

ACT State Team Selection Process: 2024 Australian Interstate Regatta and ACT Pathways Crews

SELECTION POLICY

Before proceeding to reading the event requirements, ensure to read and understand the “ACT State Team Selection Policy” (selection policy), which can be found on the Rowing ACT website, at [rowingact.org.au](https://www.rowingact.org.au).

<https://www.rowingact.org.au/high-performance/state-teams/>

COACHES SELECTION

Nomination due date: 5.00pm Wednesday 20 December 2023 (includes athletes, coxswains and coaches)

Nominations to be made at <https://www.rowingact.org.au/high-performance/state-teams/>. Nominees are asked to attach a summary of their coaching experience.

The completed online nomination form should be lodged with Rowing ACT by 5:00 PM Wednesday 20 December 2023.

Appointments: Selectors may interview nominated coaches for further information. Coaching appointments will be made in accordance with the requirements of the selection policy, stated coaching preferences and the anticipated needs of the athletes and crews.

Selection Activities: Coaches will receive athlete rankings from event requirements outlined in the Interstate Regatta ACT Team Selection Process: 2024 Australian Interstate Regatta and ACT Pathways Crews. Coaches are expected to assist in the running of event requirements.

Coaches will then work in conjunction with the Selectors to determine the best possible crew combination to represent ACT in each boat category, when there are no clear differences in rankings nor data considered in accordance with the selection policy. In cases where no clear differential between athletes is apparent, coaches are expected to conduct the Selection Activities including Squad Training and Coxswain trials if necessary, relating to the crew to which they have been appointed.

The final crew will be determined by the crew coaches in consultation with the selectors once the event requirements have been completed.

Coaches code of conduct: All selected coaches are required to sign and adhere to the Rowing Australia Coaching Code of Conduct. Coaches are to act in a respectful manner towards athletes, fellow coaches and RACT personnel at all times. Failure to do so may require selectors to reconsider the coaching appointment.

PROCESS 1: SENIOR EVENTS AT THE AUSTRALIAN INTERSTATE REGATTA

Nomination due date: 5.00pm Wednesday 20 December 2023 (includes athletes, coxswains and coaches). Late nominations may be considered at the discretion of selectors.

Nominations to be made at <https://www.rowingact.org.au/high-performance/state-teams/>

Event Requirements:

Any aged athlete is eligible to nominate for Senior Events. The events comprised of open aged/senior athletes who have competed in Senior International levels/Olympic levels or have previous interstate experience. 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
1-27 January	2km Erg Test Window	Home Location - scores sent to Headcoach@rowingact.org.au	Lwt W: 60.5kg Lwt M: 73.75kg
24 January	1800m TT in Single Sculls. Event in time slot of ACTAS Monitoring Session.	Lake Burley Griffin. ACTAS Monitoring Time Slot.	Lwt W: 62kg Lwt M: 73.75kg
28 January	Coaches and selectors determine athlete rankings. Past performances and season regatta results may be considered as outlined in Selection Policy in determining athlete ranking where clear distinctions cannot be made from event results.		
29 January	Briefing for all athletes to present results	ACTAS Boathouse	6.15pm
31 January	Closing date for State of Origin transfer requests		
10-12 February	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. (The small boat events in the interstate regatta are open weight. Unless there are no open weight nominees, lightweight single scull event performances will not be considered).	SIRC, NSW Single Scull selection	Lwt W: 59.0kg Lwt M: 72.5kg
14 February	ACT Crew Speed Order for Nationals Qualification	Lake Burley Griffin ACTAS Monitoring Time Slot	Lwt W: 59.0kg Lwt M: 72.5kg
23 February	Team announced	Posted on RACT Website	
24 March	Australian Interstate Regatta	SIRC, NSW	

Senior Interstate Team Events:

Event	Trophy
Men's Eight	King's Cup
Women's Eight	Queen's Cup
Men's Lightweight Coxless Four	Penrith Cup
Women's Lightweight Coxless Quad	Victoria Cup
Men's Single Scull	President's 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 15 January 2024 (includes athletes, coxswains and coaches). Late nominations may be considered at the discretion of the selectors.

Nominations to be made at <https://www.rowingact.org.au/high-performance/state-teams/>

Event Requirements:

Athletes below the age of 21 years at the time of the event. Will be racing against athletes who have represented Australian and Interstate crews previously. Athletes should wear their Club uniform at ALL selection events. A number of these event requirements are in line with the ACT Pathways Crews (below). Athletes only need to complete the event requirements once for consideration for Youth Events and ACT Pathway Crews if they are eligible for both events.

Date	Event	Location	Other Info
23 January	Meeting for all youth and pathways nominees	ACTAS Boathouse	6.15pm
1-27 January	2km Erg Test Window	Home Location. Collated by Club or School Head Coach. Scores sent to headcoach@rowingact.org.au	
24 January	1800m TT in Single Sculls	Lake Burley Griffin ACTAS Monitoring Time Slot	Lwt W: 62kg Lwt M: 73.75kg
28 January	Coaches and selectors determine athlete rankings. Past performances and season regatta results may be considered as outlined in Selection Policy in determining athlete ranking where clear distinctions cannot be made from event results.		
29 January	Briefing for all athletes to present results	ACTAS Boathouse	6.15pm
18 February	ACT Crew Speed Order for Nationals Qualification	Lake Burley Griffin	
23 February	Team announced	Posted on RACT Website	
24 March	Australian Interstate Regatta	SIRC, NSW	

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 CREWS

Nomination due date: 5.00pm Wednesday 15 January (includes athletes, coxswains and coaches). Late nominations may be considered at the discretion of the selectors.

Nominations to be made at <https://www.rowingact.org.au/high-performance/state-teams/>

Event Requirements:

Athletes below the age of 19 years at the time of the event. Athletes will be racing against School aged competitors who are often racing in their first State Team. Athletes should wear their Club uniform at ALL selection events.

Date	Event	Location	Other Info
23 January	Meeting for all youth and pathways nominees	ACTAS Boathouse	6.15pm
1-27 January	2km Erg Test Window	Home Location. Collated by Club or School Head Coach. Scores sent to headcoach@rowingact.org.au	
24 January	1800m TT in Single Sculls.	Lake Burley Griffin ACTAS Monitoring Time Slot	
28 January	Coaches and selectors determine athlete rankings. Past performances and season regatta results may be considered as outlined in Selection Policy in determining athlete ranking where clear distinctions cannot be made from event results.		
29 January	Briefing for all athletes to present results	ACTAS Boathouse	6.15pm
23 February	Team announced	Posted on RACT Website	
10 April - 14 April	Trials Preparation Camp	Canberra (Boathouse TBC)	
15 April – 18 April	Underage Selection Trials- Pathways VIII & 4x+ Competition	SIRC	

Interstate Team Events National at Rowing Australia Underage Selection Trials

Event	Age
Men's Pathway Eight	U19
Women's Pathway Eight	U19
Men's Pathway Coxed Quad	U19
Women's Pathway Coxed Quad	U19