ROWING NEW ZEALAND ("RNZ")
2019-20 HIGH PERFORMANCE SELECTION GUIDELINES

RNZ intends to select crews for the following regattas:

ELITE
2020 FISA World Cup II in Varese, Italy (1st to 3rd May 2020)
2020 FISA Final Olympic Qualification Lucerne, Switzerland (17th -19th May 2020)
2020 FISA World Cup III (22nd – 24th May 2020)

UNDER 23
World Under 23 Championships, Bled, Slovenia, 16th to 23rd August 2020
Rowers who are under 23 years of age on the 31 December 2020

NZ WORLD UNIVERSITY – World University Rowing Championships
World University Championships, Zagreb, Croatia 27th – 29th August 2020
Rowers who are currently attending a NZ University in 2020

UNDER 21
NZ vs Australia: 16th to 18th July 2020 in 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 2020 and available to trial from 29th April to 1st May, at Karapiro

Team:

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

NZ UNIVERSITY – Trans Tasman – New Zealand
Racing will take place in Australia in 2020
Rowers who are attending a NZ University in 2020

Team:
Men's Eight
Women's Eight

JUNIORS
World Junior Championships in Bled, Slovenia, 16th to 23rd August
(*Rowers who are under 19 years of age on the 31 December* 2020)

UNDER 18
North vs South Island Regatta: Lake Karapiro (16th to 17th April)
Rowers who are under 18 years of age on the 31 December 2020

Team: North Island and South Island teams comprising:

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

1. ELITE/UNDER 23 SELECTION TRIAL DATES

i.	**ELITE SELECTION TRIAL 1 (World Cups)**	**21st to 31st January 2020, Lake Karapiro.**
ii.	**ELITE SELECTION TRIAL 2 (World Cups)**	**29th February to 6th March 2020, Lake Karapiro**
iii.	**UNDER 23 SELECTION TRIAL**	**29th February to 6th March, Lake Karapiro**

NOTE: Crews to compete in the **Tokyo 2020 Olympic Games** shall be selected by the New Zealand Olympic Committee (NZOC) following nomination by RNZ pursuant to the Tokyo 2020 Olympic Games Nomination Policy for Rowing Events. This policy is available at RNZ website www.rowingnz.kiwi - high performance - policies and information

For information purposes only, relevant dates in the 2020 Olympic Games selection process are as follows:

i.	**Olympic Nomination Consideration Period**	**25th May to 7th June 2020**
ii.	**RNZ Olympic Athlete Nominations**	**on or before 8th June 2020**
iii.	**Rowing Team Announcement by NZOC**	**10th June 2020**

Olympic Nomination Consideration Period *– Period during which RNZ will finalise its nominations to NZOC and during which further trialling may be required.*

RNZ Olympic Athlete Nominations *– Being the latest date by which RNZ may nominate crews to NZOC for selection*

Please refer to the Olympic Nomination Policy for full details.

2. HOW TO QUALIFY FOR A SELECTION TRIAL

SUMMER SQUAD ATHLETES

2.1 All Athletes selected into the Summer Squad 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 an RNZ Ergometer Tester (except with leave of the RNZ General Manager Performance in the event of injury, bereavement or the like).

2019 – Ergometer 5km Test	2nd to 8th December 2019 (Scores to RNZ)
2020 - Ergometer 2km Test	21st to 23rd January 2020 (Scores to RNZ)

II. Participated in the National Small Boat Regatta (except with leave of the RNZ General Manager Performance in the event of injury, bereavement or the like).

