

**Scottish Amateur Rowing Association**  
**Assessments and Trials**  
**2006/07**

The SARA performance planning group and GB Rowing have agreed the following dates for athletes wishing to be seeking international selection for either Scotland or GB. Rowers already part of the GB system may be exempt from participation. The performance co-ordinator Peter Barton will be in touch with all athletes in this category.

**8 December 2006**

Submission of compulsory ergometer test for all potential HIR candidates. Senior 2000m at race pace. Juniors 5000m at rate cap 24.

**16 December 2006**

GB Senior Assessment 5000m Boston by invitation

**17 February 2007**

5000m Invitation trial Juniors and seniors– Inverness in (1x and 2-)

**10 February 2007**

GB Senior Assessment 5000m Boston by invitation

**11 February 2007**

Ergometer race at Scottish Indoor Rowing Championships. Compulsory to all rowers junior and senior seeking selection for HIR.

**17/18 February 2007**

GB Junior assessment 5000m Boston by invitation

**28/29 April 2007**

Final trials. Morning time trial in 1x and 2- to establish rank order for 2000m racing in the afternoon.

**May ( dates to be confirmed )**

Crew formation weekends and matrix racing were required.

**2 September 2007**

Rowers and coaches training day at Strathclyde Park including wash up meetings and planning for 2007/8

**20/21 October 2007**

GB /HIR Early Identification trial at Inverness with ergo test and 5000m water trail in 1x – compulsory for all candidates for HIR 2008. Juniors will be allowed to pre submit their ergo test. GB candidates will have the option to compete at either the Boston or Inverness trial.

**17 /18 November 2007**

GB Junior Assessments – 5000 Boston

**8 December 2007**

Ergometer Test – Strathclyde Park. For all Juniors and Seniors seeking selection for HIR 2008.

**15 December 2007**

GB Senior Assessment 5000m Boston by invitation

In addition to these dates the Performance Planning Group are intending to hold a training camp and funded international regatta trip for selected rowers achieving performance standards in trials and assessments.

Full details of the selection strategy for HIR will be published on the SARA Website. Copies of the GB strategy will be available by emailing [iain.somerside@scottish-rowing.org.uk](mailto:iain.somerside@scottish-rowing.org.uk)

The Performance Planning group are working on performance standards for selection and targets for improvement in the overall performance of Scottish rowers. These will be published early in the new year.

Performance Planning Group