



GB ROWING TEAM - ADVANCE NOTICE

2021 SEASON STRATEGIC PRIORITIES and ASSESSMENT & TRIALS PROCESS FOR SENIOR, U23 & FISU EVENTS

2021 STRATEGIC PRIORITIES

Given the quite unique and extraordinary global situation we find ourselves in, there will be two Strategic Priorities for the 2021 season:

1. Delivery of the Tokyo 2020 Olympic Team for the Olympic Games to be held in July 2021
2. Starting the Paris Olympiad and ensuring that Year 1 of the 4-year cycle is optimal against our Olympic Programme principles for rowers and coaches that can impact on Paris in 2024

2021 SEASON EVENTS

The Assessment & Trials process will apply to rowers wishing to try for GB selection for the events listed below. Please note that until our funding for the Paris cycle is confirmed we are not yet able to commit funds to all events but will, where possible, provide as many racing opportunities as possible.

- **Olympic Games Regatta**, Tokyo, JPN (Event: 23 – 30 July 2021)
- **World Rowing Championships**, Shanghai, CHN (Event: 17 – 24 Oct 2021)
- **World Rowing U23 Championships**, Racice, CZE (Event: 7 – 11 Jul 2021)
- **European Rowing Championships**, Varese, ITA (Event: 9 – 11 Apr 2021)
- **European Rowing U23 Championships**, Kruszwica, POL (Event: 4 – 5 Sep 2021)
- **FISU World University Games**, Chengdu, CHN (Event: 18 – 29 Aug 2021)
- **World Rowing Cup I**, Zagreb, CRO (Event: 30 Apr – 2 May 2021)
- **World Rowing Cup II**, Lucerne, SUI (Event: 21 – 23 May 2021)
- **World Rowing Cup III**, Sabaudia, ITA (Event: 4 – 6 Jun 2021)
- **Final Olympic Qualification Regatta**, Lucerne, SUI (Event: 16 – 18 May 2021)

The 2021 World Rowing Championships will be a priority event for the athletes aiming to make the transition into the National Training Centre full time from November 2021. A focus will be placed on small boats. Rowers will need to meet the performance standards required to gain selection.

Further non-FISA International Regattas such as Amsterdam Regatta are yet to be confirmed but will be considered.

2021 SEASON ASSESSMENT & TRIALS PROCESS

Given the current situation, our intended strategy and the uncertainty of what we may/may not be able to deliver in the months ahead, our Assessment & Trials process will look slightly different for the 2021 Season and may have to be adapted at short notice to fit the latest Government advice. We will value everyone's support in being ready, flexible and adaptable to any required change whilst uncertainty remains with us.

The provisional overview of the planned Assessment & Trials process for the 2021 Season is detailed below.

1. Olympic Team (Events: Olympic Games, FOQR, ERC, WRC I & II)

Between September and December 2020, we will aim to stabilise the training and environment for those rowers who were involved in the curtailed 2020 Olympic campaign without the pressure of preparing for any assessments.



There will be an Olympic Team Assessment on Sat 13 – Sun 14 March 2021. Invitations will be considered for rowers following the ‘Non-Olympic Team’ process based on their performance up to and including the GBRT Assessment in February. If an individual demonstrates significant performance in training between September and February, an invitation may be extended to join the internal Olympic squad training and testing programme ahead of the March Assessment.

EVENT	DATE	LOCATION	FORMAT	
British Rowing Indoor Championships	Sat 5 Dec 2020	TBC	2km Ergo Race	Proposed opportunity to show standard in competitive environment
Water Assessment	Mon 14 – Mon 21 Dec 2020	Caversham	TBC	By Invitation
5km Ergo Test	Sat 30 Jan 2021	TBC	5km Ergo Test	Compulsory
2km Ergo Test	Sat 6 Feb 2021	TBC	2km Ergo Test	Compulsory
GBRT Olympic Team Assessment	Sat 13 – Sun 14 Mar 2021	Caversham	TBC	By Invitation
Olympic Team Speed Test	Fri 26 – Sat 27 Mar 2021	Caversham	TBC	By Invitation

2. Non-Olympic Teams (Events: WRC, WRU23C, ERU23C, WRC III, FISU)

We will not hold the traditional November Assessment in 2020 to allow clubs and universities to stabilise their own training and environments without the undue pressure of preparing for an Assessment in Boston. To replace this Assessment, we will require each rower proposing to trial for 2021 to submit 3 ergo scores, completed on a static C2 ergometer by Sunday 6 December 2020. These will help inform the GB coaches how rowers have physically emerged from the pandemic situation and help guide decisions for future assessment on the water in the new year.

EVENT	DATE	LOCATION	FORMAT	REQUIREMENT / ATTENDANCE
British Rowing Indoor Championships	Sat 5 Dec 2020	TBC	2km Ergo Race	Proposed opportunity to show standard in competitive environment
2km, 5km & 30' @ rate 20 Ergo Score Submissions	By Sun 6 Dec 2020	Club-based	2km Ergo 5km Ergo 30' @ rate 20 Ergo	Compulsory for all Candidates
Water Training	Mon 14 – Mon 21 Dec 2020	Dorney Lake (TBC)	TBC	By Invitation
5km Ergo Assessment	By Thu 4 Feb 2021	Club-based	5km Ergo Test	Pre-requisite for GBRT Assessment
GBRT Assessment	Sat 13 – Sun 14 Feb 2021	TBC	TBC	Compulsory for all Candidates
2km Ergo Assessment	By Sat 27 March	Club-based	2km Ergo Test	Compulsory for all Candidates
GBRT Trials	Fri 9 – Sun 11 Apr 2021	Caversham	2km Racing M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation – compulsory for those invited to attend
Crew Formation Testing Period	Mon 12 – Fri 16 Apr 2021	TBC	TBC	By Invitation – compulsory for those invited to attend



2021 ERGO STANDARDS

Provisional Ergo Standards for the 2021 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 not be eligible for selection unless they are “under 20” (born 01/01/2001 or after) or for an exceptional reason agreed by the Director of Performance.

Currently lightweights are still in the Olympic Programme, but the decision will be made in December 2020 with FISA & the IOC as to what the events for the 2024 Olympic Programme will be. The decision will inform us of the future direction of International lightweight rowing for GB.

2021 REGISTRATION PROCESS

Rowers and coaches seeking selection in 2021 will need to officially Register with GBRT. This is to replace the process that has been combined with an entry to the 1st Assessment in November through BROE in previous years.

Planning is currently underway to provide a simple process to Register with GBRT, which will be communicated in due course.

Brendan Purcell
Director of Performance

July 2020