

Appendix A to Rowing Ireland Selection Policy and 2025 Event Requirements for the Senior Ireland Rowing Team

Please Note: RI intends to review these Event Requirements by no later than January of each year based on finance but may review and update these Event Requirements at any time, including by announcing and publishing further or varied requirements and standards from time to time prior to the relevant event or trial.

Background:

These 2025 Event Requirements operate as an appendix to the Selection Policy and provides additional detail on the activities that rowers and coxswains must complete to be eligible for:

- Selection consideration for the Ireland Senior A Team to compete at the 2025 World Championships in Shanghai (CHN)

All Athletes must complete all activities stipulated in these Event Requirements unless:

- Expressly provided otherwise in these Event Requirements; or
- There are Special Circumstances (as defined in the Selection Policy) that prevent this (in which case Rowing Ireland must be notified of the particular reason in accordance with the Selection Policy).

In addition to the activities stipulated in these Event Requirements, athletes invited to the National Rowing Centre ("**NRC**") must also complete all activities stipulated by Rowing Ireland.

Event requirements Senior A ("SA") & PARA Ireland based athletes	Date	Location	Note
On water Squad Selection Assessment - 2K trials	28 th - 31 st July	Cork – NRC	ONLY FOR INVITED CREWS. *Lightweight bodyweight 73kg for LM – 60 kg for LW
World Championships	21-28 September	Shanghai (CHN)	ONLY FOR SELECTED CREWS

NOTES:

- 1) All National Ergometer testing is to be conducted as indicated on the event requirement document and sent by the Tuesday of the week after the testing unless differently agreed with the Head Coach.
- 2) Lightweight athletes are required to be within the event requirement indicated weight ranges for racing, time trials, and any national testing.
- 3) Participation of SA and PARA athletes at the Selection Trials will be by invitation only for the activities as indicated by the event requirements document above. RI will announce the list of SA and PARA athletes invited to the Selection Trial no later than five (5) days before the event.
- 4) The Head coach, supported by the relevant coaches and staff members, shall choose the crew combinations, seat racing partners and the matrix of seat racing in the SA and PARA Selection Trials and to conduct ergometer and such other tests as required in order for the Selection Panel to assess the specified selection criteria. Once trialing has been completed, the Selection Panel shall assess and agree on the crew selections proposed.
- 5) The minimum on-water performance prg % benchmarks required in each boat class under consideration for the SA is around 2% from the top SA RI. The top RI crew will be considered as a top crew only when it's best 2k prg % time is around 95% of Rowing Ireland SA time. The minimum on-water performance benchmarks decided assume competition in neutral environmental conditions. Accordingly, the Head coach with the support of the National Head Coaches may make adjustments (if any) to the minimum performance standards for environmental conditions as they see fit, taking previous trial prognostic scores into consideration if required. Achievement of the minimum on water performance prg % benchmarks do not guarantee selection. The minimum on water performance prg % benchmarks are the minimum onwater performance standards required for the Head coach to consider a boat for selection.
- 6) The SA and PARA Team Training Camps are mandatory for all Athletes and Coaches named in the Ireland SA and PARA Team unless differently agreed with the Head coach.
- 7) Rowing Ireland, through the High Performance Committee reserves the right to nominate crew/s for targeted events at any time during the selection process if it is deemed that the crew/s have reached the required standard
- 8) All events are subject to change as deemed necessary based on government, Sport Ireland and Rowing Ireland travel and health restrictions, along with general health and safety factors at the time