



Performance Pathway Minimum Requirements

Below are the basic qualifying guidelines for the various levels of the Welsh Rowing pathway. The Development squad will comply with these minimum standards immediately, the Academy by 1st January 2016 and the Performance squad by 1st September 2016.

Performance squad- Karl Offord (Karl.Offord@welshrowing.com)



- Physiological – within 1% of the senior October trials ergo cut off
- GB Start – Group C
- Previous U18 representation at World Championships level or Coupe
- Junior- under 6 minutes 40 seconds at rate 24 for 2k ergo for men, under 7 minutes 35 at rate 24 for 2k ergo for women

Development squad- Richard Mehrtens (Richard.Mehrtens@welshrowing.com)

- Junior- under 6 minutes 55 seconds at rate 24 for 2k ergo for men, under 7 minutes 50 at rate 24 for 2k ergo for women
- Under 23- within 3% of October ergo cut off
- GB Start – Group D
- Medallist at Junior or J16 at National Schools Regatta

Academy- Liz Lewis (Liz.Lewis@welshrowing.com)

The Academy follows the guidelines from GB Start and does not take on existing rowers. The following is a guide to the minimum anthropometric requirements for consideration on the programme:

 Women 178 cm (5'10") 14 - 22 years old	 Men 188 cm (6'2") 14 - 20 years old
<i>Lightweights: We do also test exceptionally athletic people for lightweight rowing. Three of the fourteen Olympic boat classes are for lightweights (Men: 70kg; Women: 57.5kg)</i>	

Athletes wanting to put themselves forward for any of the above squads MUST be eligible for the Welsh HIR team or be able to prove that they will eligible for the next HIR event.