



BRITISHROWING

# British Rowing Selection Policy 2023

## International Beach Sprints Teams

February 2023

TEAMWORK | OPEN TO ALL | COMMITMENT



## 1. Introduction

British Rowing is committed to growing all forms of the sport including coastal sculling, with a particular focus on the Beach Sprints format. Following the successful hosting of the 2022 World Rowing Beach Sprint Finals in Saundersfoot, Wales, we now have a springboard to begin developing a world leading programme, building towards the 2026 Youth Olympic Games, and the potential inclusion of Beach Sprints into the 2028 Olympic programme.

British Rowing will be sending a teams to represent Great Britain at the following events in 2023;

- ANOC World Beach Games, Bali (5-12 Aug)
- European Rowing Beach Sprints Championships, La Seyne-Sur-Mer, FRA (31 Aug-3 Sept)
- Coupe De la Jeunesse Beach Sprints, Donoratico, ITA (22-24 Sept)
- World Rowing Beach Sprints Finals, Barletta, ITA (*Dates TBC: Either 29 Sept - 1 Oct or 6-8 Oct*)

A significant part of the strategy will also include supporting the development of Home Nations Beach Sprints programmes, working with England, Scotland and Wales to support the development of their programmes, following the inclusion of Beach Sprints as part of the Commonwealth Games in 2026.

## 2. Objectives

- 2.1. To select individuals who can perform with distinction in the Beach Sprints events outlined in section 1, and in any additional international Beach Sprints events which develop over the course of 2023 and early 2024 (see [section 6](#)).
- 2.2. To understand where Great Britain performance ranks within the developing world stage.
- 2.3. To gain a greater insight and understanding of Beach Sprint Events and what will be required to be successful over the next 4-6 years.
- 2.4. To develop a pathway for individuals who have potential to represent Great Britain in Beach Sprint Events.

### 3. Events & Selection Strategy

#### 3.1. ANOC World Beach Games, Bali (5-12 Aug)

##### 3.1.1. Senior Categories:

- Men's Solo CMIx
- Women's Solo CWIx
- Mixed Double CMix2x

#### 3.2. European Rowing Beach Sprints Championships, La Seyne-Sur-Mer, FRA (31 Aug-3 Sept)

##### 3.2.1. Senior Categories:

- Men's Solo CMIx
- Women's Solo CWIx
- Mixed Double CMix2x

##### 3.2.2. U19 Categories:

- U19 Men's Solo CJMIx
- U19 Women's Solo CJW1x
- U19 Mixed Double CJMix2x

#### 3.3. Coupe De la Jeunesse Beach Sprints, Donoratico, ITA (22-24 Sept)

##### 3.3.1. U19 Categories:

- U19 Men's Solo CJMIx
- U19 Women's Solo CJW1x
- U19 Mixed Double CJMix2x
- U19 Men's Double CJM2x
- U19 Women's Double CJW2x

#### 3.4. World Rowing Beach Sprints Finals, Barletta, ITA (Dates TBC: Either 29 Sept – 1 Oct or 6-8 Oct)

##### 3.4.1. Senior Categories:

- Men's Solo CMIx
- Women's Solo CWIx
- Mixed Double CMix2x
- Mixed Coxed Quadruple Scull CMix4x+

##### 3.4.2. U19 Categories:

- U19 Men's Solo CJMIx
- U19 Women's Solo CJW1x
- U19 Mixed Double CJMix2x
- U19 Men's Double CJM2x
- U19 Women's Double CJW2x

3.5. Selection of the boats will depend on the strength and capabilities of athletes taking part in the trials process. Only crews able to be competitive on a world stage, who show they are of the standard to reach the quarter final stage of their respective event will be selected to represent Great Britain.



