

# ROWING NEW ZEALAND ("RNZ")

## 2023-2024 HIGH PERFORMANCE SELECTION GUIDELINES

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

**In order to be considered this year for our Elite team and Olympic Nomination – athletes must already be part of the NZOC long list**

### **ELITE**

2024 World Rowing Cup II	Lucerne, SUI	24-26 May 2024
2024 World Rowing Cup III	Poznan, POL	14-16 June 2024

### **Olympic Nomination to NZOC**

2024 Olympic Games	Paris, FRA	27 July – 4 August 2024
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### **ELITE – FOQR**

2024 Final Olympic Qualifying Regatta	Lucerne, SUI	19-21 May 2024
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### **AGE GROUP and WORLD UNIVERSITY**

Please see the separate policy - [Age Group and World University Selection Guidelines](#)

### **ELITE SELECTION PROCESS**

- a) **ELITE SELECTION TRIAL 1** **30 January – 3 February 2024, Lake Karāpiro**
- Lightweight Weight Requirement:  
Below 60kg Women  
Below 73kg Men

- b) **ELITE SELECTION TRIAL 2** **19 - 23 February 2024, Lake Karapiro**

#### **1. HOW TO QUALIFY FOR A SELECTION TRIAL**

##### **SUMMER SQUAD ATHLETES**

- 1.1 All Athletes selected into the Summer Squad shall be eligible for an Elite Selection Trial 1 and/or 2 providing they meet the following conditions:

- a) Have already been registered with NZOC for the Paris Olympics athlete long list;
- b) Have completed a 5km and 2km erg test within the timeframes set out below, in the presence of an RNZ Coach

<b>2023</b>	Ergometer 5km Test	Completed before 11 December 2023
<b>2024</b>	Ergometer 2km Test	Completed between 22 – 28 January 2024

Lightweights Weight Requirement:  
January 2k Below 61kg Women, 73kg Men

- c) Participated in the In house time trialling before Christmas Regatta and North Island Club Championships

- d) Participated in the Christmas Regatta and North Island Club Championships

Christmas Regatta, Lake Karapiro	15-17 December 2023 — Boats Premier 1x/2-
North Island Club Champs, Lake Karāpiro	26 – 29 January 2024 – Boats Premier 1x/2-

- e) A trialist list for Elite Trial 1 will be announced before 29 January 2024 on the Rowing NZ Website. A trialist list for Elite Trial 2 will be announced on Sunday 18 February 2024 on the Rowing NZ website.
- f) Note: any exceptions to the requirements above i.e., cannot attend due to injury, bereavement, or the like need to be approved in advance by the RNZ General Manager Performance.

#### PERFORMANCE HUB/CLUB BASED ATHLETES

- 1.3 All Performance Hub and club based athletes that have been registered with NZOC on the Paris Olympics long list, and have completed the online [nomination form](#) shall be eligible for Elite Trial 1 or 2 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

<b>2023</b>	Ergometer 5km Test	Completed before 11 December 2023
<b>2024</b>	Ergometer 2km Test	Completed between 22 – 28 January 2024

- b) Participated in the Christmas Regatta and the North Island Club Championships

Christmas Regatta, Lake Karapiro	15-17 December 2023 – Boats Premier 1x/2-
North Island Club Champs, Lake Karāpiro	26 – 29 January 2024 – Boats Premier 1x/2-

- c) Participated in the NZ Club Championships Regatta

New Zealand Club Champs, Lake Karāpiro	13 – 17 February 2024 – Boats Premier 1x/2-
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- d) A trialist list for Elite Trial 1 will be announced before 29 January 2024 on the Rowing NZ Website. A trialist list for Elite Trial 2 will be announced on Sunday 18 February 2024 on the Rowing NZ website.
- e) Note: any exceptions to the requirements above i.e., cannot attend due to injury, bereavement, or the like need to be approved in advance by the RNZ General Manager Performance.

#### 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: **for Elite to RNZ General Manager Performance, Judith Hamilton email [judith@rowingnz.kiwi](mailto:judith@rowingnz.kiwi)**

#### Selection Panels

**Elite Selectors (ESP)** – Wayne Maher (convenor), Gerry Dwyer, Annabel Ritchie, John Storey

**Performance Assessment Panel (PAP)** – Ryan Turfrey (Facilitator), Calvin Ferguson, Gary Roberts, James Coote, Malcolm McIntyre, Mike Rodger, Tom Stannard.