



GB ROWING TEAM 2024 SENIOR & U23 OPEN TRIAL, BOSTON SATURDAY 10 FEBRUARY 2024

ELIGIBILITY

A performance at this Open Trial is compulsory for all eligible athletes seeking GBRT Senior or U23 selection in 2024. Overseas athletes are required to submit the ergo element only. Coxes are required to attend to remain eligible.

An updated Athlete Eligibility List has been published on the [GBRT Trials Site](#).

Athletes

Athletes will remain eligible for selection providing they fulfil the GBRT Selection Trial Process criteria listed below, or have submitted and had accepted an Exemption Request for one or more of the requirements:

- completed & submitted a 2k Ergo Test Score in November 2023 (to replace the re-formatted Open Trial in November)
- completed and submitted a 2k Ergo Test Score by 16 December 2023 if exempted from the 2k Ergo Test in November
- Submitted a 5k Ergo Test Score by Thu 1 February 2024
- are entered for this Open Trial via BROE before the entry deadline

**All Ergo Test Scores must have been submitted using the online Ergo Submission Form for those completing them outside of the NTC.*

Coxes

Coxes seeking Senior or U23 selection remain eligible provided they fulfil the GBRT Selection Trial Process criteria listed below:

- undertook a weigh in and submitted their weight in November 2023
- send in a coxing CV and two recordings of their coxing by Fri 9 February 2024, one whilst training and one ideally in a competition/race scenario. Recordings should be submitted to gbrt.trials@britishrowing.org

ENTRIES

Entries for **all** athletes and coxes wishing to remain eligible for selection (with the exception of overseas athletes who are required to submit the 5k ergo only) must be made via the British Rowing Online Entry system (BROE) **before 16:00 on Thu 1 February 2024**. The event will open by Mon 15 January 2024.

The Event Name is: **GB Rowing Team Snr/U23 Open Trial (Feb)**. An online payment will be required to complete the entry.

Entries will be accepted for M2-, M1x, W2- and W1x. The format will be a 5km Time Trial.

Please note the following when entering crews:

Per-Crew Additional Information

- **Exemption 5k Water Trial:** if an athlete has a known exemption requirement at the point of entry for the 5k water test please ensure this option is selected.

It will be the responsibility of the individual athlete to follow the required Exemption Request procedure for the 5k Water Trial and, if relevant, 5k Ergo Test Score, details of which are published [here](#).

by Thu 1 February 2024: Ergo Test Submission

Ergo Test scores (5k or where agreed in advance 6k for overseas athletes) must be submitted via the February [Ergo Submission Form](#), unless an Exemption Request Form has been submitted and accepted by this date. The Form will be published in early January 2024.

The following 5k Ergo Standards will apply. In the case of 6k submissions, the score submitted from the screenshot will be used to calculate an equivalent 5k score.

	5km		Concept2 Drag Settings
	Senior	U23	
	Open	Open	Open
Men	16:00	16:30	138
Women	18:15	18:50	130

Athletes targeting Senior (not Olympic) or U23 selection who fail to achieve the above 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)

SAT 10 FEB: 5k Time Trial Provisional Timings of Events

There will be 2 Racing Divisions. Following the close of entries, any changes to the schedule will be published on the GBRT Trials Site by Wednesday 7 February latest.

There will be no formal Registration on the day, coaches are requested to confirm any withdrawals at their earliest convenience via gbrt.trials@britishrowing.org

Coxes will be required to weigh in officially at 08:45. The permitted weight range will be 40 – 60kg.

Division 1: Women (W2-, W1x)

Briefing	09:00
Boating from	09:30
Race Start	10:30

Division 2: Men (M2-, M1x)

Briefing	12:00
Boating from	12:30
Race Start	13:30

Important Notes

1. Health Status

Given Covid and other viruses are still prevalent in the community, we ask that each person takes a responsible position and seeks clarification from a doctor as to whether they should attend the trial, if there is any concern. It is the responsibility of each athlete and coach to maintain high standards of healthy living to be in a position to participate at this Trial.

2. Clean Sport

It is the responsibility of each athlete to ensure that they are not taking any banned substances. Athletes should be prepared for a random doping test at any time in or out of competition. Many proprietary medicines and supplements which are sold at chemists in the UK and abroad contain prohibited substances.

Anti-doping information is available on the British Rowing website at <https://www.britishrowing.org/knowledge/cleansport/> Links to the Global Drug Reference Online site and other anti-doping resources can also be found here. Please remember that a positive doping test will almost certainly result in a ban from the sport.

3. Training on Friday & Saturday from Boston Rowing Club

Anyone wishing to boat on Friday afternoon at Boston must be off the water by 17:00. This is at the individual's own risk. There will be no GBRT Safety cover on Friday. Training on Saturday will be allowed at first light (approx. 07:30) until 08:45.

4. Boat Security

Security will be provided for boats on Friday night at Boston Rowing Club.