

# ROWING NEW ZEALAND (“RNZ”) 2020-21 HIGH PERFORMANCE SELECTION GUIDELINES

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*RNZ intends to select crews for one or more of the following regattas:*

## **ELITE**

- 2021 FISA World Cup I, Zagreb, Croatia (30<sup>th</sup> April to 2<sup>nd</sup> May 2021)
- 2021 FISA Final Olympic Qualification Regatta, Lucerne, Switzerland (16<sup>th</sup> to 18<sup>th</sup> May 2021)
- 2021 FISA World Cup II, Lucerne, Switzerland (21<sup>st</sup> to 23<sup>rd</sup> May 2021)
- 2021 FISA World Cup III, Sabaudia, Italy (4<sup>th</sup> to 6<sup>th</sup> June 2021)
- 2021 FISA World Rowing Championships, Shanghai, China (17<sup>th</sup> to 24<sup>th</sup> October 2021)

## **UNDER 23**

- World Under 23 Championships, Račice, Czech Republic, 7<sup>th</sup> to 11<sup>th</sup> July 2021
- Rowers who are under 23 years of age on the 31 December 2021*

## **NZ WORLD UNIVERSITY – World University Games (Universiade)**

- World University Games, Chengdu, China, 18<sup>th</sup>-29<sup>th</sup> August, 2021
- Rowers who are currently attending a NZ University in 2021*

## **UNDER 21**

- NZ vs Australia: 10<sup>th</sup> to 12<sup>th</sup> June 2021, Australia.
- The exact race format is yet to be agreed upon and will be confirmed as soon as possible.
- Rowers who are under 21 years of age on the 31 December 2021 and available to trial from 8<sup>th</sup> to 10<sup>th</sup> April, at Karapiro*

Team:

- Sweep 4 men / 4 women (plus coxswains)
- Sculling 4 men / 4 women
- Reserves 1 man / 1 woman

## **NZ UNIVERSITY – Trans Tasman – New Zealand**

- Racing will take place in New Zealand in July 2021
- Rowers who are attending a NZ University in 2021*

Team:

- Men’s Eight
- Women’s Eight

## **U19 (Formerly JUNIORS)**

- World 19 (formerly Junior) Championships, Plovdiv, Bulgaria, 11<sup>th</sup> to 15<sup>th</sup> August 2021
- (Rowers who are under 19 years of age on the 31 December 2021)*

## **UNDER 18**

- North vs South Island Regatta: Lake Karapiro 29<sup>th</sup> to 30<sup>th</sup> April 2021
- Rowers who are under 18 years of age on the 31 December 2021*

Team: North Island and South Island teams comprising:

- Sweep 8 men / 8 women (plus coxswains)
- Sculling 4 men / 4 women (plus coxswains)





## **NZ UNIVERSITY – WORLD UNIVERSITY GAMES (UNIVERSIADE) TEAM SELECTION PROCESS**

Rowers will be considered for this University team if they meet the following criteria:

1. be at least 18 and no older than 25 years of age on 31<sup>st</sup> December 2021
2. must be studying towards a degree or diploma in 2021, or obtained a degree/diploma in 2020 from a NZ University
3. must hold a current NZ Passport
4. Complete the RNZ online nomination form no later than 1<sup>st</sup> March 2021
5. Complete a 2Km erg test within the period of 25<sup>th</sup> January to 28<sup>th</sup> February, in the presence of an RNZ Ergometer Tester (except with leave of the RNZ High Performance Athlete Development Leader in the event of injury, bereavement or the like).
6. Compete in the University Championships – Lake Ruataniwha, 2<sup>nd</sup> to 3<sup>rd</sup> April 2021 (except with leave of the RNZ High Performance Athlete Development Leader in the event of selection for U23 World Championships, injury, bereavement, or the like). It is recommended that athletes compete in at least one University Championship small boat event e.g. M2-, W2-, M1x, W1x
7. Available to trial from 8<sup>th</sup> to 10<sup>th</sup> April 2021 at Lake Karapiro
8. Selection will follow the trial which will include a 2km erg test, on water testing and will be at the sole discretion of the NZ University Selection Panel.

## **U21 TEAM SELECTION PROCESS**

Rowers will be considered for an Under 21 team if they meet the following criteria:

1. Must hold a current New Zealand Passport
2. Must be 20 years or under as at 31<sup>st</sup> December 2021
3. Complete the RNZ online nomination form (Under 21 Form) no later than 1<sup>st</sup> of April 2021
4. Compete at the Under 21 Selection Regatta, 8<sup>th</sup> to 10<sup>th</sup> April, at Karapiro
5. Achieve top 2 place in the final of M2-, W2-, M1x or W1x at the selection Regatta or by Selectors discretion.

