 18-25).

U22 Oceania Championships

U22 Oceania Rowing Championships	*Cambridge, NZL (TBC)*	*2-4 July 2027 (TBC)*

North Island and South Island teams containing rowers who are 21 years of age or under on the 31 December 2027

U19 Development

International Rowing Challenge	Los Angeles, USA	18-20 Sept 2027
Rowers who are 18 years of age or under on the 31 December 2027		

UNDER 18

North vs South Island Regatta	Twizel	17-18 April 2027
Rowers who are 17 years of age or under on the 31 December 2027		

NOTES

1. Nomination forms can be found on the Rowing NZ website under the High Performance tab and then Selection Info & Policies drop down option: Nomination Forms.

2. All ergometer testing (with exception of Summer Squad) to be observed by a RNZ regional erg tester and then validated by sending in a photo of the erg test screen via the Erg Test Submission Form.

3. All athletes outside of the NZ Rowing team (Elite) will be required to contribute to the costs of the tours and to potentially relocate to Karāpiro for certain lengths of time.

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

6. For further information contact: **for Elite questions to RNZ General Manager Performance, Judith Hamilton email judithh@rowingnz.kiwi and for U23, U22, U19, U18 and World University questions to RNZ Athlete Development Manager, Janey Charlton, email janey@rowingnz.kiwi**

REQUIREMENTS for ELIGIBILITY to ATTEND RNZ SELECTION TRIALS

1. Selection Trials Overview

Category	Trial	Date	Location
U23	NZ U23 Training Squad Trial	21–25 Feb 2027	Lake Karāpiro
Elite	*Elite Trial (TBC)*	*TBC*	Lake Karāpiro
University	*Open World University Trial (TBC)*	*28 Mar 2027*	Lake Ruataniwha
U18	North/South Island Trials	10-12 Apr 2027	Lake Karāpiro & Ruataniwha
U19	U19 Trial	11-17 Apr 2027	Lake Karāpiro
University	*World University Confirmation Trial (TBC)*	*17 Apr 2027*	Lake Karāpiro
U22	North/South Island Trials	7-9 May 2027	Lake Karāpiro & Ruataniwha
U23/Elite	U23 Final Selection Trial/Elite Confirmation Period	15-19 June 2027	Lake Karāpiro
*U19 Dev	U19 Dev Trial/Pathway Assessment Regatta	6-8 Aug 2027	Lake Karāpiro

2. Key Eligibility Requirements

Requirement	Applies To
NZ Passport	Elite, U23, U19, U19 Dev, World University
Age Requirements	U23, U19, U19 Dev, World University, U22, U18 - based on age on the 31 Dec 2027
Nomination deadline: 16 Nov 2026	Elite**, U23, U19, World University Nomination Forms.
Nomination deadline: 31 Jan 2027	U18 Nomination Forms.
Nomination deadline: 3 April 2027	U22 Nomination Forms.

****Except Summer Squad athletes

3. Erg Test Requirements

All ergs must be supervised by a RNZ regional erg tester and **submitted** with a photo of the erg screen to RNZ via the Erg Test Submission Form by the FINAL day of the testing window.

Category	5km Erg	1min Erg	2km Erg	Max Watts Erg
Summer Squad/Elite	23 Nov – 6 Dec 2026	N/A	18 – 31 Jan 2027	N/A
U23 NZ Based/World Uni	2 – 15 Nov 2026	2 – 15 Nov 2026	18 – 31 Jan 2027	18 – 31 Jan 2027
International U23	2 – 29 Nov 2026 (5km or 6km)	2 – 29 Nov 2026	1 Feb – 1 Apr 2026	1 Feb – 1 Apr 2026
U19	12 Oct – 15 Nov 2026	12 Oct – 15 Nov 2026	1–28 Feb 2027	1 – 28 Feb 2027
U22	N/A	2 Mar – 2 Apr 2027	2 Mar – 2 Apr 2027	2 Mar – 2 Apr 2027
U18	N/A	1 – 28 Feb 2027	1–28 Feb 2027	1 – 28 Feb 2027
*U19 Dev	31 May – 13 June 2027	N/A	28 June - 11 July 2027	N/A

