



Beach Sprint Selection Policy (Appendix B)

For World and European Championships and Coupe De La Jeunesse 2025 beach sprints

1. Introduction

Rowing Ireland will be sending a team to represent Ireland at the following events in 2025:

- World Rowing Beach Sprints Finals (WRBSF)
- European Rowing Beach Sprints Championships (ERBSC)
- Coupe De La Jeunesse (CDLJ)

This discipline is ideal for agile and skilled scullers with a performance background. This selection policy outlines the criteria and standards required to support a transparent selection process for the athletes. The primary aim is to select athletes for the WRBSF and ERBSC who, in the opinion of the selectors, are capable of achieving a last 8 position in the events on offer at these regattas. The CDLJ shall be used as an opportunity to develop athletes who, in the opinion of the selectors, have the potential to achieve a last 8 position in the WRBSF and ERBSC in the following years.

2. Eligibility

WRBSF, ERBSC and CDLJ

Athletes, coxes and support staff must fulfill the following criteria:

- Hold a valid Irish Passport or a passport showing a place of birth in Northern Ireland.
- Be eligible under the World Rowing Nationality & Gender Regulations.
- Be a registered member of a Rowing Ireland affiliated club.
- Not be subject to any current Rowing Ireland disciplinary proceedings or ban.
- Not be subject to any current criminal proceedings or ban.
- Not be subject to any period of eligibility or provisional suspension due to an anti-doping violation.
- All athletes must take out a High-Performance Coastal membership (drop down under payments on the website).
- Undergo the health screening as outlined in Appendix 1 if required.
- Junior athletes must have been born on or after January 1st, 2007.



3. Racing Categories

The following are the events offered at the relevant international regattas:

Event	CM 1x	CW 1x	CJM1x	CJW1x	CJM2x	CJW2x	CMix2x	CJMix2x	CMiX4+
CDLJ			•	•	•	•		•	
ERBSC	•	•	•	•			•	•	
WRBSF	•	•	•	•	•	•	•	•	•

4. Selection process - Phase 1

Athletes who wish to enter the trial process shall submit an expression of interest to info@rowingireland.ie by June 20th, 2025. The athletes will then be invited to trial. The trials format will be as follows.

A 2,000m erg test on an open damper setting,

The next stage will be a water test at the NRC. Date TBC. The format will be as follows.

A 2,000m test in a coastal single. Crews shall bring their own single or borrow one as per flatwater trials.

This section of the trials is to obtain some base line markers for those athletes not in the High-Performance system. Athletes who are already in the High-Performance flatwater system and trialing/competing in the U19, U23 and Senior international World Championships shall be exempt from this section of the trials. Following these phase 1 trials, athletes will be invited to the next stage based on the following criteria.

a. The fastest male and female athletes from the 2,000m water trial in Senior and Junior grade shall be deemed as the highest ranked athletes in these 4 grades. The minimum on-water performance benchmark required in each boat class under consideration for the second phase of trials shall be around 2% from the top time in each grade. Discretion shall be allowed in the application of this percentage when considering athletes for the CDLJ team.



Achievement of the minimum on-water performance benchmarks does not guarantee invitation to phase 2.

b. Athletes exempted from phase 1 due to participation in flatwater international competitions as above shall be eligible to attend phase 2 once their international competition has ended.

c. Any athletes who were unable to attend the phase 1 trials may be invited to Phase 2 provided that the reason given for non-attendance is valid and to the satisfaction of the High-Performance Selection panel.

5. Selection Process Phase 2

The guiding principles here are that the fastest crews in the WRBSF and ERBSC event categories over the water trials shall be the crews selected to represent Ireland at these events.