## 4. Eligibility

- 4.1.** In order to be considered for selection for any of the events outlined above, rowers, coxes, coaches and support staff must fulfil minimum eligibility criteria. He or she must:
- at all times hold a valid Passport and be able to travel to events and training camps;
  - have a current British Rowing, Scottish Rowing or Welsh Rowing membership;
  - not be subject to any current disciplinary proceedings or ban;
  - not be subject to any period of ineligibility or provisional suspension due to an anti-doping rule violation;
  - be a fit and proper person to represent British Rowing;
  - comply with any COVID regulations which form part of British Rowing policy at the time of competition.
- 4.2.** In additions rowers and coxes must:
- be a British citizen;
  - be eligible under the World Rowing Nationality & Gender Regulations;
  - comply with World Rowing regulations regarding Cardiac Screening. This will require the signing of a disclaimer, followed by arrangement of a physical examination by your GP or private provider. Further details will be sent to registered rowers and coxes during the 2023 trials process;
  - Senior Rowers and coxes must be aged eighteen on the date of team departure
  - Under 19 (U19) Rowers must be born no earlier than 1 January 2005 and no later than 31 August 2007.
- 4.3.** In addition, Coaches, Boat Handlers and support staff must:
- Provide two-character referees;
  - Confirm in writing that they have read, understood and agree to abide by British Rowing's Code of Conduct and all other relevant British Rowing policies;
  - U19 Coaches, Boat Handlers and support staff must hold a valid Disclosure and Barring Service (DBS) check through British Rowing with an issue date within the two and a half years prior to the event they are taking part in.
  - U19 Coaches, Boat Handlers and support staff must have completed a recognised and appropriate Safeguarding & Child Protection course within the two and a half years prior to the event they are taking part in.



## 5. Team Selection Process

- 5.1.** The selection panel will be made up of three people appointed by the British Rowing *Director of Performance*.
- 5.2.** Those rowers, coxes, coaches or boat handlers wishing to be considered for the team should register themselves using the following online registration form - [Beach Sprints Registration Form](#)
- 5.3.** Registrations will open at the start of 2023, and will remain open until **Friday 28 July 2023**. We would encourage those wishing to be considered for selection to register as early as possible to receive updates through the year. Late registrations will only be accepted for an exceptional reason agreed in writing by the *Director of Performance*.
- 5.4.** Key dates for senior rowers wishing to be considered for the 2023 Great Britain Beach Sprints Teams are as follows;

Early ID Events	13-14 May	Welsh Beach Sprints Championships (Saundersfoot)
	13-14 May	Scottish Beach Sprints Regatta (Venue tbc)
	20-21 May	English Beach Sprints Regatta (Venue tbc)
Final Selection Events	10-11 Jun	GB Beach Sprints Selection Trial 1 (Venue tbc)
	29-30 Jul	British Rowing Beach Sprints Championships (Exmouth)
	30-31 Jul	GB Beach Sprints Selection Trial 2 (Exmouth)

- 5.5.** The final decision will be made by the selection panel based on the performance profile an individual develops via the events above. Selection decisions will be made and communicated as soon after the selection events as is practical.

## Senior Team

- 5.6.** Our intention is to select 8 senior rowers (4 men and 4 women), plus 2 spares (1 man and 1 woman) to race for GB Beach Sprints Teams in the 2023 season. These rowers will be selected in the following crews;



- 5.6.1.** 4 rowers (2 men and 2 women) to race in the CW1x, CM1x, CMix2x at the ANOC World Beach Games and the World Rowing Beach Sprints Finals
- 5.6.2.** 4 rowers (2 men and 2 women) and 2 spares (1 man and 1 woman) to race in the CW1x, CM1x, CMix2x at the European Rowing Beach Sprints Championships and the CMix4x at the World Rowing Beach Sprints Finals. The 2 spares will also cover the CW1x, CM1x, and CMix2x at the World Rowing Beach Sprints Finals.
- 5.7.** Rowers who wish to be considered for selection for one of the crews outlined in 5.6.1. are required to attend a minimum of one of the Early ID events and race in a C1x. From the results of these events a selected group of rowers will be invited to attend the GB Beach Sprints Selection Trial 1. At this trial the CW1x, CM1x, CMix2x will be selected to race at the ANOC World Beach Games and the World Rowing Beach Sprints Finals. Rowers in this group will not be required to attend the British Rowing Beach Sprints Championships and are exempt from GB Beach Sprints Selection Trial 2.
- 5.8.** Rowers who wish to be considered for selection for one of the crews outlined in 5.6.2. are encouraged to attend one of the early ID events to begin building their performance profile. Those unable to do so must attend GB Beach Sprints Selection Trial 1. Through performances at that event a selected group of rowers will be invited to attend GB Beach Sprints Selection Trial 2, where all crews outlined in 5.6.2. will be finalised. All rowers invited to GB Beach Sprints Selection Trial 2 are also required to race at the British Rowing Beach Sprints Championships (in a C1x).
- 5.9.** Where a rower wishing to be considered for selection for one of the crews outlined in 5.6.2. has not been able to attend GB Beach Sprints Selection Trial 1 or who does not produce a result sufficient to gain a direct invite to the GB Selection Trial 2, there will be a final opportunity to gain an invite to the GB Beach Sprints Selection Trial 2 through competing in a senior C1x event at the British Rowing Beach Sprints Championships. In exceptional cases, where the selection panel deem the performance of the rower at the British Rowing Beach Sprints Championships to be at a level where that individual has the potential to impact on GB team selection, they may be invited to the GB Beach Sprints Selection Trial 2 directly from their performance at the British Rowing Beach Sprints Championships, without having attended GB Selection Trial 1.
- 5.10.** The Early ID events, and the British Rowing Beach Sprints Championships, listed in 5.4, are externally run competitions, and the event format and course layout will be at the discretion of the organising committee for each event.
- 5.11.** The GB Selection Trials 1 and 2, are internally organised trials, and will include a series of assessments designed to test an individual's skills and abilities to deliver the best possible performance in the Beach Sprints format. This may include land based ergo assessments, running speed assessments, straight line water speed assessments, crew



