



## **2016 Saskatchewan Rowing Association High Performance Selection Document**

### Purpose

The Saskatchewan Rowing Association (SRA) will select and support athletes to attend the following 2016 events:

- U23 National Team Spring Selection
  - May 14-19, Welland, ON
- Canadian Secondary Schools Rowing Association Championship Regatta
  - June 3-5, St. Catharines, ON
- Junior National Team Selection
  - June 6-9, Welland, ON
- National Rowing Championships/Canada Cup
  - September 22-25, Burnaby, BC

### Vision

Provide national team hopefuls and 2017 Canada Games eligible athletes alike suitable opportunities for their athletic development.

### About

U23 National Team Selection, Junior National Team Selection, and the National Rowing Championships (NRCs) have races in singles (1x), and pairs (2-) only. The Canada Cup will include Canada Games eligible provincial entries in quadruple sculls (4x), where multiple entries are permitted from each province. The Canadian Secondary Schools Rowing Association (CSSRA) Championship Regatta has athletes representing their high school. Only one entry per high school per event is permitted in all boat classes.

### Requirements

#### **2000m Rowing Ergometer Standards**

All 2000m erg tests must be witnessed by a recognized coach.

##### *U23 National Team Spring Selection (for athletes born in 1994 or later)*

- Open Men: Sub 6:10.0
- Open Women: Sub 7:10.0
- Lightweight Men: Sub 6:20.0
- Lightweight Women: Sub 7:20.0

##### *CSSRA/Junior National Team Selection (for athletes born in 1998 or later)*

- Men: Sub 6:40.0
- Women: Sub 7:40.0
- Lightweight Men: Sub 7:00.0
- Lightweight Women: Sub 8:00.0

*National Rowing Championships*

- Women:
  - U23 Lightweight: Sub 7:40.0
  - U23 Open: Sub 7:25.0
  - Senior Lightweight: Sub 7:20.0
  - Senior Open: Sub 7:10.0
- Men:
  - U23 Lightweight: Sub 6:50.0
  - U23 Open: Sub 6:15.0
  - Senior Open: Sub 6:10.0

**On Water Selection**

There will be an on water selection component for the CSSRAs/Junior National Team Trials. Athletes will race and be ranked by Rowing Canada Aviron Gold Medal Prognostic Times 2013 to 2016. Selection for CSSRAs/Junior National Team will be done in single sculls (1x). The size of the team will be determined based on funding and competitiveness to the on water standards.

Athletes selected to compete at the U23 National Team Selection must have demonstrated in the past year that their on water performance deems them competitive for U23 World Championship selection.

National Rowing Championships/Canada Cup: An on water selection component will be determined for 2017 Canada Games eligible athletes (born in 1997 or later) for participation in NRCs/Canada Cup. Some athletes may be pre-selected due to previous summer on water results if s/he is attending school out of province.

Assessment Fee

Upon being named to any of the following teams, athletes are responsible to pay the Saskatchewan Rowing Association an assessment fee to subsidize costs.

Code of Conduct

All athletes selected to Saskatchewan Rowing teams are responsible to sign and abide by the SRA Code of Conduct. This document will be available at a future date.

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