

**2017 SEASON**  
**GBRT 3<sup>rd</sup> Assessment, Boston**  
**Saturday 11 February 2017**



## ENTRY CRITERIA

A performance at this Assessment is compulsory for **ALL** rowers wishing to be considered for World Rowing Championship and World Rowing U23 Championship team selection in 2017.

Rowers are eligible for an entry for the February Assessment provided they:

- competed at, or were officially exempted from, the GBRT 1<sup>st</sup> Assessment in November (and/or the 2<sup>nd</sup> Assessment in December if invited)
- have reached the required 5km standard on the ergometer (U20s are exempt from the standard but must still submit a 5km test score)
- submitted, and have had accepted by the GBRT Chief Medical Officer (CMO), a medical certificate if unable to compete in November (and/or December if invited) for medical reasons

### Seniors

- submitted a 2km monitored ergo score by 10 December 2016

### U23s

- submitted a 2km monitored ergo score by 10 December 2016 if unable to complete the ergo test on Sat 5 November 2016 on medical grounds or through exemption

Entries will be accepted for M2-, M1x, W2-, W1x, LM1x, LW1x and the format will be a 5km Time Trial.

Lightweights are required to weigh in officially at the designated time set. The maximum weights will be:

Lwt Men		Lwt Women	
5k Ergo	Feb Assessment	5k Ergo	Feb Assessment
< 73 kg		< 59.5 kg	

Entries must be made through your club/Coach Administrator via the British Rowing On-line Entry system. The Event Name will be **GB Rowing Team Snr/U23 Trials**. This is now open for entries.

- **ALL ENTRIES MUST INCLUDE A 5KM MONITORED ERGO SCORE** (in the 'Notes' Section) undertaken between December 2016 and Thu 2 February 2017.
- If unable to complete a 5km ergo during this time a medical certificate must be submitted and accepted by the CMO.
- Entries WILL NOT be accepted without this ergo score or a valid medical certificate.

**Entries will close at 16:00 on Thursday 2 February 2017.**

## 5KM ERGO STANDARDS

	SENIOR	U23
Open Men	16:00	16:30
Open Women	18:30	19:00
Lightweight Men	16:50	17:10
Lightweight Women	19:10	19:40

## PROVISIONAL TIMINGS OF EVENTS

Following the close of entries, any changes to the schedule will be posted on the website and GBRT Assessment & Trials Info Site by Wednesday 8 February latest.

<b>DIVISION 1</b> <b>M2-, M1x, LM1x</b>		<b>DIVISION 2</b> <b>W2-, W1x, LW1x</b>
<b>07:30 - 08:00</b>	Entry Confirmation & Payment (£15 per rower*) Weigh-In for Lightweights **	<b>10:00 - 10:30</b>
<b>09:00</b>	Briefing	<b>12:00</b>
<b>09:30</b>	Coaches' Watch Set	<b>12:30</b>
<b>09:30 - 10:15</b>	Boating	<b>12:30 - 13:15</b>
<b>10:30</b>	<b>Race Start</b>	<b>13:30</b>

\*Rowers who competed at the 2016 Olympic Games in Rio or the 2016 WRC (Senior) in Rotterdam are exempt from the payment but must register to confirm their entry.

\*\* Lightweights should Weigh-In and then register and pay to confirm their entry.

## PLEASE NOTE....

Anyone wishing to boat on Friday afternoon at Boston must be off the water by 17:00. This is at the individuals own risk. There will be no GBRT Safety cover on Friday. Training on Saturday will be allowed at first light (approx. 07:30) until 08:45.

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 Performance Director will intervene if they consider it necessary to decline an entry.

Security will be provided for boats on Friday night at Boston Rowing Club.

Sir David Tanner  
**Performance Director**

18 January 2017