compatibility/speed assessments, rough water assessments and/or assessments of individual components of the Beach Sprints format, such as turning, slaloming, and boat entries/exits. These assessments may test specific individual components separately and/or test speed over a full standard Beach sprints course.

- 5.12.** The selection panel will confirm the format of the selection process to be carried out at GB Selection Trial 1 and a list of those pre-selected for the trial by Wednesday 24<sup>th</sup> May 2023. The selection panel will confirm the format of the selection process to be carried out at GB Selection Trial 2 and a list of those pre-selected for the trial by Wednesday 14<sup>th</sup> June 2023. The selection panel will confirm any final invites to GB Selection Trial 2, as outlined in 5.9., following the conclusion of racing at the British Rowing Beach Sprints Championships.
- 5.13.** Following selection of the team, training will be organised prior to each competition. This will be based on the location of the rowers, coxes, coaches and boat handlers selected. There will be a formal pre-World Finals training camp beginning the week prior to World Rowing Beach Sprints Finals and leading into the event. Exact camp dates and venues will be confirmed once the dates and venue for the World Rowing Beach Sprints Finals are confirmed.
- 5.14.** Rowers who wish to be considered for selection for one of the crews outlined in 5.6.1. or 5.6.2., but who are only available for one of the competitions outlined, should make the selection panel aware as early as possible in the selection process. The intention is for selected rowers to race at two events, however in a situation where this is not possible, where appropriate, consideration will be given to selecting a rower for one event only, and selecting a different rower to compete in the other event.

## **Under 19 (U19) Team**

- 5.15.** Our intention is to select 8 U19 rowers (4 U19 men and 4 U19 women), plus 2 spares (1 U19 man and 1 U19 woman) to race for GB Beach Sprints Teams in the 2023 season. These rowers will be selected in the following crews;
- 5.15.1.** 4 U19 rowers (2 U19 men and 2 U19 women) to race in the U19 CW1x, U19 CM1x, U19 CMix2x at the European Championships and World Finals
- 5.15.2.** 4 U19 rowers (2 U19 men and 2 U19 women) and 2 spares (1 U19 man and 1 U19 woman) to race in the U19 CW2x and U19 CM2x at the Coupe and World Finals, and the U19 CW1x, U19 CM1x, U19Mix2x at the Coupe
- 5.16.** Rowers who wish to be considered for selection for any U19 crews outlined in 5.15. are encouraged to attend one of the early ID events to begin building their performance profile. Those unable to do so must attend GB Beach Sprints Selection Trial 1. Through performances at that event a selected group of rowers will be invited to attend GB Beach Sprints Selection Trial 2, where all U19 crews outlined in 5.15. will be finalised.



All rowers invited to GB Beach Sprints Selection Trial 2 are also required to race at the British Rowing Beach Sprints Championships (in an U19 C1x event).