6. European Rowing Beach Sprint Championship

- The fastest single scullers during the trials shall represent Ireland in the CMX1, CWX1, CJMX1, CJWX1 categories. Should there be two or more athletes each recording a similar time over the trials, a definitive head-to-head race shall be held at the end of the last trial to determine the final selection.
- Various combinations of the fastest single scullers can be trialed if necessary to determine the fastest crews for the CMiX2 and CJMiX2. The crews shall be selected from these results. Should there be two or more crews recording a similar time, a definitive head-to-head race shall be held at the end of the last trial to determine the final selection.
- Consideration shall be given to the European Beach Sprints competition timetable if the same athletes are the fastest in both single and mixed crews. The selectors shall have discretion in selection if the solo and mixed rounds of the competition are close together.
- If a particular crew or crews, in the opinion of the selectors and/or backed up by relevant data, clearly does not have the potential to qualify for the last 8 of the European Beach Sprints Championships even though they may be the fastest Irish crew, the following will apply
- **No crew will be selected for this event in the relevant category.**



7. Coupe De La Jeunesse

- The selectors shall have discretion in the selection process to ensure that potential athletes for future years get a chance to be exposed to international competition. E.g. a fast running and athletic young rower may not have developed the power for top end rowing speed yet, but the potential is there.
- In principle, as the athletes are self-funding, the selectors shall take all reasonable action to ensure that all available slots on this team are filled

8. World Rowing Beach Sprint Finals

- The trialing process will continue subject to a date and venue being announced for the WRBSF and availability of athletes once flatwater international competitions are over.
- The fastest single scullers during the trials shall represent Ireland in the CMX1, CWX1, CJMX1, CJWX1 categories. Should there be two or more athletes each recording a similar time over the trials, a definitive head-to-head race shall be held at the end of the last trial to determine the final selection.
- Various combinations of the fastest single scullers can be trialed if necessary to determine the fastest crews for the CMiX2, CJMX2, CJWX2 and CJMiX2. The crews shall be selected from these results. Should there be two or more crews recording a similar time, a definitive head-to-head race shall be held at the end of the last trial to determine the final selection.
- Selection for the CMiX4+ shall be considered using various combinations of athletes who can produce and sustain the maximum amount of power and speed over the beach sprint course. The selectors shall have discretion with regard to technical bladework and overall athletic ability.
- The crew completing the course in the fastest time shall be selected
- Selection for the PRMiX2 shall comprise the fastest combination from a trialing matrix. Should there be two or more crews with similar times, a definitive head-to-head race shall be held at the end of the last trial to determine the final selection.
- Consideration shall be given to the WRBSF competition timetable if the same athletes are the fastest in both single and mixed crews. The selectors shall have discretion in selection if the solo and mixed rounds of the WRBSF competition are close together.



- If a particular crew or crews, in the opinion of the selectors and/or backed up by relevant data, clearly does not have the potential to qualify for the last 8 even though they may be the fastest Irish crew, the following will apply - **No crew will be selected for this event in the relevant category.**

9. Other International Opportunities

Should other international opportunities for national teams arise during the year, the High Performance Selection Panel shall decide whether to send a team.

10. Selectors

The selection panel shall meet as per the Rowing Ireland High Performance Selection policy.

11. Appeal Process

Athletes should refer to the Rowing Ireland Selection Policy for details

12. Code of Conduct and Health Screening

- All athletes and support staff shall read and adhere to the Rowing Ireland Code of Conduct https://www.rowingireland.ie/wp-content/uploads/2025/04/Rowing-Ireland_Code-of-Conduct_Board-Approved-9-June-2024.pdf
- World Rowing may require an additional health screening as outlined in Appendix 1 below.



Appendix 1 – World Rowing Pre-Competition Health Screening

Pre-Competition Health Screening

- All rowers competing in the World Rowing Senior, under 23, Under 19 and Beach Sprint Championship regattas must have completed a pre-competition health screening which included a questionnaire, a physical examination and an ECG following the IOC's recommended procedure. It is the responsibility of the member federation to ensure and certify that these Pre-competition Health Screening procedures have been performed and be able to provide evidence thereof if requested by World Rowing.
- All rowers competing in the World Rowing Senior, Under 23, Under 19 and Beach Sprint Championship regattas must complete the medical questionnaire and undergo a medical examination each year, and, in addition must undergo a resting ECG every three years up to the age of 23, and every five years after the age of 23.