

Scottish Selection 2007 December Ergometer Test

All athletes who wish to be considered for Junior or Senior selection in 2007 must submit a supervised ergo-meter test by the 8th December 2006. Athletes invited to the GB December trials or submitting a supervised ergo to BIRO do not have to submit this test.

The senior test will be over 2000m at race pace
The junior test will be over 5000m rate capped at 28

This test will be used to monitor performance progress of athletes seeking selection. Full selection policy will be published on the 19th November.

Important

Only athletes who submit this test or provide a valid reason for being unable to do so will be considered for selection. (A valid reason will be illness or injury and must be supported by medical evidence).

Please also note that the all athletes wishing to be selected this year will have to compete at the Scottish Indoor Ergometer Championships on the 11th February unless they are involved in the GB high performance system.

Information should be submitted on the form below to :-

Jo.ramsay@scottish-rowing.org.uk

Name	Club	Test Date	Time	Junior Y/N	Supervisor

Iain C Somerside – V. President - Performance