- 5.17.** Where a rower wishing to be considered for selection for one of the crews outlined in 5.15. has not been able to attend GB Beach Sprints Selection Trial 1 or who does not produce a result sufficient to gain a direct invite to the GB Selection Trial 2, there will be a final opportunity to gain an invite to the GB Beach Sprints Selection Trial 2 through competing in an U19 C1x event at the British Rowing Beach Sprints Championships. In exceptional cases, where the selection panel deem the performance of the rower at the British Rowing Beach Sprints Championships to be at level where that individual has the potential to impact on GB team selection, they may be invited to the GB Beach Sprints Selection Trial 2 directly from their performance at the British Rowing Beach Sprints Championships, without having attended GB Selection Trial 1.
- 5.18.** The Early ID events, and the British Rowing Beach Sprints Championships, listed in 5.4, are externally run competitions, and the event format and course layout will be at the discretion of the organising committee for each event.
- 5.19.** The GB Selection Trials 1 and 2, are internally organised trials, and will include a series of assessments designed to test an individual's skills and abilities to deliver the best possible performance in the Beach Sprints format. This may include land based ergo assessments, running speed assessments, straight line water speed assessments, crew compatibility/speed assessments, rough water assessments and/or assessments of individual components of the Beach Sprints format, such as turning, slaloming, and boat entries/exits. These assessments may test specific individual components separately and/or test speed over a full standard Beach sprints course.
- 5.20.** The selection panel will confirm the format of the selection process to be carried out at GB Selection Trial 1 by Wednesday 24<sup>th</sup> May 2023. The selection panel will confirm the format of the selection process to be carried out at GB Selection Trial 2 and a list of those pre-selected for the trial, by Wednesday 14<sup>th</sup> June 2023. The selection panel will confirm any final invites to GB Selection Trial 2, as outlined in 5.17., following the conclusion of racing at the British Rowing Beach Sprints Championships.
- 5.21.** Following selection of the team, training will be organised prior to each competition. This will be based on the location of the rowers, coxes, coaches and boat handlers selected. There will be a formal pre-World Finals training camp beginning the week prior to World Rowing Beach Sprints Finals and leading into the event. Exact camp dates and venues will be confirmed once the dates and venue for the World Rowing Beach Sprints Finals are confirmed.
- 5.22.** Rowers who wish to be considered for selection for one of the crews outlined in 5.15.1. or 5.15.2., but are only available for one of the competitions outlined, should make the selection panel aware as early as possible in the selection process. The intention is for selected rowers to race at two events, however in a situation where this is not possible,





where appropriate, consideration will be given to selecting a rower for one event only, and selecting a different rower to compete in the other event.

## Coxes

- 5.23.** Our intention is to select a cox to race in the CMix4x at the World Rowing Beach Sprints Finals. In addition, the intention is for the cox to travel to and support crews at the European Rowing Beach Sprints Championships.
- 5.24.** Coxes seeking selection are not subject to any restrictions regarding gender.
- 5.25.** Coxes seeking selection must be aged eighteen years old or above on 1 September 2022.
- 5.26.** Coxes seeking selection are encouraged to attend and support with as many of the dates outlined in 5.4. for which they are available. Coxes will be required to attend GB Selection Trial 2, where the cox for the CMix4x will be selected.
- 5.27.** Selection of coxes will be based on the following criteria:
- 5.27.1.** Ability to steer.
    - coxing information covering both experience and racing results should be submitted with registration form, experience of coastal rowing is desirable but not essential.
  - 5.27.2.** Compatibility with selected team scullers.
    - We would consider input from a combination of selected scullers, boat handlers and coaches.
  - 5.27.3.** Ability to sprint.
    - All coxes will be required to complete timed sprints of a set distance which will be between 10m and 50m in length. This will take place at GB Beach Sprints Selection Trial 2.
  - 5.27.4.** Competitive weight.
    - Minimum weight for racing is 55kgs.
    - All coxes will be required to weigh in at an agreed time at GB Beach Sprints Selection Trial 2.
    - The selected cox must be able to live healthily at their agreed race weight for a period of time leading into competition and at the competition itself.

## Senior & U19 Coaches

- 5.28.** Coaches seeking selection are encouraged to attend and support with as many of the dates outlined in 5.4. for which they are available.



- 5.29.** The successful individuals will provide coaching to the relevant crews and be able to operate as secondary boat handlers. For further details please read the following [Coach Role Description](#)
- 5.30.** The final decision will be made by the selection panel and will consider:
- Input from selected rowers.
  - Whether the coach is currently coaching rowers from their club, who have been selected.
  - The ability to bring additional skills to the team.
  - Team fit.
  - The total number of coaches required.

