



HP Time Trial - September 18-19 NRC - Update

As published the first time-trial of the new Olympic Cycle will take place at the NRC 18-19 September. This is an open trial and athletes with the ambition to be selected as part of the HP team are expected to enter this event.

Athletes and coaches are reminded that while this is an open event, we are looking for athletes with the potential to be selected as part of the World Championship team (Senior, U23 and Junior) as well as junior athletes with the potential to win a medal at the Coupe

Athletes are invited to attend this 6k time-trial in 1x or 2- both days. Lightweights in sculling boats only. In some cases, athletes may be asked to move into crew boats on day 2 if deemed appropriate by the HPD. This will be communicated to clubs and individuals if this is to be the case prior to the event and after day 1 racing.

Coaches are asked to enter their athletes by 5pm Friday 10 September by emailing fran.keane@rowingireland.ie also indicating their category for the 2022 season (Junior, U23, Senior, U23 lightweight, Lightweight) and the boat class (1x or 2-) to be entered. Lightweight bodyweight will be checked on the morning of racing but there is no minimum weight requirement for this first event.

Once entries are in, we will publish start times and start list for those entered.