



## GB Rowing Senior & U23 2nd Assessment, Boston Saturday 15th December

### ENTRY CRITERIA

1. All rowers who raced at the October Boston Assessment, or those with medical exemptions received by the GB Rowing Office, will be allowed an entry for the December Assessment, provided they have produced a qualifying ergo score.
2. Rowers who raced at the October Inverness Assessment and produced a qualifying ergo will be allowed an entry for the December Assessment.
3. Under 23s who performed at Oct Boston are not required to produce a further ergo score for December, although they may do so if they wish and the higher score will be counted. All those who missed the October Assessment on medical grounds with an accepted doctor's note, or through European exemption, must produce a certified ergo score by the entry date, **Dec 4<sup>th</sup>**.
4. All Seniors are required to produce a qualifying ergo score by **Dec 4<sup>th</sup>** to enter the December Assessment including those who entered the October Assessment.
5. Ergo's must be witnessed by a recognised coach.
6. **Entries to:** [assessments@gbrowing.org.uk](mailto:assessments@gbrowing.org.uk) by Dec 4<sup>th</sup>

### \*\*TIMING OF EVENTS\*\*

#### OPENWEIGHTS

#### LIGHTWEIGHTS

<b>0730 – 0800</b>	Entry Confirmation & Payment (£10) Weigh-In for Lightweights (LM 74kg, LW 60kg)	<b>1000 – 1030</b>
<b>0900</b>	Briefing	<b>1200</b>
<b>1030</b>	Race Start	<b>1330</b>

#### ERGO CUTS

#### Open Men

#### Open Women

#### Lwt Men

#### Lwt women

<b>Senior</b>	6:10	7:10	6:35	7:30
<b>U23</b>	6:20	7:20	6:45	7:40

### \*\*PLEASE NOTE\*\*

GB Rowing remains keen to encourage new and upcoming rowers to show their standard, but we do expect entrants to be realistic candidates for a GB Team. Any seniors who finished more than 5% behind the fastest in their discipline in the October Assessment or who are marginal on the published ergo standard should have a hard look at their performance level with their coach before entering.

David Tanner  
International Manager

Nov 2007