



2020 SEASON

GB Rowing Team Senior, U23 & FISU 1st Assessment, Boston

Saturday 2 - Sunday 3 November 2019

Entries

A performance at this Assessment is compulsory for all rowers and coxes seeking GBRT Senior, U23 or FISU selection in 2020.

Entries must be made through your club British Rowing Online Administrator via the British Rowing Online Entry system (BROE). The Event Name is: **GB Rowing Team Snr/U23 Trials**. Online payments are encouraged at the point of Entry.

Coaches and clubs are asked to ensure all entries are of the required performance standard to be competitive candidates for selection.

Entries close at 16:00 on Thursday 24 October 2019.

All rowers wishing to be considered for selection in 2020 must be entered through BROE before the close of entries to be registered for the season. This includes coxes. Please note the following when entering crews:

Per-Crew Additional Information

Medical Exemption 2k Ergo Test: if a rower has a known medical exemption requirement at the point of entry for the 2k ergo test please ensure this option is selected.

Medical Exemption 5k Water Assessment: if a rower has a known medical exemption requirement at the point of entry for the 5k ergo test please ensure this option is selected.

A Medical Note must be submitted to the GBRT Office within 4 days of the assessment for any medical exemptions.

BUCS Status: please select from the 3 options available: BUCS Only/BUCS Eligible/N/A

FISU Status: please select from the 3 options available: FISU Only/FISU Eligible/N/A

Per-Club Additional Information

Coach Information: Please provide name(s) & email address(es) for all club coach(es) who will be involved with the Senior, U23 or FISU Assessments this season

Cox Entry: please indicate if your club wishes to enter/register a cox/coxes for selection in 2020

Cox Information: If you are entering a cox/coxes please provide the required information

Rowers email addresses will be taken from ClubHub, the British Rowing Membership system, for communication purposes going forwards. All rowers are asked to ensure their ClubHub information is up-to-date as a link to the Assessments & Trials Site will be circulated once entries have closed.

Individual exemptions for this Assessment may be accepted for rowers with an exceptional circumstance only if authorised in writing by the Director of Performance.

Sat 2 November 2k Ergo Test, Princess Royal Sports Arena, Boston

Registration & Start Times

Registration will start at 0900. All rowers must register at least 1 hour before their race time, lightweights may register but will not be able officially to weigh-in until 2 hours before their race time.

During registration rowers and coxes in all disciplines are required to be weighed (in all-in-ones only), measured and pay the £15 Entry Fee (coxes are exempt from the £15 payment) unless an online payment had been made through BROE.

The Ergo tests will provisionally start at 11am – this may move earlier subject to the number of entries. A provisional schedule of Tests will be published by Tuesday 29 October.

Weigh In for Lightweights

Lightweights will be required to weigh in officially on both days. The maximum weight will be 75kg (men) and 61.5kg (women) for all rowers. No one who is outside these weights will be counted as a lightweight in the results.

Saturday between 2 and 1 hours before individual race time.

Sunday between 08:00 – 08:30 (LM); 11:00 – 11:30 (LW)

Experienced lightweights and those who have trialled before are expected already to be familiar with the GB Rowing Team weight policy and following the guidelines set. Exceptionally we will allow a rower who is above but close to these weights to progress as a lightweight to the GB Rowing Team December (if invited) or February Assessments, but they will have to make a written case to support this which will be considered by the Chief Coach and Director of Performance. Those who were juniors in 2018/19 and/or under 23s new to the lightweight pathway and tall are most likely to be successful in their case. Please understand that an exemption will only be allowed if there are clear extenuating circumstances.

Ergo Standards

Rowers who achieve the ergometer standard (below) for their age group will be entered for the race on Sunday.

	Senior	U23
Open Men	6.05	6.14
Open Women	7.05	7.10
Lightweight Men	6.25	6.30
Lightweight Women	7.20	7.30

Rowers who are U20 (born 01.01.2000 or after for 2020) will not have to make the U23 ergometer standard and will be entered for Sunday unless their ergometer performance is clearly well below the standard.

Sun 3 November 5k water test in singles - Provisional Timetable

There will be 2 Racing Divisions. Based on the Entry information, BUCS rowers will have their results extracted from this race to be included in the BUCS Championships **providing they have also entered via BUCS**. If not already done so, each BUCS rower will need to join the BUCS rowing community on [BUCS Play](#) before their BUCS entry can be made.

Division 1:	Men	M2-, M1x, LM1x
	Briefing	0900
	Boating from	0915
	Race Start	1030

Division 2:	Women	W2-, W1x, LW1x
	Briefing	1200
	Boating from	1215
	Race Start	1330

IMPORTANT NOTES

There will be a meeting for rowers seeking GB selection and their coaches in each squad with the Chief Coach and Performance Coaches for Under 23s after their section of the ergometer test is completed on Sat 2 November.

It is the responsibility of each rower to ensure that they are not taking any banned substances. Rowers should be prepared for a random doping test at any time in or out of competition. Many proprietary medicines and supplements which are sold at chemists in the UK and abroad contain prohibited substances.

Anti-doping information is available on the British Rowing website at <http://www.britishrowing.org/about-us/governance/anti-doping/>. Links to the Global Drug Reference Online site and other anti-doping resources can also be found here. Please remember that a positive doping test will almost certainly result in a ban from the sport.

Security will be provided for boats on Friday and Saturday night at Boston Rowing Club.

3 October 2019