



ENGLAND
ROWING

Selection Policy

Home International Rowing Regatta, 2025

Updated: 02/07/2025 (Updates highlighted in yellow)

TEAMWORK | OPEN TO ALL | COMMITMENT

1. Introduction

The [Home International Rowing Regatta \(HIRR\)](#) is a team event with points awarded according to finish position in each race.

Each match has a winner, Junior Men, Junior Women, Senior Men and Senior Women, with an overall winner for the whole event.

The England Team is an opportunity for athletes to trial either in crews or small boats to earn the chance to represent England with fellow club members or just by themselves.

Representing England is a unique development opportunity for both athletes and coaches wishing to gain international experience. For some, it will be the first step to representing Great Britain.

2. Objectives

- 2.1. To provide Athletes and Coaches aiming to represent Great Britain with a positive development experience that helps them progress toward making the GB Rowing Team.
- 2.2. To select individuals and crews that can perform with distinction at the HIRR.

3. Home International Rowing Regatta (HIRR)

- 3.1. The HIRR will take place on **Saturday, 26 July 2025**, at **Dorney, England** hosted by **Wales**.
- 3.2. The HIRR comprises events in the following boat classes for Men and Women:

Juniors	1x (A), 1x (B), 2x, 4x, 2-, 4-, 4+ & 8+
Seniors / U23	PR1/PR2 1x (Combined), PR3 2x (Mixed only), 1x, U23 1x, 2x, 4x, 2-, 4-, 4+ & 8+

- 3.3. Racing will be over 2000m in all boat classes with an additional race over 500m in the 4x, 8+ and Para Boat classes.
- 3.4. The HIRR will be run under [World Rowing rules](#), except for any variations referred to in the [HIRR Rules](#).

4. Eligibility for England

- 4.1. **Athletes** may only compete for England at the HIRR if they have **NOT** represented another country in a HIR match (Regatta or Beach Sprint) in this or the previous year.
- 4.2. **Athletes** must be a British Citizen and be qualified by one of the following conditions:
 - 4.2.1. Having been born in England.
 - 4.2.2. Having a parent or grandparent born in England.
 - 4.2.3. Be a resident in England for six of the twelve months prior to the HIRR and be a member of a club in England during that time.
 - 4.2.4. Having had five years of primary or secondary education in that country.
 - 4.2.5. Having competed for that country previously, subject to the requirement associated with competing for different countries in subsequent years.
- 4.3. **Para Athletes** will need to hold a valid British Rowing Para (not adaptive) Classification or World Rowing Sport classification. For information regarding Para-Classification please see the [British Rowing Website \(Adaptive classification\)](#).

- 4.4. **Athletes and Coaches** must be available to arrive at the HIRR venue for rigging and training by, 08:30 Friday, 25 July 2025 prior to the HIRR and until all equipment is packed and loaded approximately 18:00 Saturday, 26 July 26 2025.
- 4.5. **Junior Athletes** must have been born on or after 1 September 2006.
- 4.6. **U23 Athletes** must have been born on or after 1 January 2003.
- 4.7. **Coaches** must be aged eighteen by the 1 September 2024.
- 4.8. **Coxswains** must meet current [World Rowing rules](#) regarding weighing in and must weigh-in no less than one hour and no more than two hours before the first race of the regatta.
- 4.9. **Athletes and Coaches** participation is on the basis that they have confirmed that they have read, understood and agreed to abide by [World Rowing & British Rowing's Rules of Racing, Code of Conduct and all other relevant Policies and Guidance](#).
- 4.10. **Athletes and Coaches** must have completed Clean Sport education since August 2024 prior to the HIRR. ([See section 11 regarding Clean Sport education.](#))
- 4.11. **Athletes and Coaches** must, at all times, hold [British Rowing Membership](#) whilst representing England. **Athletes** must hold a racing license.
- 4.12. **Athletes and Coaches** will be asked to confirm eligibility requirements set out above. Those who cannot provide the correct documentation when asked will not be considered for selection.

