

Rowing NZ Pathway Update Feb 2024

The Pathway team at Rowing NZ are looking to update the current pathway list after the completion of the 2023-2024 summer rowing season. As per the National Pathway selection document, athletes can get onto the Pathway either in April or October each year if they meet the current criteria outlined below.

All athletes who wish to be on the Pathway **must complete the nomination form**, unless you are selected to an age group team (U23, U21 and U19 teams). This includes all athletes who are either already on the Pathway or are not currently on the Pathway.

IDENTIFICATION LEVEL - An athlete can be selected to Identification level on the National Pathway by fulfilling **ONE Erg** criteria and **ONE On Water** criteria listed below:

Erg 1	2000m Erg Performance	National Pathway threshold line	
Erg 2	5000m Erg Performance	National Pathway threshold line	
On water	South Island/North Island Club Championships	Prem/Open 1X Prem/Open 2-	Top 4 Top 2
	National Club Championships	Sen/U22 1X Sen/U22 2-	Top 4 Top 2
	NZSS Championships Maadi	U18 1X U18 2-	Top 4 (Yr 13) Top 2 (Yr 13)
	NZ University Championships	Champ 1X Champ 2-	Top 4 Top 2
	Team Selection	Trialist for U23, U21, U19 or World University team	

DEVELOPMENT LEVEL - An athlete can be selected to Development level on the National Pathway by fulfilling **ONE Erg** criteria and **ONE On Water** criteria listed below OR can achieve **AUTOMATIC SELECTION** if named to the 2024 NZ U23, U21, U19 or World University teams.

Erg 1	2000m Erg Performance	Champions line (RNZ target)	
Erg 2	5000m Erg Performance	Champions line (RNZ target)	
On water	South Island/North Island Club Championships	Prem/Open 1X Prem/Open 2-	Top 2 Winner
	National Club Championships	Sen/U22 1X Sen/U22 2-	Top 2 Winner
	NZ University Championships	Champ 1X Champ 2-	Winner Winner

PERFORMANCE LEVEL - AUTOMATIC SELECTION for U23 medallists and Elite trialists. Selection to Performance level for those not meeting the automatic criteria is at the discretion of the National Pathway Team and contingent upon consistent performances on the water and in physical metrics such as erg testing. Athletes wanting to gain selection to Performance level should be, targeting Premier 1X and/or 2- events at the National Championships and major regattas and tracking around the Champions line on their individual erg performances.

If you feel you have reached the criteria, please fill out the following form to put your name forward to the Pathway team, nominations will close on Sunday 7 April 2024, 9pm:

<https://www.surveymonkey.com/r/3RYD2FD>