



GB Rowing Team Senior & U23 3rd Assessment, Dorney Lake Saturday 11 – Sunday 12 February 2012

****ENTRY CRITERIA****

- A performance at this Assessment is compulsory for **ALL** rowers seeking GB Olympic / U23 / European / FISU selection in 2012 unless they have been exempted by receiving a direct invitation to the GBRT Senior Trials in March.
- To be eligible for an entry for the February Assessment rowers must have competed at the October (ergo & water) and December Assessments.

Except for WRC 2011 Team Members and any other exceptional circumstance accepted by the International Manager, exemptions from an Assessment are allowed only for a medical reason for which a medical certificate must have been submitted to and accepted by the GB Rowing Team office.

- Rowers are required to provide a certified 5km ergo score with their entry for the February Assessment. The standards are detailed below. For the Ergo Test the maximum weight will be summer race weight +2kg (men) and +1.5kg (women) for all lightweight rowers. Ergo Tests must be witnessed by a recognised club coach. **Please enter ergo scores in the “notes” section on the OARA System for individual entries.**
- For the Assessment Lightweights will be required to weigh in officially at the designated times below wearing the minimum of a club or GBRT all-in-one. They will also be required to show a form of Photo ID, such as their British Rowing Membership Card or Driving Licence.

The maximum weight will be summer race weight +1.5kg (men) and +1kg (women) for all lightweight rowers. The summer race weight for each squad rower as well as other senior/U23 rowers who have shown a strong performance will be determined by the Chief Coach for Women & Lightweights on the advice of the Lead Coach for Lightweights and published by 30 January 2012. If a rower trying for selection has not had their summer race weight confirmed by then, it will be set at 70 kg (men) and 57 kg (women).

- Entries will be accepted for M1x, M2-, W1x, W2-, LM1x, LW1x and the format will be Time Trial, Semi-Finals and Finals.

For this Assessment the M1x and LM1x will be combined as one event and W1x and LW1x will be combined as one event. Lightweights should enter as normal and weigh-in times will be confirmed following the close of entries. Weight categories will be highlighted on the Start & Results Lists.

- Entries must be made through your club OARA Administrator via the British Rowing on-line Entry system. The Event Name will be **GB Rowing Team Snr/U23 Trials**.
- **Entries will close at 16:00 on Thursday 2 February 2012.**

****5KM ERGO STANDARDS****

	<u>Open Men</u>	<u>Open Women</u>	<u>Lwt Men</u>	<u>Lwt Women</u>
Senior	16:10	18:45	17:05	19:25
U23	16:50	19:10	17:30	19:50

****PROVISIONAL TIMING OF EVENTS****

Saturday 11 February

07:00	Dorney Open for Training
07:00 - 08:30	Registration (cost £10 per rower)
08:45	Briefing for all coaches and rowers
10:00 – 11:30	TIME TRIAL (1900m)
14:00 – 16:45	SEMI FINALS (2000m)

Sunday 12 February

07:00	Dorney Open for Training
09:00 – 11:45	FINALS (2000m)

****PLEASE NOTE****

- Dorney will be available for rowers to train on Friday 10 February but clubs / individuals **MUST** book in advance with Dorney Lake Services: Tel: 01753 832 756. Payment (£5.10 per session per rower) will be the sole responsibility of the rower/club concerned, the GB Rowing Team will not be covering this cost. Rowers must check in and pay at Dorney Lake's 'Reception' on arrival.
- The GB Rowing Team remains keen to encourage new and upcoming rowers to show their standard, but we do expect entrants to be realistic candidates for a GB Rowing Team. The Chief Coaches with the International Manager will intervene if they consider it necessary to decline an entry.
- Rowers requiring a Therapeutic Use Exemption Certificate (TUE) are reminded that they must have this with them at the Assessment.