

2023 GB ROWING TEAM PARALYMPIC PROGRAMME SELECTION TRIALS NOTICE

Please find below key information for para rowers & coxes 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)
- **European Rowing Championships, Bled, SLO** (Event: 25 – 28 May 2023)

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

EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
GBRT Open Trial	Sat 5 Nov 22	Caversham	2k Water Time Trial or 2k Ergo Test 1x (PR1, PR2, PR3), 2- (PR3), 2x (PR3)	Compulsory
5km Ergo Submission	By Sat 19 Nov 22	Club-Based	5k Ergo Test (Rate 28)	Compulsory
GBRT Trial & Testing	Sat 17 Dec 22	Caversham	Format TBC 1x (PR1, PR2, PR3), 2- (PR3), 2x (PR3)	By Invitation
GBRT Open Trial	Sat 18 – Sun 19 Feb 23	Caversham	Format & Boats TBC	By Invitation
5k Ergo Submission	By Sat 25 Feb 23	Club-Based	5k Ergo Test (Rate 28)	Compulsory
2k Ergo Test	By Sat 11 Mar 23	Caversham (by invitation) & Remote	2k Ergo Test	Compulsory
GBRT April Trials	Mon 10 – Sat 16 Apr 23	Caversham	Crew Formation and 2km Racing	By Invitation
2k Ergo Test	By Sat 15 Jul 23	Caversham (by invitation) & Remote	2k Ergo Test	Compulsory

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. An entry form for the GBRT Open Trial in November will be sent once registration is received and entries are opened.

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