

GB ROWING TEAM SENIOR & U23 ASSESSMENTS AND TRIALS 2019 SEASON - ADVANCE NOTICE

For the qualification year of the Tokyo Olympiad some key information for rowers wishing to try for GB selection in 2019 follows. This applies to:

- **World Rowing Championships & Olympic Qualification Regatta**, Linz-Ottensheim, Austria
- **World Rowing U23 Championships**, Sarasota-Bradenton, USA
- **European Rowing Championships**, Lucerne, Switzerland
- **European Rowing U23 Championships**, Ioannina, Greece

The dates of Assessments and Trials are:

EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
British Rowing Championships	Sat 20 – Sun 21 Oct 18	NWSC	2km Racing	Compulsory for all Candidates, with the exception of 2018 WRC (Plovdiv) rowers who are exempt
GBRT 1st Assessment	Sat 10 Nov 10	PRSA, Boston	2km Ergo Test	
	Sun 11 Nov 11	Boston RC	5km Time Trial M1x, M2-, W1x, W2-, LM1x, LW1x	
GBRT 2nd Assessment	Sat 15 – Sat 22 Dec 18	Caversham	Testing & Training Format to be confirmed M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation
GBRT 3rd Assessment	Sat 9 Feb 2019	Boston RC	5km Time Trial M1x, M2-, W1x, W2-, LM1x, LW1x	Compulsory for all Candidates
GBRT Snr & U23 Trials	Fri 19 – Sun 21 Apr 19	Caversham	2km Racing M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation

2019 ERGO STANDARDS

Ergo Standards for the 2019 season are as follows: -

	2km		5km	
	Senior	U23	Senior	U23
Men	6:05	6:14	16:00	16:30
Women	7:05	7:10	18:30	18:50
Lightweight Men	6:30	6:35	16:50	17:00
Lightweight Women	7:28	7:38	19:10	19:40

❖ Please note revised times for U23 Women & U23 Lightweight Men for 2019 Season

Rowers who fail to achieve these standards will only be allowed an entry to the 1st Assessment if they are “under 20” (born 01/01/1999 or after) or for an exceptional reason agreed by the Director of Performance.