

## Senior and Youth Interstate Team Selection Processes:

### Interstate Team Selection Processes:

#### COACHES SELECTION

Nomination due date: 5.00pm Friday 20 December 2024

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 Friday 20 December 2024.

**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: 2025 Australian Interstate Regatta, ACT Pathways and Youth Cup 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 Friday 20 December 2024 (includes athletes, coxswains and coaches).  
Late nominations may be considered at the discretion of selectors.

**Event Requirements:**

*Any aged athlete is eligible to nominate for Senior Events. The events comprise 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.*

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Other Info</b>
<b>1-27 January</b>	2km Erg Test Window.  *A requirement for non nationally nominated athletes only. An optional requirement for nationally nominated athletes.	Home Location. Collated by Club or School Head Coach. Scores sent to headcoach@rowingact.org.au	
<b>22 January</b>	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
<b>28 January</b>	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.		
<b>30 January</b>	Briefing for all athletes to present results	ACTAS Boathouse	6.15pm
<b>31 January</b>	Closing date for State of Origin transfer requests		
<b>3 February</b>	5km Erg Test Window (in accordance with Rowing Australia Event Requirements) - nationally nominated athletes only.  *A requirement for nationally nominated athletes only. An optional requirement for non nationally nominated athletes.	Home Location - scores sent to Headcoach@rowingact.org.au	Lwt W: 60.5kg  Lwt M: 73.75kg

<b>7-9 February</b>	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
<b>12 February</b>	ACT Crew Speed Order for Nationals Qualification (Crew boats only)	Lake Burley Griffin ACTAS Monitoring Time Slot	Lwt W: 59.0kg Lwt M: 72.5kg
<b>28 February</b>	Team announced	Posted on RACT Website	
<b>30 March</b>	Australian Interstate Regatta	Lake Barrington, Tas	

**Senior Interstate Team Events:**

<b>Event</b>	<b>Trophy</b>
<b>Men's Eight</b>	King's Cup
<b>Women's Eight</b>	Queen's Cup
<b>Men's Lightweight Coxless Four</b>	Penrith Cup
<b>Women's Lightweight Coxless Quad</b>	Victoria Cup
<b>Men's Single Scull</b>	President's Cup
<b>Women's Single Scull</b>	Nell Slatter Trophy
<b>Men's PR3 Single Scull</b>	
<b>Women's PR3 Single Scull</b>	

**PROCESS 2: YOUTH EVENTS AT THE AUSTRALIAN INTERSTATE REGATTA AND YOUTH CUP TEAM 2025.**

Nomination due date: 5.00pm Wednesday 15 January 2025 (includes athletes, coxswains and coaches). Late nominations may be considered at the discretion of the selectors.

**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.*

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Other Info</b>
<b>21 January</b>	Meeting for all youth and pathways nominees	ACTAS Boathouse	6.15pm
<b>1-27 January</b>	2km Erg Test Window	Home Location. Collated by Club or School Head Coach. Scores sent to headcoach@rowingact.org.au	
<b>22 January</b>	1800m TT in Single Sculls	Lake Burley Griffin ACTAS Monitoring Time Slot	Lwt W: 62kg Lwt M: 73.75kg
<b>28 January</b>	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.		
<b>30 January</b>	Briefing for all athletes to present results	ACTAS Boathouse	6.15pm
<b>12 February</b>	ACT Crew Speed Order for Nationals Qualification	Lake Burley Griffin	
<b>28 February</b>	Team announced	Posted on RACT Website	
<b>30 March</b>	Australian Interstate Regatta	Lake Barrington, TAS	

**Youth Interstate Team Events:**

<b>Event</b>	<b>Trophy</b>	<b>Age</b>
<b>Men's Youth Eight</b>	Wilkinson Trophy	U21
<b>Women's Youth Eight</b>	Bicentenary Cup	U21