

## GB ROWING TEAM SENIOR & U23 ASSESSMENTS AND TRIALS 2017 SEASON - ADVANCE NOTICE

For the 1<sup>st</sup> year of the Tokyo Olympiad some key information for rowers wishing to try for GB selection in 2017 follows. This applies to:

- **World Rowing Championships**, Sarasota, USA
- **World Rowing U23 Championships**, Plovdiv, Bulgaria
- **European Rowing Championships**, Racice, Czech Republic

The dates of Assessments and Trials are:

EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
<b>British Rowing Championships</b>	Sat 22 – Sun 23 Oct 16	NWSC	2km Racing	Compulsory for all Candidates, with the exception of Rio Olympians who are exempt
<b>GBRT 1<sup>st</sup> Assessment</b>	Sat 5 Nov 16	PRSA, Boston	2km Ergo Test	
	Sun 6 Nov 16	Boston RC	5km Time Trial M1x, M2-, W1x, W2-, LM1x, LW1x	
<b>GBRT 2<sup>nd</sup> Assessment</b>	<b>Sat 17 – Fri 23 Dec 16</b>	Caversham	Format to be confirmed M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation
<b>GBRT 3<sup>rd</sup> Assessment</b>	Sat 11 Feb 17	Boston RC	5km Time Trial M1x, M2-, W1x, W2-, LM1x, LW1x	Compulsory for all Candidates
<b>GBRT Snr &amp; U23 Trials</b>	Fri 14 – Mon 17 Apr 17	Caversham	2km Racing M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation

### 2017 ERGO STANDARDS

Ergo Standards for the 2017 season are as follows: -

	2km		5km	
	Senior	U23	Senior	U23
Open Men	6:05	6:14	16:00	16:30
Open Women	7:05	7:15	18:30	19:00
Lightweight men	6:30	6:38	<b>16:50</b>	<b>17:10</b>
Lightweight Women	7:28	7:38	19:10	19:40

Rowers who fail to achieve these standards will only be allowed an entry to the 1<sup>st</sup> Assessment if they are “under 20” (born 01/01/1997 or after) or for an exceptional reason agreed by the Performance Director.