

2026 ACT Interstate Team Selection Processes

ACT U22 Oceania Teams Rowing Championships Squad:

Rowing ACT are aspiring to select the strongest ACT Oceania Rowing Team available for the 2026 Oceania Teams Rowing Championships to be held at Lake Wyaralong, QLD. The team will be contesting individual events in addition to the Rusty Robertson Trophy for the overall team points score.

The Oceania Teams Rowing Championships is a multi-discipline under 22 event enabling all attending athletes to compete for their team in a small, medium and big boat across the competition format.

Athletes have an opportunity to participate in the activities below in order to demonstrate performances for selection to the ACT Oceania Rowing Team. We encourage aspiring athletes to complete as many selection opportunities as possible.

Selection Opportunities:

Time Trials - Athletes can demonstrate performances across the series of three national time trials.

Ergometers - Athletes must complete at minimum one 2000m ergometer between the period of nominations opening on **01/01/2026** and **05/04/2025**. Athletes are encouraged to submit any further improvements to their ergometer throughout this extended testing window.

Australian National Championships – This is not a mandatory event to attend for nominees. However, performances at this regatta may still be considered by the selectors in squad selection decisions.

ACT Oceania Squad Selection Trials – (NOTE: *Invitations to this event will be based upon performances in prior activities*) Racing will consist of a combination of small and big boats including seat racing and coxswain assessments to assist in determining the final squad that will travel and represent the ACT at the Oceania Teams Rowing Championships at Lake Wyaralong.

ACT Oceania Team Training Camp – Following squad selection, all athletes will be expected to train together in a centralised training environment. Sessions will include a combination of on water, core strength and stability training, ergometer and x-training activities. Specific crew combinations to race events at the OTRC will be formed in training camp activities.

Athletes nominating as a lightweight will be asked to meet the following weight requirements during selection events:

Prior to 1 January 2026: athletes must be no greater than the following weights - Men 75.0 kg and Women 62.0 kg;

b) For the ACT Oceania Squad Selection Trials: athletes must be no greater than the following weights - Men 73.5 kg and Women 60 kg;

c) At the OTRC, crews must meet the weight requirements noted in the OTRC rules.

Date	Event	Notes
7/11/2025	National Time Trial 2 – ACT	
5/12/2025	National Time Trial 3 - ACT	
01/01/2026	Nominations Open	
01/01/2026 Till 05/04/2026	2km Erg Window submission	National Team Nominees must compete their erg on the 17/03/2026 (TBC)
23-29 March 2026	Australian Rowing Championships, Lake Barrington	Not an event requirement - However performances at this event may be considered by selectors in squad selection.
01/04/2026	Nominations Close	
10–12 April 2026	Oceania Squad Selection Trials	- Invitations to this event will be based upon performances in prior activities - Focus will be on travelling squad selection.
The ACT Oceania Rowing Team will be announced by 25/04/2026 - Specific crew combinations will be determined in training camp environment		
28th April till 21st May 2026	ACT Oceania Team - Training Camp	ACTAS and Clubs TBC
22 nd – 24 th May	2026 Oceania Teams Rowing Championships	Lake Wyaralong, Queensland

All enquiries for the ACT Oceania U22 Team should be directed to ACT Lead Coach Tom Westgarth at headcoach@rowingact.org.au