5. England Team

- 5.1. In addition to the management team the England Rowing Team will comprise a maximum of sixty-four athletes and ten coaches (not including Coaches of Para Athletes) broken down as follows:

Junior Women	4 Scullers, 10 Sweep Rowers, 1 Coxswain, 3 Coaches (1 Sculling & 2 Sweep)
Junior Men	4 Scullers, 10 Sweep Rowers, 1 Coxswain, 3 Coaches (1 Sculling & 2 Sweep)
Senior Women	2 Para Scullers (1 PR1/PR2 & 1 PR3), 1 U23 Sculler, 3 Scullers, 10 Sweep Rowers, 1 Coxswain, 2 Coaches (Plus additional Coaches as required for Para Scullers.)
Senior Men	2 Para Scullers (1 PR1/PR2 & 1 PR3), 1 U23 Sculler, 3 Scullers, 10 Sweep Rowers, 1 Coxswain, 2 Coaches (1 Sculling & 1 Sweep), Plus additional Coaches as required for Para Scullers.

- 5.2. All athletes will race a minimum of twice with the majority racing three times.
- 5.3. All equipment must be provided by selected athletes/coaches and will be transported by designated England Rowing trailers from a suitable location/s. Individuals must provide their own blades which must be painted white prior to the HIRR. The England logo will be provided to complete the blade design. ([See Appendix D for "Equipment Insurance for HIRR"](#))

5.4. If selected, the predicted total cost will be:

5.4.1. £240 per Athlete.

5.4.2. £200 per Coach.

5.4.3. Costs include a basic kit bundle, one nights' accommodation, meals and transfers.

5.4.4. Additional team kit will be purchasable separately through Kukri. This kit will be delivered straight to you after HIRR and will be at additional cost.

5.4.5. See [Appendix C](#) for funding support opportunities.

Note: There will be a team meeting after the trial where the Team Manager will finalise important information and logistics for the event for selected boats and coaches.

6. Trials & Selection Process

6.1. Selection will take place at the [London Regatta Centre, London Docklands](#) on **Sunday, 13 July 2025 or through U19 or U23 GBRT Crew Formation.**

6.2. Please see the [Trial Event Circular](#) for full trial information.

6.3. **Entries/Registration:**

6.3.1. **Crew/boat** entry will be through [BROE2](#) and open at 12:00 (noon) Monday, 16 June 2025.

6.3.2. **Coaches** seeking selection should complete this [registration form](#).

6.4. **Entries/Registration Close:** 12:00 (noon) Friday, 11 July 2025.

6.5. Only athletes eligible to compete for England will be considered ([see section 4](#)).

6.6. The selection panel will consist of three individuals: the **British Rowing England Pathway Manager**, the **England Rowing Team Manager**, and the respective **England Rowing Lead Coach for Seniors or Juniors**, depending on the event category. This group will oversee the full team selection and make decisions by majority vote.

6.7. See the Junior Team ([Section 7](#)) and Senior Team ([Section 8](#)) for more information on how each boat type and coaches will be selected. ([See Appendix E for a flow chart of the selection process for boats selected from the England Rowing Trial.](#))

6.8. All racing will be held over 1500m in a time trial format (Weather Permitting).

6.9. A competitive standard is required for all entered boats. ([See Appendix B for indicative water times for all boat types.](#))

6.10. Doubling up is permitted between divisions with the following exceptions:

6.10.1. Rowers must remain in sculling or sweep disciplines.

6.10.2. If doubling up from a pair (2-) to the coxless four (4-) both athletes from the pair (2-) must be present in the coxless four (4-).

6.11. If an athlete qualifies for the top boat in both divisions, the decision on which boat they race in will be made by the selection panel.

6.12. The fastest boat in each category racing at the selection event will be selected if points 6.13 to 6.16 are not met.

