

ELITE/UNDER 23/ SELECTION PROCESS

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| 1. | i. | ELITE SINGLE SCULL TRIAL (World Championships) | 2-7 March 2019, Lake Karapiro |
| | ii. | ELITE SELECTION TRIAL ¹ (World Cups) | 28 March - 4 April 2019, Lake Karapiro. |
| | iii. | FINAL ELITE TRIAL ¹ (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-	1 st
Lightweight Men and Women	open 1x or 2x	1 st

- iii. Performances at the Rocket Kitchen New Zealand Rowing Championships (2000m) -19-23 February 2019

Elite Heavyweight Men & Women	Premier 1x, 2-	1 st
Elite Lightweight Men & Women	Premier 1x, 2x	1 st
U23 Men & Women	U22 1x or 2-	1 st

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.

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

1. Nomination forms on http://www.rowingnz.kiwi/Category?Action=View&Category_id=592
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**