

ACT Team Selection Event Requirements: 2023 Australian Interstate Regatta and Interstate Pathways Vllls

COVID-19

Due to the 2022 Covid 19 outbreak in the ACT, some processes regarding selection and the timing of selection events may require alteration. Rowing ACT will update nominated athletes of confirmed dates and processes at the earliest time possible.

Nominated athletes who are unable to attend selection events due to COVID-19 restrictions are encouraged to engage with Rowing ACT to discuss alternate arrangements where possible.

SELECTION POLICY

Before proceeding to reading the event requirements read and understand the “ACT State Team Selection Policy”, which can be found on the Rowing ACT website, at rowingact.org.au and in the documents section of Team App.

PROCESS 1: SENIOR EVENTS AT THE AUSTRALIAN INTERSTATE REGATTA

Nomination due date: 5.00pm Monday 5 December 2022 (includes athletes, coxswains and coaches)

Nominations to be made at <https://form.jotform.com/220061476153852>

Event Requirements:

Athletes are required to attend ALL selection events unless listed as "Not compulsory".

Athletes should wear their Club uniform at ALL selection events.

Date	Event	Location	Other Info
18 November 2022	RACT Time Trial (<i>Not compulsory</i>)	Lake Burley Griffin	Lwt W: 62kg Lwt M: 75kg
8 December 2022	1800m TT in Single Sculls. (<i>Compulsory</i>) <i>*All events from now on are compulsory events.</i>	Lake Burley Griffin. ACTAS Monitoring Time Slot.	Lwt W: 62kg Lwt M: 75kg
16 December 2022	RACT Time Trial / National Time Trial	Lake Burley Griffin or Nepean River	Lwt W: 62kg Lwt M: 75kg
16 December 2022	Senior squad athletes and squad coaches announced.	ACTAS Boathouse	M8+, W8+, ML4-, WL4x
17 December 2022	Squad briefing with current ranking updates.	ACTAS Boathouse	8.30am
17-24 January 2023	2km Erg Test Window	ACTAS Boathouse	Lwt W: 60.5kg Lwt M: 73.75kg
26 January 2023	1800m TT in Single Sculls. (<i>Compulsory – all events from now on are compulsory events</i>). Event in time slot of ACTAS Monitoring Session.	Lake Burley Griffin. ACTAS Monitoring Time Slot.	Lwt W: 62kg Lwt M: 73.75kg
31 January 2023	Closing date for State of Origin transfer requests		
10-12 February 2023	NSW Championships Senior squad members to compete. Highest ranked in M1x, W1x, Para M1x and Para W1x Championship events to be proposed for selection in those boats.	Penrith. Small Boats Selection.	Lwt W: 59.0kg Lwt M: 72.5kg
16 February 2023	ACT Crew Speed Order for Nationals Qualification	Lake Burley Griffin. ACTAS Monitoring Time Slot.	Lwt W: 59.0kg Lwt M: 72.5kg
24 February 2023	Team announced	Posted on RACT Website.	
27 March - 2 April 2023	Australian National Rowing Championships	Champion Lakes, Perth, WA	

Senior Interstate Team Events:

Event	Trophy
Men's Eight	Kings Cup
Women's Eight	Queens Cup
Men's Lightweight Coxless Four	Penrith Cup
Women's Lightweight Coxless Quad	Victoria Cup
Men's Single Scull	Presidents Cup
Women's Single Scull	Nell Slatter Trophy
Men's PR3 Single Scull	
Women's PR3 Single Scull	

PROCESS 2: YOUTH EVENTS AT THE AUSTRALIAN INTERSTATE REGATTA

Nomination due date: 5.00pm Wednesday 25th January 2023 (includes athletes, coxswains and coaches)

Nominations to be made at <https://form.jotform.com/220061476153852>

Event Requirements:

Athletes are required to attend ALL selection events unless listed as "Not compulsory".

Athletes should wear their Club uniform at ALL selection events. A number of these event requirements are in line with the Schools Pathways VIII. The Schools Pathway 8+ Committee will be sharing information gathered with ACT Selectors for Youth Events for consideration.

Date	Event	Location	Other Info
May till September	ACT Interstate Training Days. <i>*This event is encouraged but not compulsory</i>	CGS Tuesdays. 5.30am till 7.30am during Winter and September.	Summer Holiday Dates TBC
3 December 2022	1800m Race in Single Sculls. Entry at Daramalan/BMRC Regatta (as per with ACT Schools VIII).		Lwt W: 62kg Lwt M: 75kg
October - March	ACT Interstate Training Days. Regular attendance will enhance your prospects of selection. Participation is encouraged.	First Tuesday of October, November, December, February, March. CGS Tuesdays 4pm arrival till 6pm conclusion.	Summer Holiday Dates TBC
10 – 21 January 2023	2km Erg Test	ACTAS Boathouse, home club or school	Scores to be submitted 21/1/2023
12 January 2023	1800m TT in Single Sculls. Event in time slot of ACTAS Monitoring Session. <i>(Compulsory – all events from now on are compulsory events).</i>	Lake Burley Griffin. ACTAS Monitoring Time Slot.	
Sunday 20 February 2023	ACT Crew Speed Order for Nationals Qualification	Lake Burley Griffin	Meet at CGS.
24 February 2023	Team announced	Posted on RACT Website.	
27 March - 2 April 2023	Australian National Rowing Championships	Champion Lakes, Perth, WA	

Youth Interstate Team Events:

Event	Trophy	Age
Men's Youth Eight	Wilkinson Trophy	U21
Women's Youth Eight	Bicentenary Cup	U21

PROCESS 3: ACT PATHWAY VIIs

Nomination due date: 5.00pm Wednesday 25th January 2023 (includes athletes, coxswains and coaches)

Nominations to be made at <https://form.jotform.com/220061476153852>

Event Requirements:

Athletes are required to attend ALL selection events unless listed as "Not compulsory".

Athletes should wear their Club uniform at ALL selection events.

A number of these event requirements are in line with the Schools Pathways VIII. The Schools Pathway 8+ Committee will be sharing information gathered with ACT Selectors for Pathway VIII Consideration.

Date	Event	Location	Other Info
May till September	ACT Interstate Training Days. <i>*This event is encouraged but not compulsory</i>	CGS Tuesdays. 5.30am till 7.30am during Winter and September.	Summer Holiday Dates TBC
3 December 2022	1800m Race in Single Sculls. Entry at Daramalan/BMRC Regatta (as per with ACT Schools VIII). (<i>Not Compulsory</i>).		
October - March	ACT Interstate Training Days. <i>*This event is encouraged but not compulsory</i>	First Tuesday of October, November, December, February, March. CGS Tuesdays 4pm arrival till 6pm conclusion.	Summer Holiday Dates TBC
10 – 21 January 2023	2km Erg Test (verified). (<i>Compulsory – all events from now on are compulsory events</i>).	ACTAS Boathouse, home club or school	Scores to be submitted 21/1/23
12 January 2023	1800m TT in Single Sculls. Event in time slot of ACTAS Monitoring Session.	Lake Burley Griffin. ACTAS Monitoring Time Slot.	
24 February 2023	Team announced	Posted on RACT Website.	
6 April	2000m Ergo Test Submission	ACTAS Boathouse, home club or school	Scores to be submitted 6/1/23
Friday 21 April - Sunday 23 April	Trials Preparation Camp	TBC	
26 April – 30 April	Underage Selection Trials- Pathways VIII Competition	SIRC	

Interstate Team Events National at Rowing Australia Underage Selection Trials

Event	Trophy	Age
Men's Pathway Eight		U19
Women's Pathway Eight		U19