- 6.13. Junior boats will be considered for selection to **U23 and/or** Senior boat categories without a race-off if meeting point 6.12, otherwise the following points still apply.
- 6.14. U23 1x entries will be considered for selection in the Senior 1x category without a race off if meeting point 6.12, otherwise the following points still apply.
- 6.15. In the event multiple boats' times are separated by less than one second of the fastest boat within a boat type, those boats may be required to race-off, side-by-side should circumstances allow.
- 6.16. GMT% scores between boat types will be considered and to be selected a boat will be expected to achieve a similar gold medal time to others selected boats. Where there is a boat/s with a higher % Gold Medal Time in another event, the selectors may ask the boat/s with the higher % time to change boat types. This may result in a race-off should circumstances allow at the discretion of the selectors.
- Note:** *(The combined average GMT% score of all boats in each division will be considered when comparing boats between divisions.)*
- 6.17. Boats from 6.15 and 6.16 may be combined for a race-off.
- 6.18. If there is only one entry in a category, the boat will still be expected to complete a 1500m time trial and will be regarded alongside other boats as in point 6.16.
- 6.19. If there are no boats entered in a category the selectors will first look to form a crew using other boats entered in that format. If there are no other boats in that format suitable for selection the selectors may seek to form a crew using other athletes entered into the trial.
- 6.20. Only one round of race-offs will take place. (Unless in the case of a dead heat.)
- 6.21. **All equipment used must be fully compliant with the British Rowing Row Safe guidance.** Athletes and coaches are advised to check in advance the heel restraints and other safety features on their boats, as failure to be fully compliant will result in the boat not being allowed to race.
- 6.22. On the day racing appeals must be made by a designated club representative that is confirmed at the time of registration. Appeals must be made immediately following the finish of racing in the division directly to the registration desk and before times have been released for that division. Only appeals where there has been a significant outside influence on a boats result may be made. Any evidence to support the appeal must also be shown at this time.
- 6.23. In the event the England Team Trials must be cancelled for any reason, the entrants to the England Team Trials will be assessed and selected to the team based on their regatta history this current season.

7. Junior Team

- 7.1. **Coxes:** Two Junior coxes will be selected. One each for the Junior Women's and Junior Men's teams. Selection will be from the U19 GBRT Crew Formation in line with the U19 GBRT Selection Strategy.
- 7.2. **1x (See note), & 4+:** Athletes for the 4+ and one of the 1x will be selected after GBRT U19 Crew Formation from the highest ranked rowers eligible to represent England. In the event of rowers not being eligible from U19 GBRT Crew formation, rowers from the England Trial that meet GMT% times will be selected.

- 7.3. **1x** (See note), **2x**, **2-**, **4-**: These boat classes will be offered and selected from the England Team trials as outlined in [Section 6](#).

Note: Recent GB trials or relevant regatta results where both 1x scullers have raced will be used to identify which sculler should race as the "A" boat in the regatta. Should there be no appropriate results available, a race-off will be held between the two 1x selected from each trial with the fastest sculler racing as the "A" boat and the runner up the "B" boat.

- 7.4. **4x:** The 4x will be made from the four scullers selected in 1x (A), 1x (B), and 2x. If this is not possible for any reason a sweep rower will be asked to sit in the 4x at the selection panels discretion.
- 7.5. **8+:** The 8+ for the 2000m and 500m races will be formed from the ten sweep athletes selected. Each rower will race in at least one of the two 8+ races. Selection for each race will be at the discretion of the selection panel.
- 7.6. **Coaches:** Six coaches (2 Junior Men Sweep & 1 Sculling and 2 Junior Women Sweep & 1 Sculling) will be selected to travel with the team. Four from the England Team Trials and two through U19 GBRT Crew Formation. The final decision will be made by the selection panel in collaboration with the GBRT U19 Selection Panel and British Rowing Coach Developer – Olympic Pathway and will consider:
- 7.6.1. Coaches with selected athletes.
 - 7.6.2. Coaching experience and the development opportunity for the coach.
 - 7.6.3. Availability for composite crew training.
 - 7.6.4. Team Compatibility.
 - 7.6.5. The ability to bring additional skills to the team.
 - 7.6.6. Only coaches able to confirm that all requirements in [section 4](#) & [section 9](#) are met will be considered.

