

2023 GB ROWING TEAM SENIOR & U23 SELECTION TRIALS NOTICE

Please find below key information for rowers wishing to trial for GB selection in 2023. 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**, Belgrade, SRB (Event: 3 – 10 Sep 2023)
- **World Rowing U23 Championships**, Plovdiv, BUL (Event: 19 – 23 Jul 2023)
- **European Rowing Championships**, Bled, SLO (Event: 25 – 28 May 2023)
- **FISU World University Championships**, London Ontario, CAN (Event: 13 – 15 Jul 2023)

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

| EVENT | DATE | LOCATION | CATEGORY | ATTENDANCE |
|----------------------|---|--------------------|--|--|
| GBRT Open Trial | Sat 5 Nov 22 | Boston – Venue TBC | 2k Ergo Test | Compulsory. (Racice WRC Team rowers exempt) |
| | Sun 6 Nov 22 | Boston RC | 5k Time Trial M1x, M2-, W1x, LM1x, LW1x | |
| GBRT Trial & Testing | Sat 17 – Thu 22 Dec 22 | Caversham | Sat 17 M1x, M2-, W1x, LM1x, LW1x Sun 18 – Thu 22 Crew Boats | By Invitation |
| 5k Ergo Submission | By Thu 2 Feb 23 | Club-based | 5k Ergo Test | Compulsory |
| GBRT Open Trial | Sat 11 Feb 23 | Boston RC | 5k Time Trial Small Boats – Boat Classes TBC | Compulsory |
| 2k Ergo Submission | By Fri 14 Apr 23 | Club-based | 2k Ergo Test | Compulsory |
| | Leading Candidates invited to complete this at Caversham - time and date TBC by respective Head Coach | | | |
| GBRT April Trials | Fri 14 – Sun 16 Apr 23 | Caversham | 2k Racing Small Boats – Boat Classes TBC | By Invitation |

2023 ERGO STANDARDS

Provisional Ergo Standards for the 2023 season are as follows:

| | 2km | | 5km | | Concept2 Drag Settings |
|-------------------|--------|------|--------|-------|---------------------------|
| | Senior | U23 | Senior | U23 | |
| Men | 6:05 | 6:14 | 16:00 | 16:30 | 138 |
| Women | 7:00 | 7:10 | 18:15 | 18:50 | 130 |
| Lightweight Men | 6:20 | 6:25 | 16:30 | 16:50 | 135 |
| Lightweight Women | 7:15 | 7:25 | 18:40 | 19:30 | 125 |

Rowers who fail to achieve the standards will only be allowed an entry to the 'on-water' trials if they are "under 21" (born 01/01/2003 or after) or for an exceptional reason agreed by the relevant Head Coach and/or Director of Performance.

2023 WEIGHT REQUIREMENTS

| Lightweight Men | Lightweight Women |
|-----------------|-------------------|
| 75kg | 61.5kg |

These weights will apply until 31 Dec 2022. Further information for the remainder of the season will be included in the 2023 Strategy Document which will be made available to relevant candidates in November.

COX REQUIREMENTS

All 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 2022 will be 40 - 60kg. Further information will be made available concerning the coxing selection process in the Strategy Document.

All coxes wishing to be considered for the Senior Programme must submit a coxing CV, two recordings of their coxing (each a maximum of 4mins - one work/race outing, one technical outing) and a short written summary to give context to the technical and coxing focus at the time of each recording. Coxes should also indicate the seat for which they wish to trial (M8+, W8+ or PR3 Mix4+).

Applications should be submitted to gbrt.trials@britishrowing.org by Sun 23 Oct 2022

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 26 Sep – Sun 23 Oct. All rowers and coxes should then be entered for each GBRT Open Trial via BROE.

Entries for November will be open from Thu 13 to Thu 27 Oct 2022.