

## GB ROWING TEAM SENIOR, U23 & FISU ASSESSMENTS AND TRIALS 2020 SEASON - ADVANCE NOTICE

Please find below some key information for rowers wishing to try for GB selection in 2020. This applies to:

- **Olympic Games**, Tokyo, Japan *(Event: 24 Jul – 1 Aug 2020)*
- **World Rowing Championships**, Bled, Slovenia *(Event: 16 – 23 Aug 2020)*
- **World Rowing U23 Championships**, Bled, Slovenia *(Event: 16 – 23 Aug 2020)*
- **European Rowing Championships**, Poznan, Poland *(Event: 5 – 7 Jun 2020)*
- **European Rowing U23 Championships**, Duisburg, Germany *(Event: 4 – 6 Sep 2020)*
- **FISU World University Championships**, Zagreb, Croatia *(Event: 27 – 29 Aug 2020)*

The provisional dates of Assessments and Trials are:

| EVENT                                 | DATE                     | LOCATION     | CATEGORY  | ATTENDANCE  |
|---------------------------------------|--------------------------|--------------|---|---|
| <b>GBRT 1<sup>st</sup> Assessment</b> | Sat 2 Nov 2019           | PRSA, Boston | 2km Ergo Test   | Compulsory for all Candidates   |
|                                       | Sun 3 Nov 2019           | Boston RC    | 5km Time Trial<br>M1x, M2-, W1x, W2-,<br>LM1x, LW1x                               |   |
| <b>GBRT 2<sup>nd</sup> Assessment</b> | Sat 14 – Sun 22 Dec 2019 | Caversham    | Testing & Training<br>Format to be confirmed<br>M1x, M2-, W1x, W2-,<br>LM1x, LW1x | By Invitation   |
| <b>GBRT 3<sup>rd</sup> Assessment</b> | Sat 15 Feb 2020          | Boston RC    | 5km Time Trial<br>M1x, M2-, W1x, W2-,<br>LM1x, LW1x                               | Compulsory for all Candidates, with the exception of rowers invited to GBRT Olympic Trials after the 2 <sup>nd</sup> Assessment |
| <b>GBRT Olympic Trials</b>            | Fri 13 – Sun 15 Mar 2020 | Caversham    | 2km Racing<br>M1x, M2-, W1x, W2-,<br>LM1x, LW1x                                   | By Invitation   |
| <b>GBRT U23 &amp; FISU Trials</b>     | Fri 10 – Sun 12 Apr 2020 | Caversham    | 2km Racing<br>M1x, M2-, W1x, W2-,<br>LM1x, LW1x                                   | By Invitation – compulsory for those invited to attend  |

### 2020 ERGO STANDARDS

Provisional Ergo Standards for the 2020 season are as follows: -

|                   | 2km    |            | 5km    |            |
|-------------------|--------|------------|--------|------------|
|                   | Senior | U23 & FISU | Senior | U23 & FISU |
| Men               | 6:05   | 6:14       | 16:00  | 16:30      |
| Women             | 7:05   | 7:10       | 18:15  | 18:50      |
| Lightweight Men   | 6:25   | 6:30       | 16:30  | 16:50      |
| Lightweight Women | 7:20   | 7:30       | 18:40  | 19:30      |

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 01/01/2000 or after) or for an exceptional reason agreed by the Director of Performance.