8. Senior Team

- 8.1. **Coxes:** Two coxes will be selected. One each for the Women's and Men's teams. Selection will be from the U23 GBRT Crew Formation in line with the U23 GBRT Selection Strategy.
- 8.2. **4+:** Athletes for the 4+ will be selected after U23 GBRT Crew Formation from the highest ranked rowers eligible to represent England. In the event of rowers not being eligible from GBRT Crew formation, rowers from the England Trial that meet GMT% times will be selected.
- 8.3. **1x, U23 1x, PR1/2 1x, 2x, 2-, 4-:** These boat classes will be offered and selected from the England Team trials as outlined in Section 6. As the PR1 & PR2 boats are different speeds the fastest boat will be calculated as being the highest % Gold Medal Time.
- 8.4. **PR3 Mix 2x:** A PR3 1x boat class will be offered and 1 Male and 1 Female rower will be selected from the England Team trials as outlined in [Section 6](#) to row in the PR3 Mixed 2x.
- 8.5. **4x:** The 4x will be made from the four scullers selected in 1x, U23 1x, and 2x. If this is not possible for any reason a sweep rower will be asked to sit in the 4x at the selection panels discretion.
- 8.6. **8+:** The 8+ for the 2000m and 500m races will be formed from the ten sweep athletes selected. Each rower will race in at least one of the two 8+ races. Selection for each race will be at the discretion of the selection panel.

- 8.7. **Coaches:** Four coaches (Senior Men Sweep & Sculling and Senior Women Sweep & Sculling) will be selected to travel with the team from the England Team Trials or U23 Final Crew Formation. The final decision will be made by the selection panel in collaboration with the GBRT U23 Selection Panel and British Rowing Coach Developer – Olympic Pathway and will consider:
- 8.7.1. Coaches with selected athletes.
 - 8.7.2. Coaching experience and the development opportunity for the coach.
 - 8.7.3. Availability for composite crew training.
 - 8.7.4. Team Compatibility.
 - 8.7.5. Only coaches able to confirm that all requirements in [section 4](#) & [section 9](#) are met will be considered.
 - 8.7.6. Additional coaches for Para Scullers will be selected with their athletes at the discretion of the selection panel.

9. Coaches

9.3. Selected Coach Expectations:

- 9.3.1. **ALL Selected Coaches** are expected to liaise with the relevant Lead Coach to arrange appropriate training where possible for the boats they have been allocated between confirmation of selection and the HIRR.
- 9.3.2. **Selected Coaches with Junior Athletes** must inform the Safeguarding Officer of the location, date and time of any junior training taking place.

Note: As Junior Athletes may be selected for the Senior Team it is recommended that Senior Coaches also have the additional requirements set out for Junior Coaches.

- 9.4. **ALL Coaches** seeking selection should complete this [registration form](#) and ensure that all clearances and documents have been received (and where appropriate recorded as an active [credential on their British Rowing ClubHub profile](#)) by the close of registration ([See section 6](#)).

- 9.5. **Any Coaches who have not completed the registration form or do not meet the requirements set out below throughout close of registration and HIRR will not be considered for selection.**

9.6. ALL Coaches seeking selection must have:

- 9.6.1. A valid [British Rowing Coach Membership](#).
 - 9.6.2. UK Anti-Doping's Coach Clean certificate or Introduction to Clean Sport Certificate – (Available free on UKAD's [Clean Sport Hub](#) and valid for two years).
- 9.7. It is also advised that Coaches seeking selection have a current/in date practical Emergency First Aid training course which includes CPR.

Note: There are many Emergency First Aid training providers, for example [St Johns Ambulance](#) and [Red Cross](#), however your local authority or club may also organise first aid training. Depending on the provider the duration the training is valid for may vary. All coaches should ensure at a minimum the training includes practical CPR (not online learning).

9.8. In addition, Coaches seeking selection for the Junior Team must have:

- 9.8.1. A current enhanced DBS check with the children's barred list **carried out through British Rowing** which is no more than 3 years old at the time of the event.
- 9.8.2. Completed UK Coaching's [Safeguarding and Protection Children training](#) (valid for three years which can be renewed online if it was completed face-to-face three years ago).

9.9. In addition, Coaches seeking selection for the Senior Team must have:

- 9.9.1. A current enhanced DBS check **carried out through British Rowing** which is no more than three years old at the time of the event. (This is applicable for coaches or athlete support personnel in [regulated activity \(See annex A on the following link\)](#) with an [adult at risk](#) only)
- 9.9.2. Completed UK Coaching's [Safeguarding Adults in Physical Activity and Sport](#) (valid for three years).

Note: As Junior Athletes may be selected for the Senior Team it is recommended that Senior Coaches also have the additional requirements set out for Junior Coaches.

