GB ROWING TEAM

GB Rowing Team Senior/U23 Assessments and Trials 2010 Season

The October and December Assessments will be held at Boston and follow the same pattern as the 2009 season. The October Assessment will include the BUCS small boats divisions.

In February 2010 the Assessment will be run over 1½ days at Dorney in this provisional format:

1900m Time Trial 2000m Semi-Finals 2000m Finals

This will build on the successful experience of this format with the Men's November Sculling Test and the testing for Women/Lightweights this year in February following the 3rd Boston Assessment. Our objective is to gain more accurate performance information ahead of the GB Rowing Senior Trials. The January Ergo test will be over 5k for ALL squads in 2010 – this is a change for Women & Lightweights.

The dates will be:

1st Assessment (Boston): Sat 24 October 2009 — 2000m Ergo
Sun 25 October 2009 — 5km in singles (including BUCS)
(2009 World / European Championships rowers exempted)

2nd Assessment (Boston): Sat 19 December 2009 — 5km in singles
Open men pairs or singles

3rd Assessment (Dorney): Sat 13 - Sun 14 February 2010

GB Rowing Team Senior Trials (Hazewinkel): Fri 9 – Mon 12 April 2010

2010 Ergo Standards

2km Ergo Standards for the 2010 season are as follows:

	1st Assessment		2nd Assessment	
	Senior	**U23**	**Senior**	**U23**
Open men	6.10	6.20	6.10	6.20
Open women	7.05	7.15	7.05	7.15
Lightweight men	6.33	6.43	6.33	6.43
Lightweight women	7.28	7.38	7.28	7.38

David Tanner
International Manager

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