



GB ROWING TEAM - ADVANCE NOTICE **UPDATE** 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.

At the recent FISA Extra-ordinary Congress a decision was made to not include Lightweight events in any future Olympic Games programme. In light of this decision we will now consider the future direction of International lightweight rowing for GB.

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 appreciate everyone's support in being ready, flexible and adaptable to any required change whilst uncertainty remains with us.

The revised Selection Policy and 2021 Performance Strategy are currently being drafted and will be available late November following sign off by the British Rowing Board on Wed 25 November. The information below provides clarity on what is required of any candidates seeking Olympic Team selection before 31 December 2020, and for all those seeking World Rowing Championship / World Rowing U23 Championships selection it provides a full overview of the intended process.



1. Olympic Team (Events: Olympic Games, FOQR, ERC, WRC I & II) **UPDATED OCT 2020**

On reflection of the GB Rowing Team current circumstances, the complexities and uncertainty of living with Covid-19 and the challenges presented to training, the GB Rowing Team has now reconsidered its position in how it will form and develop the crews towards the Tokyo 2020 Olympic Games in July 2021.

Leading candidates not currently named to the Olympic Squad list, provided below, may be invited to demonstrate their potential to positively impact on the formation of the Tokyo 2020 Team as detailed below.

Step 1

Rowers who believe they are of the required standard to be considered should contact Peter Sheppard by Sat 31 October 2020. From these individuals a list of identified candidates who can evidence that they have recently achieved the minimum ergo standards will be required to demonstrate their on-water standard through assessments at Caversham on Sat 28 – Sun 29 November 2020.

	2km Senior	5km Senior	Concept2 Drag Settings
Men	6:05	16:00	138
Women	7:05	18:15	130
Lightweight Men	6:25 (<75kg)	16:30 (<75kg)	135
Lightweight Women	7:20 (<61.5kg)	18:40 (<61.5kg)	125

Rowers who fail to achieve these ergo standards will not be eligible for selection unless they are “under 21” (born in 2001 or 2002) or for an exceptional reason agreed by the Director of Performance.

Step 2

Rowers who are subsequently invited to continue towards Olympic selection will be required to submit a 2k, 5k and 30' (@ rate 20 & completed on a static C2 ergometer) ergo assessment by Sun 6 December in the format requested by GBRT. Specific information on the submission process will be published in due course. The Lead Coach of each discipline may request additional performance data (e.g. weightlifting benchmarks) where such data is used to inform the performance profile within the respective squad discipline.

Step 3

Rowers invited to continue in the selection process will be required to join those named on the Olympic Squad list to perform at the GB Rowing Team internal water assessments at Caversham from Sat 12 – Sun 13 December 2020. The format for these assessments will be confirmed no later than Mon 30 November 2020.

Step 4

Rowers may subsequently be invited to attend further racing and crew assessments with those named on the Olympic Squad list between Mon 14 December 2020 through to Wed 23 December 2020.

Please note, for candidates invited to Steps 3 & 4:

- Rowers will be required to follow a training programme as prescribed by the Lead Coach of their respective discipline and at the location(s) designated by the Lead Coach from Sat 5 December 2020.
- Where training is designated to take place remotely from the National Training Centre(s), rowers will be required to submit training data.
- Rowers will be required to follow the GBRT ‘Staying Covid Safe’ Guidelines from Tue 1 December 2020 and complete the formal Opt In process as required by DCMS for attendance at an Elite National Training Centre.

All performance data may be used to inform the selection process towards the Tokyo 2020 Olympic Games in July 2021.

A full open process will continue to take place for all other candidates with the opportunity to target the World Rowing Championships – this is detailed in the following section.

Non-Olympic Teams (Events: WRC, WRU23C, ERU23C, WRC III, FISU) - CHANGES highlighted in Red

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 a 2k, 5k and 30' (@ rate 20 & completed on a static C2 ergometer) ergo score by Sun 6 December in the format requested by GBRT. Specific information on the submission process will be published in due course. The ergo scores will help inform the GB coaches how rowers are training in these Covid-19 affected times and help guide decisions for future assessments.

EVENT	DATE	LOCATION	FORMAT	REQUIREMENT / ATTENDANCE
British Rowing Indoor Championships	Sat 5 Dec 2020	Virtual	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 LM < 75kg / LW < 61.5kg
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 LM < 73kg / LW < 59.5kg
GBRT Assessment	Sat 13 – Sun 14 Feb 2021	TBC	TBC	Compulsory for all Candidates LM < 73kg / LW < 59.5kg
2km Ergo Assessment	By Sat 27 March	Club-based	2km Ergo Test	Compulsory for all Candidates LM < 71.5kg / LW < 58kg
GBRT April Trials	Fri 9 – Sun 11 Apr 2021	Caversham	2km Racing M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation – compulsory for those invited to attend LM < 70.5kg / LW < 57.5kg
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		Concept2 Drag Settings
	Senior	U23 & FISU	Senior	U23 & FISU	
Men	6:05	6:14	16:00	16:30	138
Women	7:05	7:10	18:15	18:50	130
Lightweight Men	6:25	6:30	16:30	16:50	135
Lightweight Women	7:20	7:30	18:40	19:30	125

Rowers who fail to achieve these standards will not be eligible for selection unless they are “under 21” (born in 2001 or 2002) or for an exceptional reason agreed by the Director of Performance.

2021 REGISTRATION PROCESS

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

Updated October 2020

OLYMPIC SQUAD LIST @ 19 Oct 2020

MEN

Sweep

Morgan	Bolding
Josh	Bugajski
Sholto	Carnegie
Oliver	Cook
Jacob	Dawson
Charlie	Elwes
Henry	Fieldman ©
Tom	Ford
Tom	George
Rory	Gibbs
Harry	Glenister
Tom	Jeffery
George	Rossiter
Matt	Rossiter
James	Rudkin
Mohamed	Sbihi
Alan	Sinclair
Matthew	Tarrant
Olly	Wilkes
Ollie	Wynne-Griffith

Sculling

Tom	Barras
Jack	Beaumont
John	Collins
Angus	Groom
Matt	Haywood
Harry	Leask
Sam	Meijer
Graeme	Thomas
Jonny	Walton

Lightweight

Jamie	Copus
Sam	Mottram

WOMEN

Sweep

Karen	Bennett
Chloe	Brew
Sam	Courty
Oonagh	Cousins
Katherine	Douglas
Rebecca	Edwards
Emily	Ford
Fiona	Gammond
Rebecca	Girling
Holly	Hill
Matilda	Horn ©
Rowan	McKellar
Caragh	McMurtry
Sara	Parfett
Rebecca	Shorten
Polly	Swann
Hattie	Taylor
Annie	Withers
Jo	Wratten
Melissa	Wilson

Sculling

Saskia	Budgett
Kyra	Edwards
Charlotte	Hodgkins-Byrne
Mathilda	Hodgkins-Byrne
Jessica	Leyden
Holly	Nixon
Victoria	Thornley

Lightweight

Maddie	Arlett
Emily	Craig
Imogen	Grant