Note: The England Safeguarding Officer will be in possession of the most up-to-date list of coaches who fulfil this criterion and coaches seeking selection will be crosschecked with British Rowing's records. It is expected that any coach who is involved in coaching Juniors or Adults at Risk will already have an enhanced DBS check through British Rowing. If you do not have a current and valid DBS check, please allow for at least 6 weeks for the application process to be completed. Further details regarding DBS checks can be obtained by contacting your Club Welfare Officer or alternatively by contacting the Safeguarding Team at British Rowing ([See Appendix A](#)). Eligibility for an enhanced DBS check outlined in 9.5.1 will be determined by the Safeguarding Manager for British Rowing.

10.Appeals

- 10.3. Please see [6.22](#) for how to put forward a racing appeal during the trials process.
- 10.4. Registered coaches, senior athletes, or the parent/guardian of registered junior athletes, are entitled to appeal against the outcome of the selector's decision (in their selection only) if they feel the selection process has not been followed.

Note: The nature of the selection process means that selections to the team can often be made close to the regatta. 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 Appeals 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.

- 10.5. The appeal process can only be used to determine:
 - 10.5.1. Whether the correct procedures have been followed in the implementation of the Selection Policy.
 - 10.5.2. Whether the selectors have acted reasonably, fairly and without bias in making a decision.
 - 10.5.3. Whether a selection decision was reached based on an error of fact.
- 10.6. 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 Appeals Panel as experts.
- 10.7. **Making an Appeal:** The appeal must be raised within thirty-six hours of a "Selection Decision." A Selection Decision is defined as:

- 10.7.1. Either the announcement of the names of members of the Provisional Team
 - 10.7.2. 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.
- 10.8. An appeal should be initiated by emailing the Head of Governance, Safeguarding and Integrity at governance@britishrowing.org (Subject: ENG Appeal) setting out full details of the basis upon which the athlete is appealing including:
- 10.8.1. 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 legal guardian.
 - 10.8.2. Details of the decision being appealed.
 - 10.8.3. 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
 - 10.8.4. 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.
 - 10.8.5. An email or postal address for correspondence.
- 10.9. If the athlete fails to submit an appeal within the time limit, they will automatically lose the right of appeal.
- 10.10. An appeals hearing will take place virtually by videocall on Wednesday, 16 July 2025 (or additionally the 17 and 18 July 2025 as required). The appeal will be conducted by written and/or verbal submissions on behalf of the Appellant and British Rowing only. The Appeals Panel may request further information during this hearing. The Appeals Panel may make their deliberations in person or remotely as they in their absolute discretion decide.
- 10.11. The Appeals Panel will either:
- 10.11.1. Reject the appeal and confirm the decision of the selectors.
 - 10.11.2. 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.
- 10.12. The Appeals Panel will seek to reach its conclusion within twenty-four hours of the appeal hearing and will inform all interested parties as to their decision via email as soon as possible.
- 10.13. **Appeals Panel:** Three members of the British Rowing Disciplinary & Grievance Panel will be selected to form the Appeals Panel. Any individual directly involved with the athlete making the appeal or who was involved with the selection process may not sit on the Appeals Panel.

11. Anti-Doping Policy

- 11.3. **All Athletes, Coaches and Support Personnel** are bound by the UK Anti-Doping Rules as adopted by British Rowing. The full Anti-Doping Policy can be found on [British Rowing's Policies and Guidance webpage](#).
- 11.4. **All Athletes** selected for the England Team must attend a British Rowing iRowClean education workshop in the current season of the HIRR. **Parents/Carers** of junior competitors should also attend the workshop, and a [Clean Sport e-handbook for parents/carers](#) is available.



11.5. **All Coaches and Support Personnel** selected for the England Team are strongly encouraged to attend an iRowClean Sport education workshop in the current season of the HIRR, but as a minimum must hold a current UKAD Coach Clean certificate (coaches) or UKAD Introduction to Clean Sport certificate (support personnel). These courses are available by registering on the [UKAD Clean Sport Hub](#). FAQs are available [here](#).