4. On Water/Racing Requirements

Category	Required Events	DATES
Summer Squad/Elite	Xmas Regatta (Regatta + Time Trial) **AND** NIC Champs (Regatta + Time Trial) in Prem 1X or 2-	TT: 10 Dec 2026, Regatta: 10 – 13 Dec 2026 TT: 28 Jan 2027, Regatta: 29 - 31 Jan 2027
U23 NZ Based	Xmas Regatta Time Trial **OR** Otago Champs Time Trial **AND** NIC Champs (Regatta + Time Trial) **OR** SIC Champs (Regatta + Time Trial) in Prem 1X or 2-	Xmas TT: 10 Dec 2026, Otago TT: 11 Dec 2026 NICC: TT 28 Jan 2027, Regatta 29 – 31 Jan 2027 SICC: TT 29 Jan 2027, Regatta 30 – 31 Jan 2027
U19	One Time Trial from any of the following Regattas: Xmas, Otago, NICC or SICC, NISS or SISS in 1X, 2- or 2X	Xmas TT: 10 Dec 2026, Otago TT: 11 Dec 2026, NICC TT: 28 Jan 2027, SICC TT: 29 Jan 2027
U18	Optional Time Trial ahead of NISS or SISS	NISS & SISS TT: 25 Feb 2027

5. Coxswain Requirements

Category	Recordings	DATES
Elite/U23/U19	Training (5mins) and Racing (5-8mins) Recording	Between 1 Nov- 13 Dec 2026 **(Submitted by 14 Dec 2026) AND** Between 1 Jan – 14 Feb 2027 **(Submitted by 15 Feb 2027)**
U18	Training (5mins) and Racing (5-8mins) Recording	Between 1 Jan – 28 Feb 2027 **(Submitted by 1 Mar 2027)**
U22	Training (5mins) and Racing (5-8mins) Recording	Between 1 Jan – 27 Mar 2027 **(Submitted by 3 April 2027)**

6. Automatic Trial Qualifications – need to achieve **both** Erg **AND** On Water Standards****

Category	2km Erg Standard	On Water Standard
Men Elite	5:53.0	Top 2 placing NICC in Prem 1X or 2-
Men U23	6:03.0	Achieve an elite prognostic within 2% of winners of Prem 1X or 2- at NICC or NZCC
Women Elite	6:42.0	Top 2 placing NICC in Prem 1X or 2-
Women U23	6:54.0	Achieve an elite prognostic within 2% of winners of Prem 1X or 2- at NICC or NZCC
U19 Men	6:14.0	Top 4 NZSS U18 1X, 2- or 2X or Top 2 U184X+/4+ or Top 4 NZCC in Snr 1X, 2- or 2X
U19 Women	7:06.0	Top 4 NZSS U18 1X, 2- or 2X or Top 2 U184X+/4+ or Top 4 NZCC in Snr 1X, 2- or 2X

****In addition to achieving both the 2km Erg Standard and On Water Standard listed above, to receive an automatic trial invite athletes need to have meet all the Key Eligibility, Erg Test and On Water requirements listed.

7. Additional Requirements by Category

Category	Additional Criteria
International U23 Athletes	Must attend NZ U23 Assessment camp (15-19 Dec 2026) if invited
World University	Must be studying in 2027 or graduated in 2026. Optional – participated in at least one RNZ TT ahead of Xmas/Otago/NICC/SICC Show regional training capability and nominated crews for selection by 19 March 2027.
U22	Regional training capability + crew nomination (1X, 2- or 2X)
*U19 Dev	In the first instance, must have nominated and met the key eligibility, erg test, on water/racing, or coxing recording requirements for the U19 team and/or been selected to either the U18 North Island or South Island teams. Then secondly, have met the U19 Dev 5km and 2km erg test requirements.

8. Exceptions to Requirements

Any exceptions to any of the Key Eligibility, Erg Test, On Water/Racing, Coxswain, and Additional requirements above e.g. cannot attend due to injury, bereavement, etc, must be approved by the RNZ General Manager Performance (judithh@rowingnz.kiwi) for Elite nominations or by the RNZ Athlete Development Manager (janey@rowingnz.kiwi) for all other teams (U23, World Uni, U22, U19, U19 Dev, U18). Any exception requests need to be submitted before the closure of the testing submission windows or before the time trial or regatta requirements.