## **Boat Handlers**

- 5.31.** Boat Handlers seeking selection are encouraged to attend and support with as many of the dates outlined in 5.4. for which they are available.
- 5.32.** The successful individual will provide boat handling to the selected crews as specified events. For further details on the role please read [Boat Handler Role Description](#)
- 5.33.** The final decision will be made by the selection panel, in consultation with the GB Beach Sprints Boat Handling Coordinator and will consider:
- Input from selected rowers.
  - Whether the handler is currently part of a team whose rowers have been selected.
  - Experience of the sea and the Beach Sprint format.
  - The ability to bring additional skills (like lifeguarding experience or manual lifting skills) to the team.
  - Physicality of the boat handler to be provide a potential performance gain in wavy conditions.
  - Team fit.
- 5.34.** It is likely any rowers selected as spares for any teams will also be considered as boat handlers at any events they are selected for.



## 6. Selection and Nomination for other Beach Sprints events

- 6.1.** With the Beach Sprints format and organisation of international competitions being a relatively recent development, it may be the case that British Rowing are asked to select a team, or nominate individual club crews, to take part in events as the season develops, where the details and criteria for those events are not yet finalised.
- 6.2.** Therefore, the selection process above may also be used in the following situations;
- Selection of a Great Britain team for any other international competitions taking place in 2023 and early 2024 which have not yet been confirmed.
  - Nomination of club crews to take part in Beach Sprints Events, where a national federation nomination is required.
- 6.3.** In any of the above situations, where a selection needs to be made, in the first instance the information gathered on athletes or crews via selection events outlined in 5.4, will be used as the basis for any selection decisions to be made by the selection panel in relation to those additional Beach Sprints events. Where this is not possible, additional selection trials for specific events may be organised, and these will be advertised separately as an update to this selection policy document. Please note that the criteria for selection may vary in line with the criteria required by the organisers of the event.

## 7. Costs and Logistics

- 7.1.** Boats and equipment for all training days, trials will be provided by British Rowing and/or the relevant competition organising committee. However, crews are responsible for bringing their own blades.
- 7.2.** Beach Sprints is not currently a UK Sport funded programme, and therefore athletes, coxes, coaches and boat handlers taking part in the process should be aware that they will be required to contribute as follows:
- 7.2.1.** £20 per rower, per trial, for GB Selection Trial 1 and GB Selection Trial 2. There will be no cost for coxes, boat handlers or coaches at these events.
- 7.2.2.** All rowers, coxes, coaches and boat handlers selected for a Great Britain team would be expected to make a contribution towards the cost of any competition for which they are selected. This would include costs of competition entry, kit, transport, accommodation and food, for the competition itself and any associated training days/camps leading into the competition.
- 7.2.3.** The above costs will be subsidised, however the level of the subsidy will vary depending on the event. All costs will be communicated in a timely fashion before any final team selections are made. If finance is a barrier which may discourage any



individual from joining the selection process then we would encourage you to contact [GBBeach@britishrowing.org](mailto:GBBeach@britishrowing.org) for a further discussion to see what support we may be able to provide

## 8. Appeals Process

- 8.1.** Registered senior rowers, or the parent/guardian of registered U19 rowers, are entitled to appeal against the decision of the selection panel. The nature of the selection process means that selections to a team can often be made close to the competition. As such the outcome of an appeal can have a significant impact not just on athletes directly involved in an appeal but on the preparation of other members of the team. The Appeal process is therefore designed to operate quickly and minimise impact to athlete preparation. Athletes should carefully consider if an appeal is justified, before making one.
- 8.2.** The appeal process can only be used to determine:
- Whether the correct procedures have been followed in the implementation of the Selection Policy.
  - Whether the selectors have acted reasonably, fairly and without bias in making a decision.
  - Whether a selection decision was reached based on an error of fact.
- 8.3.** The right to appeal a selection decision is provided on these grounds only and must not be seen as an opportunity to dispute the opinion of the Selectors, who will be regarded by the Appeal Panel as experts.
- 8.4.** The appeal must be raised within 36 hours of a “Selection Decision”. A Selection Decision is defined as:
- Either the publication of the names of members of the Provisional Team
  - Or formal written communication between the Team Manager and the athlete that it is the intention of the selectors to no longer consider the athlete for selection.
- 8.5.** An appeal should be initiated by emailing the Head of Safeguarding & Integrity on [governance@britishrowing.org](mailto:governance@britishrowing.org) (Subject: GB Beach Sprints Appeal) setting out full details of the basis upon which the athlete is appealing including:
- The appellant’s name, address and contact details. If the Athlete is under eighteen years of age it shall also include their date of birth and the name(s) and contact details of their parent or carer.



