



## 2024 GB ROWING TEAM OLYMPIC, SENIOR & U23 SELECTION TRIALS NOTICE

Please find below key information for athletes wishing to trial for GB selection in 2024. This will apply to all International Regattas that British Rowing may select a team for in the run up to the following events:

- **Olympic Games, Paris, FRA** (Event: 27 Jul – 3 Aug 2024)
- **World Rowing U23 Championships & Non-Olympic World Championships, St Catherines, CAN** (Event: 18 – 25 Aug 2024)
- **European Rowing Championships, Szeged, HUN** (Event: 25 – 28 Apr 2024)

Please note that outside of Olympic Selection in 2024, Senior candidates will be considered for the following event:

- **World Rowing Cup III, Poznan, POL** (Event: 14 – 16 Jun 2024)

Please note that due to the timing of the event and its clash with Henley Royal Regatta, GBRT will not form crews for the following event in 2024:

- **FISU World University Championships, Rotterdam, NED** (Event: 4 – 6 Jul 2024)

## LIGHTWEIGHTS

Following confirmation from World Rowing that Lightweight events will not feature in the Olympic Games post Paris 2024, GB Rowing Team will only support activity that underpins the pursuit of a medal in the lightweight women's double at the Paris Games. To be explicit, no lightweight boats will be selected for the World Rowing U23 Championships.

GB Rowing Team would like to take this opportunity to acknowledge lightweight athletes who have trialed for and represented Great Britain over the years, and thank UK Sport and the National Lottery who have provided the funding that has allowed us to support the lightweight discipline successfully through to this point.

## REGISTRATION & TRIAL ENTRIES

### Olympic Games

All athletes wishing to be considered for Olympic Selection in 2024 were required to register their interest by completing and submitting a Registration Form no later than Sunday 16 April 2023. Late entries to the process may be accepted at the sole discretion of the relevant Olympic Selection Panel where there is an exceptional circumstance for an athlete who will make a demonstrable difference to the trialling process.

### Senior & U23

Athletes who are seeking selection to represent GB at World Rowing Cup III or the World Rowing U23 Championships must register for the Season. The only exception to this is if they have already submitted an Olympic Registration which will be incorporated as necessary.

Coaches will also be required to register for the Season.

Registration Form links will be published on the [British Rowing website](https://www.britishrowing.org) and will be open from **Mon 25 Sep – Sun 22 Oct 2023**.

All athletes should then be entered for each GBRT Open Trial via BROE. Entries for November will be open from **Thu 12 to Thu 26 Oct 2023**.

### BUCS Indoor Rowing Series

Providing BUCS eligible athletes have also been entered via the BUCS Entry system, their results from this trial will be extracted to be included in the BUCS Indoor Rowing Series.

## ADDITIONAL COX REQUIREMENTS

All Coxes will be required to attend open trials as specified in the next section (Selection Trial Process Dates - attendance). At each trial they will be weighed and assigned an event role.

Any cox who registered for Olympic Selection but does not take part in the 2023 World Rowing Championships will be required to 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+ or W8+). Applications should be submitted to [gbrt.trials@britishrowing.org](mailto:gbrt.trials@britishrowing.org) by 16 Oct 2023.

Any requirements on coxes seeking selection for WRU23C will be published in due course via the Trials Site.



## SELECTION TRIALS PROCESS DATES

The **provisional** dates of the 2024 Selection Trials Process are as follows.

Further information on the Olympic Selection Trials process was contained within the GBRT 2024 Olympic Selection Policy and Process document published in April 2023. In summary, athletes seeking Olympic Selection will be required to attend the GBRT Open Trial in November 2023. Any further testing or trialling requirements will be by invitation and by 31 January 2024 the Head Coach for each Olympic squad will communicate the testing strategy for the formation of crews between 1 Feb and 26 March 2024.

EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
GBRT Open Trial	Sat 11 Nov 23	Haven High Academy, Boston	2k Ergo Test	Compulsory for Olympic, Senior & U23 Candidates
	Sun 12 Nov 23	Boston RC	5k Time Trial M1x, M2-, W1x, LW1x	
GBRT Trial & Testing	Sat 16 – Sat 23 Dec 23	Caversham	Sat 16: 4k Water Time Trial Sun 17: 2k Racing Mon 18 – Sat 23: Crew boat trialling & testing	By Invitation
5k Ergo Submission	By Sat 3 Feb 24	Club-based	5k Ergo Test	Compulsory for Senior & U23 Candidates
GBRT Open Trial	Sat 10 Feb 24	Boston RC	5k Time Trial M1x, M2-, W1x, W2-	Compulsory for Senior & U23 Candidates
2k Ergo Submission	By Sun 31 Mar 24	Club-based	2k Ergo Test	Compulsory for Senior & U23 Candidates
GBRT April Trials	Fri 12 – Sun 14 Apr 24	Caversham	2k Racing M1x, M2-, W1x, W2-	By Invitation for Senior & U23 Candidates

## 2024 ERGO STANDARDS

All required Ergo Submissions will only be accepted if submitted via the Online Form which will be published on the Trials Site. This will be enforced more strictly this year. **Please note** that sending a score directly to a Head Coach will not replace the need to submit via the required form.

Provisional Ergo Standards for the 2024 season are as follows:

	2km		5km		Concept 2 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 Women	7:15	-	18:40	-	125

Athletes who fail to achieve the standards will only be allowed an entry to the 'on-water' trials if they are:

- "Under 25" (born 01/01/2000 or after) and meet the U23 standard
- "Under 21" (born 01/01/2004 or after)

## EXEMPTIONS

If an athlete cannot participate in a trial or other test for either medical or other reasons they must follow the correct Exemption Request procedure which will be detailed on the Trials Site. Failure to comply is likely to result in an athlete becoming ineligible for selection. The Director of Performance and Head Coach are not obliged to delay the selection process or give special consideration as a consequence of any exemption.

The Exemption Request Form must be submitted before the start time of the first race of the specific trial, or by 17:00 on the due date for submission of an ergo test result.