

2022 GB ROWING TEAM SENIOR & U23 SELECTION TRIALS NOTICE

Please find below key information for rowers wishing to trial for GB selection in 2022. This will apply to all International Regattas that British Rowing may select a team for in the run up to the following Championship events:

- **World Rowing Championships**, Racice, CZE (Event: 18 – 25 Sep 2022)
- **World Rowing U23 Championships**, Varese, ITA (Event: 27 - 31 Jul 2022)
- **European Rowing Championships**, Munich, GER (Event: 11 – 14 Aug 2022)
- **European Rowing U23 Championships**, Hazewinkel, BEL (Event: 3 – 4 Sep 2022)

The **provisional** dates of the Selection Trials Process are as follows:

EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
GBRT Open Trial	Sat 6 Nov 21	Boston – Venue TBC	2k Ergo Test	Compulsory. (Tokyo Olympic Team rowers are exempt)
	Sun 7 Nov 21	Boston RC	5k Time Trial M1x, M2-, W1x, W2-, LM1x, LW1x	
GBRT Trial & Testing	Sat 18 – Thu 23 Dec 21	Caversham	Sat 18 M1x, M2-, W1x, W2-, LM1x, LW1x Sun 19 – Thu 23 Crew Boats	By Invitation
5k Ergo Submission	By Thu 3 Feb 22	Club-based	5k Ergo Test	Compulsory
GBRT Open Trial	Sat 12 Feb 22	Boston RC	5k Time Trial M1x, M2-, W1x, W2-, LM1x, LW1x	Compulsory
2k Ergo Submission	By Sat 2 Apr 22	Club-based	2k Ergo Test	Compulsory
GBRT April Trials	Fri 15 – Sun 17 Apr 22	Caversham	2k Racing M1x, M2-, W1x, W2-, LM1x, LW1x	By Invitation

2022 ERGO STANDARDS

Provisional Ergo Standards for the 2022 season are as follows:

	2km		5km		Concept2 Drag Settings
	Senior	U23	Senior	U23	
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

* These times will only apply until 31 Dec 2021 and will be subject to review at that stage.

Rowers who fail to achieve the standards will only be allowed an entry to the 'on-water' trials if they are "under 21" (born 01/01/2002 or after) or for an exceptional reason agreed by the relevant Lead Coach and/or Director of Performance.

2022 WEIGHT REQUIREMENTS

Lightweight Men	Lightweight Women
75kg	61.5kg

These weights will apply until 31 Dec 2021. Further information for the remainder of the season will be included in the 2022 Strategy Document which will be made available to relevant candidates in November.

COX REQUIREMENTS

Coxes will be required to be registered alongside the rowers and attend open trials where they will be weighed and assigned an event role. The weight range up until 31 Dec 2021 will be 40 - 60kg. Further information will be made available concerning the coxing selection process in the Strategy Document.

REGISTRATION & TRIAL ENTRIES

Rowers, coxes and coaches must register for the Season. A link will be published on the British Rowing website which will be open Mon 27 Sep – Mon 11 Oct. All rowers and coxes should then be entered for each GBRT Open Trial via BROE. **Entries for November will be open from Thu 14 to Thu 28 Oct 2021.**