- Details of the decision being appealed.
  - Details of the ground(s) of appeal upon which the Athlete relies, including the precise manner in which the Athlete alleges that the selection criteria have not been applied or in which the procedure set out in the applicable selection Policy or Process has not been followed; and
  - Any documents or written evidence upon which the Athlete relies in support of his or her appeal. These documents must be relevant specifically to the Athlete's grounds of appeal.
  - An email or postal address for correspondence. If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.
- 8.6.** An appeal hearing will take place virtually by videocall at an agreed date. The appeal will be conducted by written and/or verbal submissions on behalf of the Appellant and British Rowing only. The Appeal Panel may request further information during this hearing. The Appeal Panel may make their deliberations in person or remotely as they in their absolute discretion decide.
- 8.7.** The Appeal Panel will either:
- Reject the appeal and confirm the decision of the selectors.
  - Uphold the appeal and inform the Selectors that errors have been identified in the conduct of the selection process and request that a new selection decision be made as soon as is reasonably practicable.
- 8.8.** The Appeal Panel will seek to reach its conclusion within 24 hours of the appeal hearing and will inform all interested parties as to their decision via email as soon as possible.
- 8.9.** Three members of the British Rowing Disciplinary & Grievance Panel will be selected to form the Appeal Panel. Any individual directly involved with the athlete making the appeal or who was involved with the selection process may not sit on the Appeal Panel.

## **9. Anti-Doping**

- 9.1.** All competitors, coaches and support staff are bound by the UK Anti-Doping Rules as adopted by British Rowing. British Rowing's Anti-Doping Policy is available on our [Policies and Guidance](#) webpage.



- 9.2.** All coaches must have a current [Coach Clean Certificate](#) and competitors must have attended an [iRowClean Webinar or Workshop](#) in the 2023 season. Availability of sessions will be made and communicated to all individuals who are selected.
- 9.3.** Any competitor could be tested at any time. It is the responsibility of all competitors to check the prohibited status of any medications they are taking. At the point that you are prescribed with any medication (or purchase any medication over the counter), you should check the anti-doping status of that medication on [Global DRO](#). If the medication or method of treatment is prohibited, then use the UKAD [TUE Wizard](#) to find out how to apply for a Therapeutic Use Exemption (TUE). Please contact [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org) or UKAD at [tue@ukad.org.uk](mailto:tue@ukad.org.uk) should you have any questions relating to medications or TUEs. We are obliged to inform you that you would be at risk of incurring an anti-doping rule violation should you be subject to Doping Control without having first obtained a TUE (unless there is an exceptional circumstance for not doing so).
- 9.4.** All competitors must be familiar with and comply with British Rowing's [Supplement Policy](#).

If you have any questions or queries, please contact [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org) or for further information please visit: [British Rowing Clean Sport](#) or [UK Anti-Doping](#)

