



2026 GB ROWING TEAM SENIOR & U23 SELECTION TRIALS NOTICE

Please find below key information for athletes wishing to trial for GB selection in 2026. This will apply to all International Regattas that British Rowing may select a team for in the run up to the currently known events:

- **World Rowing Championships**, Amsterdam, NED (Event: 23 – 30 Aug 2026)
- **European Rowing Championships**, Varese, ITA (Event: 30 Jul – 2 Aug 2026)
- **World Rowing Cup**, Seville, ESP (Event: 29 – 31 May 2026)
- **World Rowing Cup**, Lucerne, SUI (Event: 26 – 28 Jun 2026)
- **World Rowing U23 Championships**, Duisburg, GER (Event: 23 – 26 Jul 2026)

REGISTRATION & TRIAL ENTRIES

Athletes who are seeking selection to represent GB in 2026 must register for the Season, together with all supporting coaches.

Registration Form links will be published on the [British Rowing website](#) and will be open from **Mon 22 Sep – Wed 22 Oct 2025**. Athletes selected for the World Rowing Championships in Shanghai (including travelling reserves) will have an extension until Mon 27 Oct 2025.

All athletes should then be entered for each GBRT Open Trial via BROE. Entries for November will be open from **Tue 14 - Thu 23 Oct 2025**.

BUCS Indoor Rowing Series

Providing BUCS eligible athletes have also been entered via the BUCS Entry system, their results from the November Open 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 Trials Process Dates - attendance).

At each trial they will be weighed and assigned an event role. Coxes selected for the 2025 World Rowing Championships in Shanghai will be exempt from the GBRT Open Trial in November only. Further selection requirements for coxes will be published in the 2026 Season Strategy Document.

SELECTION TRIALS PROCESS DATES

The **provisional** dates of the 2026 season Selection Trials Process are as follows with the following exemptions:

1. **Athletes selected for the World Rowing Championships in Shanghai (including travelling reserves):** Exempt from GBRT Open Trial, Sat 1 - Sun 2 Nov 2025
2. **Overseas Athletes:** Exempt from GBRT Open Trial - Sun 2 Nov 2025 / GBRT Open Trial - Sat 7 Feb 2026 / GBRT April Trials - Fri 10 - Sun 12 Apr 2026. Overseas Athletes are NOT exempt from Ergo Submissions



EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
GBRT Open Trial	Sat 1 Nov 25	Princess Royal Sports Arena	2k Ergo Test	Compulsory for all candidates other than those with exemptions as noted above
	Sun 2 Nov 25	Boston RC	5k Time Trial M1x*, M2*, W1x	
2k Ergo Submission	Completed Mon 3 Nov - Fri 12 Dec 25	Club-based	2k Ergo Test	Compulsory for all candidates exempted from the 2k ergo test at GBRT Open Trial in November either through selection for Shanghai or submission of an exemption form which was accepted
GBRT Trial & Testing	Sat 13 – Fri 19 Dec 25	Caversham	Sat 13: 4k Water Time Trial Sun 14: 2k Racing Mon 15 – Fri 19: Crew boat trialling & testing	By Invitation
5k Ergo Submission	Completed Mon 3 Nov 25 - Thur 29 Jan 26	Club-based	5k Ergo Test	Compulsory for all candidates. 6k ergo submissions will be accepted in place of a 5k for overseas triallists providing they are submitted via the required Ergo Submission Form
GBRT Open Trial	Sat 7 Feb 26	Boston RC	5k Time Trial Boat Classes: TBC	Compulsory for all candidates
2k Ergo Submission	Completed Sun 8 Feb - Fri 10 Apr 26	Club-based	2k Ergo Test	Compulsory for all candidates
GBRT April Trials	Fri 10 – Sun 12 Apr 26	Caversham	2k Racing Boat Classes: TBC	By Invitation

*Please note that for the 2026 Season, all men that are in receipt of a UK Sport APA, a British Rowing Training Grant or are GBRT TASS supported individuals will be required to compete in the M1x event in November.

2026 ERGO STANDARDS

All required Ergo Submissions will only be accepted if submitted via the Online Ergo Submission Form which will be published on the Trials Site. In order to remain eligible it is the rower's responsibility to submit their score by the required deadline. **For the avoidance of doubt, sending a score directly to a Head Coach will not replace the need to submit via the required form.**

Provisional minimum Ergo Standards for the 2026 season are below. Athletes should note that these times are minimum participation standards, not targets to aim for. Successful candidates are likely to be significantly faster than these times:

	2km		5km		Concept 2 Drag Settings
	Senior	U23 / FISU	Senior	U23 / FISU	
Men	6:05	6:14	16:00	16:30	138
Women	7:00	7:07	18:15	18:40	130

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

- "Under 21" (born 01/01/2006 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.