



GB ROWING



GB Rowing 1st Assessment, Boston Senior, U23, FISU and European Championships Saturday 24 – Sunday 25 October 2009

Entries for GB Rowing 1st Assessment

A performance at this Assessment is compulsory for ALL rowers seeking GB Senior / U23 / European / World University (FISU) selection in 2010 EXCEPT for rowers who raced at the 2009 World Rowing Championships or European Championships.

Entries must be made through your club OARA Administrator via the ARA on-line Entry system. The Event Name is: **GB Rowing Snr/U23 Trials**.

Should you require assistance in using this site please contact the ARA National Office on 020 8237 6700 (office hours 0900 – 1700).

Email or phone entries will no longer be accepted except in exceptional circumstances.

Entries close at 17:00 on Thursday 15 October.

Sat 24 October 2k Ergo Test, Princess Royal Sports Arena, Boston

Registration & Start Times

Registration times will be by squad and approximate times are listed below – these will be confirmed once entries have closed. The start times will be not less than 60 minutes after registration for all rowers and will incorporate BUCS rowers. Rowers are required to register and pay the £10 Entry Fee no later than the times below. In an exceptional case a late registration may be accepted but will incur a £20 Entry Fee. Open weight and lightweight rowers will be weighed in their all-in-one at Registration.

	Registration (latest time)
○ Open Men	11:00
○ Open Women	12:30
○ Lightweight Men	13:45
○ Lightweight Women	15:00

A provisional schedule of the Ergometer Tests will be published by Monday 19 October following the close of Entries at 17:00 on Thursday 15 October. Entries will not be accepted after this date.

Weigh In for Lightweights

Lightweights will be required to weigh in officially following registration. The maximum weight will be 75kg (men) and 61.5kg (women) for all rowers. No one who is outside these weights will be counted as a lightweight in the October results.

Experienced lightweights and those who have trialled before are expected already to be familiar with the GB Rowing weight policy and following the guidelines set.

Exceptionally we will allow a rower who is above but close to these weights to progress to the GB Rowing December Assessment as a lightweight but they will have to make a written case to support this which will be considered by the Chief Coach and International Manager. Those who were juniors in 2008/9 and/or new to the lightweight pathway and tall are most likely to be successful in their case. Please understand that an exemption will only be allowed if there are clear extenuating circumstances.

There will be no weigh-in on Sunday, except for BUCS eligible lightweight rowers who will need to weigh in on both days at a maximum of 75kg (men) and 61.5kg (women) to be eligible for their BUCS ranking.

Ergo Standards

Rowers who achieve the ergometer standard (below) for their age group will be entered for the race on Sunday.

	<i>Senior</i>	<i>U23/World Uni Champs</i>
<i>Open Men</i>	6.10	6.20
<i>Open Women</i>	7.05	7.15
<i>Lightweight Men</i>	6.33	6.43
<i>Lightweight Women</i>	7.28	7.38

Rowers who are U20 (born 1.1.90 or after for 2010) will not have to make the U23 ergometer standard and will be entered for Sunday unless their ergometer performance is clearly well below the standard.

BUCS

BUCS rowers also seeking GB Selection will be required to attain the ergometer standard and therefore race in Division 1 (openweight) or Division 2 (lightweight) on Sunday. For all others the ergometer test is optional.

Sun 25 October 5k water test in singles – Provisional Timetable

There will be 3 Racing Divisions to incorporate the BUCS Small Boats Head (SBH).

Division 1: GB Rowing Selection Candidates (open weight singles) & BUCS SBH (LM2-, LW2-)

BUCS single scullers will have their results extracted from this race to be included in the BUCS Championships.

Check In	0730 – 0745
Briefing	0800
Race start	0930

Division 2: GB Rowing Selection Candidates (lightweight singles) & BUCS SBH (M2x, W2x)

BUCS single scullers will have their results extracted from this race to be included in the BUCS Championships.

Check In	1000 – 1015
Briefing	1030
Race Start	1200

Division 3: BUCS SBH (M2-, W2-, LM2x, LW2x)

Check In	1230 – 1245
Briefing	1300
Race Start	1430

IMPORTANT NOTES

BUCS Small Boats Head

- Details of events offered and how to make entries for the BUCS Small Boats Head can be found on the BUCS Rowing website at www.bucs.org.uk
- BUCS eligible lightweights will need to weigh in again on Sunday 25 October 2 hours before their first race of the day at a maximum of 75kg (men) and 61.5kg (women) to be eligible for their BUCS lightweight small boat ranking.
- Those BUCS eligible rowers when making their entry for the GB Rowing Assessment who normally row for a club need to indicate clearly their university club as well.

General

- There will be a meeting for rowers seeking GB selection and their coaches in each squad with 'their' Chief/Lead Coach after their section of the ergometer test is completed on Sat 24 October.
- Talented Athlete Scholarship Scheme (TASS). Nominations for the 2009/10 funding year will be based on previous results together with performances at this Assessment.
- Any rower who would like a copy of the 2010 World University Championships (FISU) Strategy Document should request this via email to zuzana.konrad@gbrowing.org.uk
- Rowers requiring a Therapeutic Use Exemption Certificate (TUE) are reminded that they must have this with them at the Assessment. Please contact your squad doctor if you have any concerns.
- Security will be provided for boats on Saturday night at Boston Rowing Club.