

2020 SEASON
GBRT 3rd Assessment, Boston
Saturday 15 February 2020



ENTRY CRITERIA

A performance at this Assessment is compulsory for **ALL** rowers wishing to be considered for Senior and/or Under 23 GB selection in 2020. The only exceptions will be:

- any rower who has received a direct invite to the GBRT Olympic Trials in March who are exempt. A list of exempted rowers can be found on the GBRT Info Site
- any US-based rower who has had part of the selection procedure officially waived
- any rower who requires a medical exemption – please see below

Rowers are eligible for an entry for the February Assessment provided they have fulfilled the Assessment & Trials process to date as detailed in the 2020 Season Performance Strategy for Seniors & Under 23s.

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 coach/club 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** undertaken between December 2019 and Thu 6 February 2020. 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 MUST BE SUBMITTED FOR ANY ROWER WISHING TO REMAIN ELIGIBLE FOR SELECTION IN 2020** – if a medical exemption is required, please state this using the relevant additional information request on entry submission in BROE and submit a valid medical certificate.
- **COXES SEEKING SELECTION SHOULD BE ENTERED VIA BROE AND WILL BE REQUIRED TO BE PRESENT ON THE DAY** – please enter them in the relevant 1x category but state they are a cox in the NOTES section.

Entries will close at 16:00 on Thursday 6 February 2020.

2020 SEASON ERGO STANDARDS

	FEB - 5km		MAR - 2km	
	SENIOR	U23	SENIOR	U23
Open Men	16:00	16:30	6:05	6:14
Open Women	18:15	18:50	7:05	7:10
Lightweight Men	16:30	16:50	6:25	6:30
Lightweight Women	18:40	19:30	7:20	7:30

U20s are exempt from the standard but must still submit a test score.

PROVISIONAL TIMINGS OF EVENTS

Following the close of entries, any changes to the schedule will be posted on the website and GBRT Info Site by Wednesday 12 February latest.

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

*Rowers who competed at the 2019 WRC in Linz 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 in 2020. The Chief Coaches with the Director of Performance will intervene if they consider it necessary to decline an entry.

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

Brendan Purcell
Director of Performance

08 January 2020