



Home International Regatta 2022 and Ghent Regatta 2022

1. Outline

The purpose of this document is to set out what is required from Junior Athletes wishing to achieve selection for the Junior Teams at the Home International Regatta 2022 (Team Wales); to include details of registration, the development programme for athletes and trials dates.

This information is published on the Welsh Rowing website. Welsh Rowing supports the Home International Regatta as a performance and pathway event and therefore is committed to ensuring that a competitive Team is selected. Representation at the Home International Regatta is a National Level achievement and the standard for selection will be representative of that status.

2. Registration

Athletes who wish to be considered for the 2022 Team will be able to register from the launch of the policy until the Registration Form closes at midday 1st July 2022.

The registration form is available here: <https://form.jotform.com/212423779230352>

Athletes should be registered by their parent or guardian.

3. Eligibility

To represent Wales at the Home International Regatta you must fulfil one of the requirements below and be able to provide evidence in support of your eligibility:

- Having been born in Wales.
- Having a parent or Grandparent born in Wales.
- Having resided for not less than six consecutive months in Wales and having been a member of a rowing club therein during that time.
- Where a rower lives in Home Country A and rows in Home Country B actively for more than six months that athlete may opt once to row for either country.
- Where a rower has competed for Wales before.
- Having had 5 years of primary or secondary education in that country.

Rowers will be asked to submit proof eligibility on the registration form.



4. Development Opportunities

Water Development Weekend 1- 2nd and 3rd October 2021, Cardiff

Land Camp- 18th and 19th December 2021, Cardiff

Water Development Weekend 2- 29th and 30th January 2022, Cardiff (including racing at Head of the Taff)

Ghent Regatta Selected Athletes Training Day- 20th March 2022, venue TBC

Ghent Regatta- 7th - 14th April 2022, Belgium (rowers will be selected on 29th and 30th January)

Selection Day - 15th May 2022, venue TBC

Final Selection and Crew Formation- 9th July 2022, TBC

5. Selection Process

The Selectors will use data from Development Weekends, Land Camps, Selection Days, Ergo Submissions and Monitored Events to assess athlete capabilities. This data will enable the selectors to engage in discussions with coaches about potential individual and crew selections.

Ghent Regatta- It is our intention to take a squad of athletes to Ghent Regatta on 9 and 10 April 2022. These will be selected from data gathered on and before 29th and 30th January, and rowers will be informed by mid-February if they are selected.

There will be two final selection days, one in May and one in July to give the final set of data for HIR selections.

Athletes seeking selection must demonstrate their ability to meet the eligibility criteria for Wales. Athletes will need to demonstrate their individual capabilities plus their crew compatibility (across ergo tests and regattas). Selectors can consider crew compatibility and/or seat racing.

Coxswains should also attend the above days and will be asked to submit 1 race recording (multi-lane or side-by-side river race) plus 1 recording of a training session by June to the relevant co-ordinator.

Each Selector will present the names of their selected Athletes for their Team to the Selection committee for ratification. The Final Selection Announcement of the Junior Team will take place on 11th July by Welsh Rowing. Athletes (and their parent(s) and coach) will be emailed by Welsh Rowing confirming their selection. Athletes (and their parent(s) and coach) who have not been successful will also be informed by email by Welsh Rowing. In the unlikely event that Welsh Rowing is unable to make the Final Selection Announcement by close of 11th July, all athletes (and their parent(s) and coach) will be notified by email and informed of when to expect the announcement. Following the Final Team Announcement, the Team will be published on the Welsh Rowing website.

Athletes in the GB system that are identified as eligible for Team Wales may be invited into the Team.



Pre-selection – the following boat types will be considered for pre-selection for the HIR team if they have deemed to have performed at the appropriate level in the specific boat type they wish to be considered for. For crew boats the following percentages of Welsh eligible athletes will be considered- 2x or 2-, 4-, 4+, 4x or 8+ at least 50% of the crew. “A” final performances by either athletes in 1x or crews meeting the above percentages at the National Schools Regatta, Met Regatta, Marlow Regatta, Henley Women’s Regatta or Henley Royal Regatta will be considered.

6. Monitored Events

Our list of monitored events is below. You will be required to pass on information to Welsh Rowing as to which events you are entered into so that performances and times can be monitored.

- Schools Head of the River
- Wallingford Regatta
- Henley Women’s Regatta
- Monmouth Head
- Head of the Taff
- National Schools Regatta
- Marlow Regatta
- Henley Royal Regatta
- Junior Scullers Head
- Ghent Regatta

7. Ergo Submissions

The ergo submission dates will follow the GB Rowing Junior system as it is an established programme. This is so it causes minimal disruption to clubs’ yearly training planner and allows milestones to be set for Junior Athletes.

October 2k@r24 – Ergo Submission

December 5k @r26 – Ergo Submission

February 5k@26 – Ergo Submission

March 2k free rate - Ergo Submission

June 2k free rate – Ergo Submission

Ergo Scores must be submitted by email to admin@welshrowing.com with the coach who witnessed cc’d.

8. Training Camp

Potential athletes for the Team will be invited to attend a residential Training Camp in the run up to HIR. Details of the training camp will be provided nearer the time.

9. Appeals

The Welsh Rowing Appeals process is available on the website.