11.6. iRowClean Education workshops for selected **Athletes** (including Parents/Carers) and **Coaches** will take place at:

11.6.1. 19:00 Tuesday, 15 July 2025

11.6.2. 19:00 Wednesday, 16 July 2025

Note: Attendance to an iRowClean education workshop is mandatory for all Selected Athletes. A sign-up link will be shared with Selected Athletes. If you have already attended a workshop, please inform the Team Manager. If you have not attended a course in this current season, you will forfeit your right to represent the England Rowing team.

Note: For further Anti-Doping information please visit [British Rowing Clean Sport](#) or [UK Anti-Doping](#).

Appendix A: Contacts

England Rowing (HIRR Team)

Team Manager	Chris McManus	hirr.tm@englandrowing.org
Contact for:	Information or questions regarding the Selection Policy, team logistics and trials information	
Assistant Team Manager	Ellie Stevens	hirr.atm@englandrowing.org
Contact for	Information regarding the team and communications.	
Safeguarding Officer	Lucy McNulty	safeguarding@englandrowing.org
Contact for:	Questions, advice or to report a concern regarding safeguarding in relation to the team.	
Lead Coach (Seniors)	Emil Ghattas	senior.coach@englandrowing.org
Contact for:	Information regarding senior training opportunities or the potential to form composite crews prior to the trials closing deadline.	
Lead Coach (Juniors)	Martin Gough	junior.coach@englandrowing.org
Contact for:	Information regarding junior training opportunities or the potential to form composite crews prior to the trials closing deadline.	
Equipment Manager	Jonathan Cheesman	equipment.manager@englandrowing.org
Contact for:	Information on equipment logistics, planning and repair claims.	

British Rowing

England Pathway Manager	James Andrews	james.andrews@britishrowing.org
Contact for:	Information or questions relating to the overall strategy for England Rowing Teams and Selection Policy.	
Safeguarding Manager	Ben Gillard	safeguarding@britishrowing.org
Contact for:	Information or questions regarding the DBS process or questions or advice on wider safeguarding concerns.	
Safeguarding and Integrity Education Officer	Richard Nunn	cleansport@britishrowing.org
Contact for:	Information or questions regarding the Anti-Doping or iRowClean training.	
Governance and Integrity Lead		governance@britishrowing.org
Contact for:	Information or questions relating to the appeals process.	
Paralympic Classification & Coach Education Consultant	Simon Goodey	classification@britishrowing.org
Contact for:	Information or questions relating to para classification.	
Programme Manager - DiSE	Loretta Williams	Loretta.williams@britishrowing.org
Contact for:	Enquiries regarding the Diploma in Sporting Excellence.	

Appendix B: Indicative Water Times

Boat	2k WRT (100% GMT)	Year Set	2k Indicative Time (see notes for % of GMT)	1.5k Indicative Time (Trial Distance)
Men				
U23 1x	06:42.1	2024	07:21.8	05:31.4
1x	06:30.7	2017	07:09.4	05:22.0
2x	05:59.7	2014	06:35.3	04:56.5
2-	06:08.5	2012	06:44.9	05:03.7
4-	05:37.9	2012	06:11.3	04:38.5
PR1	08:50.4	2023	12:37.7	09:28.3
PR2	08:20.6	2022	11:55.2	08:56.4
PR3	See notes		08:54.7	06:41.1
U19 1x	06:45.5	2018	07:25.5	05:34.2
U19 2x	06:18.2	2018	06:55.6	05:11.7
U19 2-	06:27.9	2018	07:06.3	05:19.7
U19 4-	05:47.7	2018	06:22.1	04:46.6
Women				
U23 1x	07:13.7	2024	07:56.6	05:57.4
1x	07:07.7	2002	07:50.0	05:52.5
2x	06:37.3	2014	07:16.6	05:27.5
2-	06:47.1	2023	07:27.4	05:35.5
4-	06:14.4	2014	06:51.4	05:08.5
PR1	09:47.8	2023	13:59.8	10:29.8
PR2	09:14.7	2022	13:12.4	09:54.3
PR3	See notes		09:51.1	07:23.4
U19 1x	07:31.5	2018	08:16.2	06:12.1
U19 2x	06:57.4	2022	07:38.7	05:44.0
U19 2-	07:15.5	2018	07:58.6	05:59.0
U19 4-	06:32.8	2022	07:11.6	05:23.7

