

GB and Scottish

International selection trials

Season 2007

Background

Following the progress that has been made over the past twelve months with the Scottish selection process and the success of both the HIR and Commonwealth teams the SARA high performance team will continue to introduce a competitive testing system for selection. Much of what we intend to put in place will mirror the GB selection process but set at a standard suitable for HIR/ Commonwealths. Over time we intend to increase the performance standard of athletes putting themselves forward for selection and in so doing raise the standard of teams selected for international events.

More emphasis will be put on athletes performing on supervised and competitive ergometer tests with a view to raising the standard of our overall level of ergometer performance.

The SARA are putting together an eight year performance plan targeting the 2014 Commonwealth Games. In order for us to achieve success at that competition we will have to create crews of GB international standard. Increasing the number of Scottish athletes achieving GB standard is an important part of our performance plan.

The international competition targets will include HIR on an annual basis and the Commonwealth Championships in 2010. From a GB perspective we will look for Scottish crews to target the GB French match and the new European Championships as Scottish based crews. Also through the current GB selection system we wish to see athletes compete at World junior and Coupe level as well as U23 and Senior team.

Sportscotland will continue to support athletes on the GB pathways and the testing and assessment process will form the basis for providing financial support for athletes and coaches. Athletes picked up by the GB system may also become eligible for financial support through the World Class performance plan. If Glasgow wins the 2014 Commonwealth Games and rowing is confirmed as a participant sport then the SARA will be approaching Sportscotland for a fully funded performance support package leading up to this event.

The Trials

Two trials will take place on the weekend of the 21/22nd October. There will be a GB early identification trial to co-incide with the trial taking place in Boston and there will be second trial aimed at both senior and junior athletes seeking Scottish selection. **All participation will be in single sculls.**

GB trials: Senior and Under 23
1st Assessment Saturday 21 & Sunday 22 October 2007 - Inverness

The following Assessments over 5000m are COMPULSORY for ALL candidates for 2007 Selection

For the 1st Assessment only the 2006 World Championship Athletes (including the reserves) are exempted

1st Assessment, Boston & Inverness - Saturday 21 & Sunday 22 October 2006 (M, W, LM, LW)

2nd Assessment, Boston, 5000m - Saturday 16 December 2006 (M, W, LM, LW)

3rd Assessment, Boston, 5000m - Saturday 10 February 2007 (M, W, LM, LW)

Entry to the December / February Assessments will be limited based on previous performance(s) on the water and ergometer.

Ergo Participation Standards

Any senior athlete wishing to compete in the on water trail on the 22nd October will have to complete a supervised ergometer test over 2000m on Saturday 21st October at Inverness Athletes are expected to achieve the following standards

	Oct 06	Oct 06	Dec 06	Dec 06	Feb 07	Feb 07
	<i>Senior</i>	<i>U23</i>	<i>Senior</i>	<i>U23</i>	<i>Senior</i>	<i>U23</i>
<i>Open Men 2k/5k †</i>	6.10	6.20	6.10	6.20	16.25	17.06
<i>Open Women 2k</i>	7.10	7.20	7.15	7.25	7.15	7.25
<i>Lwt Men 2k</i>	6.35	6.45	6.35	6.45	6.35	6.45
<i>Lwt Women 2k</i>	7.30	7.40	7.30	7.40	7.30	7.40

† For Open Men, the December Ergo is over 2000m and in February over 5000m

Lightweight Weights

		LM	LW
Oct 06 Assessment	Record Weight	-	-
Nov 06 Ergo Test and British Indoor Championships		75kg	61.5kg
Dec 06 Assessment	Max. Weight	75kg	61.5kg
Jan/Feb 07 Ergo Test	Summer Race Weight	+ 3kg	+ 3kg
Feb 07 Assessment	Summer Race Weight	+ 3kg	+ 3kg
Mar 07 Ergo Test	Summer Race Weight	+ 1.0kg	+ 1.0kg
GB Rowing Senior Trials 07	At Summer Race Weight	-	-

Only bona fide selection candidates will be accepted - we reserve the right to reject entries from athletes who do not demonstrate that they are on the GB Team Pathway, and who have not achieved a good result in previous assessments.

SARA Trials - Senior and Junior

1st Assessment Saturday 21 & Sunday 22 October 2007 - **Inverness**

Senior Ergometer

Any senior athlete wishing to compete in the on water trail on the 22nd October will have to complete a supervised ergometer test over 2000m on Saturday 21st October at Inverness. Athletes are expected to achieve the following standards. All senior athletes who complete the Saturday Ergo test and all junior athletes who submit an ergo time will be eligible to take part in the Sunday water trial.

SARA HIR	Oct 06
	<i>Senior</i>
<i>Open Men 2k</i>	6.28
<i>Open Women 2k</i>	7.31
<i>Lwt Men 2k</i>	6.55
<i>Lwt Women 2k</i>	7.52

Junior Ergometer

Any junior athlete wishing to compete in the on water trial on the 22nd October must have submit a time for a 2000m ergometer piece rate capped at 22 (drag setting JM 130 –135 and JW 125-130) and supervised by a coach. This must be sent to Jo Ramsay no later than the 18th October.

Water based assessment

The water based assessment will be raced over 5000m on Sunday the 22nd October and will follow the GB trial. **All participation will be in single sculls**

Very important

Any athlete looking for financial support from the SARA or endorsement of grant applications must compete at either the Inverness or Boston trials.

Evening 21st October – Lindsay Dick – “ the GB experience ”

On the Saturday evening Lindsay Dick who won a Bronze medal at this years World Championships has agreed to give a talk on her GB experiences this year. For any athlete hoping to follow a GB pathway this will be an invaluable insight into what is required to make the medal.

There will also be an opportunity for athletes and coaches to ask questions of the performance team and help shape the new eight year performance plan.

A supper of pasta and soup will be available at a cost of £ 6.50 per person.

Details of ongoing trials as assessments and the full selection policy will be published by the end of October.

Entries / Registration - Step 1 - no later than the 18th October 2006

All athletes must register their entry via email to

jo.ramsay@scottish-rowing.org.uk subject header "Inverness Registration"

or by post to

Inverness Registration

c/o Jo Ramsay

National Rowing Academy,

Strathclyde Country Park,

366 Hamilton Road,

Motherwell ML1 3ED

We would ask that clubs co-ordinate their entries and submit one entry list per club with the following details:

Athlete name

Club

Date of Birth

Senior / U23 / Junior

Open / Lightweight

Mobile contact number (Seniors / U23 only)

GB/HIR trail – delete as appropriate

Ergo time – junior only

Saturday Evening talk and supper attend/not attend delete as appropriate

Entries / Check-In - Step 2

2km Ergo Test - Saturday 21 October, a, Inverness

A Club/Athlete representative must confirm entry and make payment (£10 per person) at Aquadome Sports Centre, Inverness on October 21 a minimum of 1 hour before the published start time. Approximate timings are 1000 - 1400 hrs. A detailed timetable will be published by Monday 16 October.

5km Water Test - Sunday 22 October, Inverness Rowing Club

Rowers who achieve the ergometer standard for their category on Saturday will be entered for either the GB trial or HIR trial race on Sunday and must confirm entry at Inverness Rowing Club on Sunday 22 October and make payment (£10 per person) if not already paid.

Provisional Schedule:

Saturday

Ergometer Race – between 10.00 and 14.00

On water outings – if required

Lindsay Dick talk athlete/coach meeting – 5.30pm

Sunday

Athlete check in - 10.00 am

Coach meeting - 10.30 am

Race 1 GB Trial - 11.30 am

Race 2 HIR Trial - 12.00 noon