National Small Boat Regatta	
North Is, North Is Champs, Karapiro	24th to 26th of January

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

a) Invitation of the National Selection Panel; or by

b) Achieving or bettering at least one of the following standards:

i. 2km Ergometer (to be verified by RNZ Ergometer Tester)

Men Elite	5:49	(min:secs)
Men Under 23	5:55	
Women Elite	6:43	
Women Under 23	6:51	

ii. Performances in National Small Boat Races (2000m)

Men and Women	open 1x, or 2-	1st

III. Performances at the Rocket Kitchen New Zealand Rowing Championships (2000m) - 18th to 22nd February 2020

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

NON-SUMMER SQUAD ATHLETES

2.3 Non-Summer Squad Athletes may gain selection for an Elite Trial by invitation at the sole discretion of the National Selection Panel.

RPC ATHLETES

2.4 RPC Athletes will be eligible for Elite trials at the sole discretion of the National Selection Panel (see 2.3).

2.5 All Athletes selected into a Rowing Performance Centre (RPC) shall be eligible for Under 23 Selection Trial (under the age group rules) providing they shall have:

IV. Completed a 5km and 2km erg test within the timeframes set out below, 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).

2019 – Ergometer	5km Test	18th to 24th November 2019 (Scores to RNZ)
2020 – Ergometer	2km Test	13th to 19th of January 2020 (Scores to RNZ)

V. Participated in one of the National Small Boat Regatta (except with leave of the RNZ High Performance Athlete Development Leader in the event of injury, bereavement or the like).

National Small Boat Regatta

1.	North Is, North Is Champs, Karapiro	24th to 26th of January – Boats open 1x/2-
2.	South Is, South Is Champs, Twizel	1st to 2nd February – Boats open 1x/2-

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

a) Invitation of the National Selection Panel; or by

b) Achieving or bettering at least one of the following standards:

iii. 2Km Ergometer (to be verified by RNZ Ergometer Tester)

Men Under 23	5:55
Women Under 23	6:51

iv. Performances in National Small Boat Races (2000m)

Men and Women	open 1x, or 2-	1st

VI. Performances at the Rocket Kitchen New Zealand Rowing Championships (2000m) - 18th to 22nd February 2020

U23 Men & Women	U22 1x or 2-	1st

NON-RPC ATHLETES

2.6 Non-RPC Athletes may gain selection for an Under 23 Selection Trial by invitation at the sole discretion of the National Selection Panel.

NZ UNIVERSITY – WORLD UNIVERSITY ROWING CHAMPIONSHIPS 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 December 2020
2. must be studying towards a degree or diploma in 2020, or obtained a degree/diploma in 2019 from a NZ University
3. must hold a current NZ Passport
4. Complete the RNZ online nomination form no later than 1st March 2020
5. Complete a 2Km erg test within the period of 13th January to 28th 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, 10th to 11th April (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. Lightweights will be considered on their performance in the University Championship events set out above and major regattas through the summer. They must weigh in at the trial at the following weights Men 70Kg & Women 57Kg
8. Available to trial from 29th April to 1st May at Lake Karapiro
9. 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 December 2020
3. Complete the RNZ online nomination form (Under 21 Form) no later than 20th of April 2020
4. Compete at the Under 21 Selection Regatta, 29th April to 1st May, 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 2020
3. Complete the RNZ online nomination form no later than 1st April 2020
4. Compete in the University Championships – Lake Ruataniwha, 10th to 11th April (except with leave of the RNZ General Manager Performance in the event of injury, bereavement or the like).
5. Available to trial on 12th April 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)

JUNIOR SELECTION PROCESS

1. SELECTION TRIAL 12th to 18th April, 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 15th November 2019 (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 1st and 2nd or 2- 1st

NB. To be considered valid, an ergometer test must be completed in the period 15th November to 12th December (5km non-rate capped or 30 min rate 20) and 1st January to 22nd February 2020 *(2km) and validated by the senior coach at the athlete's club or school.*
The 5km 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 10th to 14th April – 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 24th February 2020.

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 17th April.
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 – 28th February to 6th March 2020, 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 18th to 24th November 2019 (Scores to RNZ)
b. 2Km Test 13th to 19th of January 2020 (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 judithh@rowingnz.kiwi**