Notes:

1. *Indicative times represent the minimum performance standards expected under optimal conditions for crews aspiring to qualify for the England Team. Please use discretion when considering these times. All boats would be expected to reach A finals at a National Regatta. Please contact the respective lead coach if you wish to clarify the standard expected of boats.*
2. *Where possible indicative times are based off World Record Times (WRT). Exceptions include:*
 - a. *As there is no Men's and Women's PR3 1x WRTs we have used previous selection times to put forward an indicative time.*
 - b. *Indicative times are 91% of the WRT. Exceptions include the PR1 1x and PR2 1x which are 70% of the WRT. (GMT Percentage for these para boats is lower to encourage para inclusion.)*

Appendix C: Financial Support

British Rowing and the England Rowing team is committed to supporting selected athletes and coaches who may face financial hardship in meeting the base costs outlined in [Section 5](#). We understand the cost of trialling and competing for the England Rowing Team can be costly. England Rowing Teams are fortunate to have some of the costs subsidised through Sport England funding but are primarily self-funded. Below are some suggestions to help those who are in financial need.

1. Previous athletes and coaches have been successful in applying for financial help from their club/school/university or their [regional rowing council](#).
2. Athletes currently part of the [Diploma in Sporting Excellence \(DiSE\)](#) programme may be eligible to apply for an additional discretionary grant to support costs associated with point 5.3.1 in [Section 5](#). Please contact Loretta Williams (See [Appendix A](#)) for more information.
3. Active Partnerships: Some Active Partnerships allocate small grants for talented sports people, and we are happy to write supporting letters to successful team members who apply for funding. Find your local Active Partnership [here](#) (external link).
4. The parent/guardian of a junior athlete who at any point has been eligible for free school meals can apply for a grant up to the value of 100% of the team cost. Please contact the Team Manager (See [Appendix A](#) for contact information) with the information outlined below to apply for this support.
5. Selected coaches, senior athletes, or the parent/guardian of junior athletes still facing financial difficulties to represent the team (See 5.4 in [Section 5. England Team](#)), and who are not applicable for the above points, can apply for additional support by [completing this form](#) and providing the information outlined below:
 - Name of Athlete or Coach.
 - Name of Parent/Guardian (if applying for a Junior Athlete).
 - Contact Information.
 - Home address (including postcode).
 - Type of school education.
 - Evidence of free school meals eligibility (if applicable).
 - Note on extenuating circumstances and why you need support.
 - What other (if any) financial support you have already received to support your participation at this event? (E.g. from your Club, School, College, Regional Rowing Council, Active Partnership, etc).
 - Supporting letter from Club Chair, Captain or Coach.
 - Amount you'd like to apply for.

Note: Applications must be made within 36 hours of notification of selection.

Appendix D: Equipment Insurance for HIRR

1. **Only Boats** transported on designated England Rowing trailers will be covered by British Rowing Insurance for the purposes of transportation.
2. For **Junior/Senior 1x, 2x, 2- and 4- Boats** it is the responsibility of the boat owner to ensure they have appropriate insurance coverage for any training and racing associated with HIRR.
3. **Junior/Senior 4x, 4+ and 8+ Boats** loaned to England Rowing will be covered by British Rowing for the duration from departure to collection (including transportation, training and racing associated with HIRR.)

Note: *Unless otherwise agreed the England Rowing Equipment Manager will assume responsibility for the specified boats in point 3 above during specified coverage dates (TBC).*

4. The following information is required to be provided by 17:00 Thursday July 17th using a provided google form to be covered under British Rowing Insurance.
 - a. Boat Owner
 - b. Make of Boat
 - c. Class of Boat (e.g. 1x, 2- etc)
 - d. Serial Number
 - e. Year of Manufacture
 - f. Current Replacement Value
5. Specific coverage dates will be finalised once crews have been confirmed.
6. **Athletes and Coaches** must make their own insurance arrangements for any additional equipment (e.g. blades, bikes, megaphones. stroke coaches etc).

Note: *Boat owners should ensure their boats are properly insured at all times. Points above are showcasing where British Rowing will pick up insurance cover for specific periods.*

Appendix E: Selection Flowchart