## GB Beach Sprints Teams - 2023 Key Dates & Selection Process Summary

<b>Key Documents &amp; Forms</b>	<b>GB Beach Sprints Team Selection Policy 2023</b>		<a href="https://www.britishrowing.org/gb-rowing-team/rowing-for-gb/beach-sprints/">https://www.britishrowing.org/gb-rowing-team/rowing-for-gb/beach-sprints/</a>
	<b>GB Beach Sprints Team Registration</b>		<a href="https://docs.google.com/forms/d/e/1FAIpQLSefNsS7PA9mCkpTif9gvecxL0_2D55UHW9j-nB-19iCHJR2RA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSefNsS7PA9mCkpTif9gvecxL0_2D55UHW9j-nB-19iCHJR2RA/viewform</a>
<b>Phase 1 (Feb-Apr) Taster/Training Days</b>	<p>During this period a series of coordinated days will be organised around the country. These will be split into two streams;</p> <ul style="list-style-type: none"> <li>• Taster Days – to introduce those interested in getting involved with the trials process to the Beach Sprints format</li> <li>• Training Days – for those who already have experience of the Beach Sprints format to get coaching/input</li> </ul> <p>Anyone interested in receiving further information on training or taster days should register using the link at the top of the page to be kept informed.</p>		
<b>Phase 2 (May) Early ID Events</b>	13 - 14 May	<b>Welsh Beach Sprints Championships</b> (Saundersfoot)	Our intention is to select 8 senior rowers (4 men and 4 women), plus 2 spares (1 man and 1 woman) and 8 U19 rowers (4 U19 men and 4 U19 women), plus 2 spares (1 U19 man and 1 U19 woman) to race for GB Beach Sprints Teams in the 2023 season. These 20 rowers will be selected in the following crews;
	13 - 14 May	<b>Scottish Beach Sprints Regatta</b> (Venue tbc)	A. 4 rowers (2 men and 2 women) to race in the CW1x, CM1x, CMix2x at the World Beach Games and the World Beach Sprints Finals*
	20 - 21 May	<b>English Beach Sprints Regatta</b> (Venue tbc)	*Rowers who wish to be considered for selection for one of the above crews are required to attend a minimum of one of the Phase 2 Early ID events and race in a 1x. From the results of these events a selected group of rowers will be invited to attend the GB Beach Sprints Selection Trial 1. At this trial the CW1x, CM1x, CMix2x will be selected to race at the World Beach Games and the World Beach Sprints Finals. Rowers in this group will not be required to attend the British Beach Sprints Championships and are exempt from GB Beach Sprints Selection Trial 2.
<b>Phase 3 (Jun-Jul) Final Selection</b>	10 - 11 Jun	<b>GB Beach Sprints Selection Trial 1</b> (Venue tbc)	
	29 - 30 Jul	<b>British Beach Sprints Championships</b> (Exmouth)	B. 4 rowers (2 men and 2 women) and 2 spares (1 man and 1 woman) to race in the CW1x, CM1x, CMix2x at the European Championships and the CMix4x at the World Finals**
	30 - 31 Jul	<b>GB Beach Sprints Selection Trial 2</b> (Exmouth)	C. 4 U19 rowers (2 U19 men and 2 U19 women) to race in the U19 CW1x, U19 CM1x, U19 CMix2x at the European Championships and World Finals**
<b>Phase 4 (Aug-Oct) Competition Period</b>	5 - 12 Aug	<b>ANOC World Beach Games</b> (Bali)	D. 4 U19 rowers (2 U19 men and 2 U19 women) and 2 spares (1 U19 man and 1 U19 woman) to race in the U19 CW2x and U19 CM2x at the Coupe and World Finals, and the U19 CW1x, U19 CM1x, U19Mix2x at the Coupe**
	31 Aug - 3 Sept	<b>European Rowing Beach Sprints Championships</b> (La Seyne-Sur-Mer, FRA)	**Rowers who wish to be considered for selection for one of the crews in groups B, C or D above are strongly encouraged to attend one or more of the Phase 2 Early ID Events and/or the GB Beach Sprints Selection Trial 1. Through performances at these event rowers can gain an invitation to GB Beach Sprints Selection Trial 2, where the crews in groups B, C and D will be finalised. All rowers invited to GB Beach Sprints Selection Trial 2 are also required to race at the British Beach Sprints Championships (in a 1x).
	9 - 10 Sept	<b>Home International Beach Sprints</b> (Saundersfoot, GBR)	
	w/b 18 Sept	<b>Pre-Worlds Camp</b> (Venue tbc)	A rower who does not attend, or does not produce a result sufficient to gain an invite to the GB Selection Trial 2, via an Early ID event or the GB Beach Sprints Selection Trial 1, must race at the British Beach Sprints Championships (in a 1x), which will be the final opportunity to gain an invite to the GB Beach Sprints Selection Trial 2.
	22 - 24 Sep	<b>Coupe Beach Sprints</b> (Donoratico, ITA)	
	29 Sept - 1 Oct <b>OR</b> 6 - 8 Oct (tbc)	<b>World Beach Sprint Finals</b> (Barletta, ITA)	A link to the full selection policy for the GB Beach Sprints teams 2023 is at the top of the page.  GB selected rowers who wish to race at the Home International Regatta for Wales, Scotland or England in addition to the above are free to do so, and should follow the selection process for those teams as required.