ROWING NEW ZEALAND ("RNZ")  
2018-19 HIGH PERFORMANCE SELECTION GUIDELINES

RNZ intends to select crews for the following regattas:

**ELITE**
2019 FISA World Cups in Poznan and Rotterdam, June and July 2019  
2019 World Championships, Linz, Austria 25 August – 1 September 2019

**UNDER 23**
World Under 23 Championships, Sarasota, Florida 24-28 July 2019  
*Rowers who are under 23 years of age on the 31 December 2019*

**UNDER 21**
NZ vs Australia: Series 1- Penrith Lakes, Sydney Australia 27th to 29th June 2019  
and Series 2-Lake Karapiro, New Zealand 22nd to 24th August 2019  
*Rowers who are under 21 years of age on the 31 December 2019*

Team:
- Heavyweight sweep 4 men / 4 women  
- Heavyweight sculling 2 men / 2 women  
- Lightweight sculling 2 men / 2 women  
- Lightweight reserve 1 man / 1 woman  
- Mens & Womens coxswain

**NZ UNIVERSITY – Trans Tasman – New Zealand**
Lake Karapiro – June 24 – July 6 2019  
*Rowers who are currently attending a NZ University in 2019*  
Team:
- Men’s Eight  
- Women’s Eight

**JUNIORS**
World Junior Championships Tokyo, Japan 7th to 11th of August 2019  
*(Rowers who are under 19 years of age on the 31 December 2019)*

**UNDER 18**
North vs South Island Regatta: Lake Karapiro (18th - 20th of April 2019)  
*Rowers who are under 18 years of age on the 31 December 2019*

Team: North Island and South Island teams comprising:  
- Sweep 8 men / 8 women (plus coxswains)  
- Sculling 4 men / 4 women (plus coxswains)
ELITE/UNDER 23/ SELECTION PROCESS

1. i. ELITE SINGLE SCULL TRIAL (World Championships) 2-7 March 2019, Lake Karaprio
   ii. ELITE SELECTION TRIAL1 (World Cups) 28 March - 4 April 2019, Lake Karapiro.
   iii. FINAL ELITE TRIAL1 (World Championships) TBC
   iv. UNDER 23 SELECTION TRIAL 2 - 7 March 2019, Lake Karapiro

Note 1 – For all athletes/crews other than 1.i - Selected Men & Women Single Scull

2. HOW TO QUALIFY FOR A SELECTION TRIAL

RPC ATHLETES (including Summer Squad)
2.1 All Athletes selected into a Rowing Performance Centre (RPC) shall be eligible for Elite Selection Trial or Under 23 Selection Trial (under the age group rules) providing they shall have:

   i. Completed a 5Km and 2Km erg test within the timeframes set out below, in the presence of a RNZ Ergometer Tester (except with leave of the RNZ High Performance Director in the event of injury, bereavement or the like).

   ii. Participated in the National Small Boat Regatta (except with leave of the RNZ High Performance Director in the event of injury, bereavement or the like).

   2018 - Ergometer* 5Km Test 19-24 November 2018 (Scores to RNZ)
   *lightweights (men 75.5kg, women 62kg)

   2019 - Ergometer* 2Km Test 14-18 January 2019 (Scores to RNZ)
   *lightweights (see weight requirements below)

   National Small Boat Regatta
   1. North Is, Karapiro, 26-28 January
   2. South Is, South Is Champs, Twizel, 2-3 February

2.2 Subject to compliance with the pre-requisites set out above RPC Athletes may gain selection for Elite or Under 23 Trials by:-

   a) Invitation of the National Selection Panel; or by
   b) Achieving or bettering one or more of the following standards:
       ii. 2Km Ergometer (to be verified by RNZ Ergometer Tester)
           Men Elite Heavyweight 5:49 (min:secs)
           Men Elite Lightweight 6:08 (74.5kg)
           Men Under 23 Heavyweight 5:55
           Men Under 23 Lightweight 6:13 (74.5kg)
           Women Elite Heavyweight 6:43
           Women Elite Lightweight 7:02 (61kg)
           Women U23 Heavyweight 6:51
           Women U23 Lightweight 7:10 (61kg)

   iii. Performances in National Small Boat Races (2000m)
       Heavyweight Men and Women open 1x, or 2-1st
       Lightweight Men and Women open 1x or 2x 1st

   iii. Performances at the Rocket Kitchen New Zealand Rowing Championships (2000m) -19-23 February 2019
       Elite Heavyweight Men & Women Premier 1x, 2-1st
       Elite Lightweight Men & Women Premier 1x, 2x 1st
       U23 Men & Women U22 1x or 2- 1st

Note: the athlete’s grade (age) category will determine which trial they would attend on meeting the above criteria, at the discretion of the selectors.

NON RPC ATHLETES
2.3 Non RPC Athletes may gain selection for an Elite or Under 23 Selection Trial by invitation at the sole discretion of the National Selection Panel.
NB: **Lightweights** - at the commencement of the Selection Trial and during the trial lightweights must be:
- **Elite trial**: Men 74.5kg, Women 61kg, **U23 trial**: Men 71kg and Women 58kg

**NZ UNIVERSITY – WORLD UNIVERSITY ROWING CHAMPIONSHIPS TEAM SELECTION PROCESS**

There is no World University Championships being held in 2019. The 2020 event will be held in Zagreb, Croatia – Date TBC

**U21 TEAMS 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 December 2019
3. Complete the RNZ online nomination form (Under 21 Form) no later than 22nd of April 2019
4. Compete at the Under 21 Selection Regatta, 3rd to 5th May 2019, at Karapiro
5. Achieve top 2 place in the final of M2-, W2-, M1x, W1x, LM1x, LW1x at the selection Regatta or by Selectors discretion

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

Rowers will be considered for an 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 2019
3. Complete the RNZ online nomination form no later than 1st April 2019
4. Compete in the University Championships – Lake Karapiro, 13th April (14th Spare day) (except with leave of the RNZ High Performance Director in the event of injury, bereavement or the like).
5. Available to trial on 14th April at Lake Karapiro
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)

**JUNIOR SELECTION PROCESS**

1. **SELECTION TRIAL**
   - 14th to 20th of April 2019, 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 25th February 2019 (except with leave of RNZ HPD)

   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, 2- or 2x 1st

   *NB. To be considered valid an ergometer test must be completed in the period 14th January 2019 to 22nd February 2019 and validated by the senior coach at the athlete’s club or school.*

**NORTH AND SOUTH ISLAND UNDER 18 TEAMS**

1. **SELECTION TRIAL**
   - 13th – 16th of April 2019 – 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 not later than 25th February 2019.

   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, 14th to 20th April 2019.

3. The following events will be held for Under 18 men and women: 8+, 4+, 2-, 4x+, 2x, 1x

**ELITE PARA ROWING – SELECTION PROCESS**

1. **SELECTION TRIAL** – 2 - 7 March 2019, Lake Karapiro, or as otherwise determined by RNZ HPD

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

   2.1 Athletes may gain selection for an Elite Adaptive Selection Trial by invitation at the sole discretion of the National Selection Panel

**NOTES**

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/Category?Action=View&Category_id=91
6. For further information contact: **Rowing NZ High Performance Director Judith Hamilton 027 445 0501 – email judith@rowingnz.kiwi**