## **NZ UNIVERSITY – TRANS TASMAN TEAM SELECTION PROCESS**

Rowers will be considered for a University Trans-Tasman team if they meet the following criteria:

1. Must hold a current New Zealand Passport
2. Must be studying towards a degree or diploma at a NZ University in 2021
3. Complete the RNZ online nomination form no later than 22<sup>nd</sup> March 2021
4. Compete in the University Championships – Lake Ruataniwha, 2<sup>nd</sup> to 3<sup>rd</sup> April 2021 (except with leave of the RNZ Athlete Development Leader in the event of injury, bereavement or the like).
5. Available to trial on 4<sup>th</sup> April 2021 at Lake Ruataniwha
6. Trials will be in pairs only and you must present at the trial as a combination from your university (or be able to train in the same location e.g. AUT and Auckland Uni combination)

## **U19 SELECTION PROCESS – (Formerly JUNIOR)**

**1. SELECTION TRIAL** 24<sup>th</sup> to 30<sup>th</sup> April, 2021, Lake Karapiro

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

2.1 In order to be eligible for a selection trial:

1. Athletes must hold a current NZ Passport and;
2. Complete the RNZ online nomination form no later than 15<sup>th</sup> November 2020 (except with leave of RNZ HPAD Leader)
3. Completed a 2km ergometer test and 5km or 30min ergometer test in the time frames set out below (except with leave of the RNZ High Performance Athlete Development Leader in the event of injury, bereavement, or the like).

2.2 Subject to compliance with the pre-requisite set out above, athletes may gain selection for a Junior Selection Trial:

- a) By invitation at the sole discretion of the National Junior Selection Panel; or
- b) By achieving or bettering one or more of the following standards:
  - i) 2km Ergometer — Boys 6:03 (min:secs)  
— Girls 6:59
  - ii) AON NZ Sec Schools Championships — U18 1x 1<sup>st</sup> and 2<sup>nd</sup> or 2- 1<sup>st</sup>

*NB. To be considered valid, an ergometer test must be completed in the period 1<sup>st</sup> October to 15<sup>th</sup> November 2020 (5km non-rate capped or 30 min rate 20) and 1<sup>st</sup> January to 21<sup>st</sup> February 2021 (2km) and validated by the senior coach at the athlete's club or school.*

*The 5km non rate capped, or 30 min rate 20 Erg will be used to give selectors a more comprehensive picture of the athlete and their stage of development. There will be no target times set and no automatic trial invite based on the scores submitted for this test.*

## **NORTH AND SOUTH ISLAND UNDER 18 TEAMS**

### **1. SELECTION TRIAL                    23<sup>rd</sup> to 27<sup>th</sup> April, 2021 – Karapiro and Twizel**

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

2.1 In order to be eligible for a selection trial, athletes shall have:

- a) Completed an online nomination form no later than 22<sup>nd</sup> February 2021.

2.2 Subject to compliance with the pre-requisite set out above athletes may gain selection for a Under 18 Selection Trial:

- a) By invitation at the sole discretion of the North/South U18 Selection Panel

NB.

1. Selection will be determined by performance at the selection trial in accordance with the criteria to be published by the North / South Under 18 Selection Panels.
2. The North and South Island teams will participate in a camp and regatta run in conjunction with the Junior Selection Trial to be held on Lake Karapiro, 24<sup>th</sup> to 30<sup>th</sup> April 2021.
3. The following events will be held for Under 18 men and women: 8+, 4+, 2-, 4x+, 2x, 1x

## **ELITE PARA ROWING**

### **1. SELECTION TRIAL            –22<sup>nd</sup> to 25<sup>th</sup> February 2021, Lake Karapiro**

### **4. HOW TO QUALIFY FOR A SELECTION TRIAL (except with leave of RNZ General Manager Performance)**

**2.1 In order to be eligible for a Selection Trial, athletes shall have:**

- b) Completed a 3Km and 2km erg test within the time frames set out below (with RNZ Ergometer Tester)
- c) Participated in adaptive races at NZ Club Championships

2.2 Subject to compliance with the pre-requisites set out above athletes may gain selection for an Elite Adaptive Selection Trial:

- a) By invitation at the sole discretion of the National Selection Panel

### **2. ERGOMETER TESTING**

- a. 3Km Test    2<sup>nd</sup> to 8<sup>th</sup> December 2020 (Scores to RNZ)
- b. 2Km Test    25<sup>th</sup> to 31<sup>st</sup> January 2021 (Scores to RNZ)

## **NOTES**

1. Nomination forms on Rowing NZ website/High Performance: click here: [Nomination](#)
2. All ergometer testing (with exception of Juniors and University Trans-Tasman) to be validated by Rowing NZ or RPC coaches
3. Athletes may be required to contribute to the costs of the tours and to relocate to Karapiro
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 Website –<http://www.rowingnz.kiwi>
6. For further information contact: **RNZ General Manager Performance, Judith Hamilton - 0274450501 – email [judith@rowingnz.kiwi](mailto:judith@rowingnz.kiwi)**