

2026 ACT Interstate Team Selection Processes

ACT Interstate Team Squad (Senior and Youth):

The ACT Rowing Team are aspiring to select the strongest team available for the 2026 Australian National Championship Interstate Regatta in Lake Barrington. The team will be contesting individual events in addition to the John Coates Cup for the overall team points score.

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

Selection Opportunities:

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

Ergometers - Athletes must complete at minimum one 2000m ergometer between the period of nominations opening on **22/10/2025** and the **14/12/2025**. Athletes are encouraged to submit any further improvements to their ergometer from future tests right up until the 11/01/2026.

ACT Rowing Team 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 team composition for the Interstate Regatta.

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 Rowing Team Selection Trials: athletes must be no greater than the following weights - Men 73.5 kg and Women 60 kg;

c) At the National Championships: athletes must abide by Rowing Australia entry rules;

Date	Event	Notes
22/10/2025	Nominations Open	
7/11/2025	National Time Trial 2 – ACT	
20/11/2025	Nominations Close	
5/12/2025	National Time Trial 3 - ACT	
22/10/2025 till 14/12/2025	2km Erg Window submission	National Team Nominees must complete an erg on the 8/12/2025
	Coxswain recording submission	Coxswains nominating for selection must submit a recording of their performance during this period. Recordings do not need to be from during this period.
22 – 24 December	ACT Squad Training Camp	- Invitations will be based upon performances in prior activities. - Focus will be on technical and crew development
16 – 18 January 2026	ACT Rowing Team Selection Trials	- Invitations to this event will be based upon performances in prior activities including the ACT Squad Training Camp. - Focus will be on seat racing and crew selection.
The ACT Rowing Team will be announced by 25/01/2025		
29/3/2026	Interstate Regatta	Lake Barrington Tasmania

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