



## WELSH ROWING HIR-R SELECTION DAY

GLOUCESTER ROWING CLUB, DAVID HOOK WAY, GLOUCESTER, GL2 5LL

SATURDAY 9<sup>TH</sup> JULY 2022

EVENT INFORMATION

### LOGISTICS

Rowers and coaches are required to make their own travel arrangements to/from the venue. The trial will be held at Gloucester Rowing Club (address above), there will be access to toilet, changing and warm up facilities in the rowing club.

Athletes are expected to bring their own equipment for the trial. This will include boats and oars and could include any warmup or mobility equipment, stroke coaches and tools, as well as enough kit for any weather eventualities. If athletes are struggling with this then please let us know and we may be able to advise or assist. Additionally, if clubs can share trailers to the venue to help save some space that would be appreciated.

### ENTRY & REGISTRATION

- [Click here for the HIR registration form](#) all athletes wishing to compete at HIRR trial and Regatta this season will need to have registered before July 4<sup>th</sup>.
- Please click on the following link to **ENTER THE TRIAL**: <https://www.welshrowing.com/en/events-competition/events/performance/welsh-junior-hirr-selection-day>
- Also follow this link to register to compete at the HIR Beach Sprints Regatta: [https://www.welshrowing.com/images/Team\\_Wales\\_Coastal\\_HIR\\_Selection\\_Policy\\_2022\\_Junior\\_and\\_Senior.pdf](https://www.welshrowing.com/images/Team_Wales_Coastal_HIR_Selection_Policy_2022_Junior_and_Senior.pdf)

### TRIAL FORMAT & SELECTION

The format of the trial will be one free rate **1500m time trial**, with the fastest crews on percentage GMT being selected for the team. Athletes can choose to enter in one of the following boat classes: 1x, 2x, 2-, 4-, 4+. From this we will select athletes/crews to form the 4x and 8+. The format of the selection day will allow athletes to trial in both sculling and sweep disciplines should they see fit.

Composite crews are permitted and athletes who are unable to form a crew boat within their own club should look to find other athletes. If you need assistance with this then please get in touch with Will King who will be able to assist. Alternatively, we advise if a faster crew could be created by forming a composite crew, then this should be prepared to extract the best performances at the trial and subsequently, at the regatta should they be selected.

At the regatta each athlete will have to race at least twice, hence the selection in small boats initially, which we will combine to create the bigger crew boats.

There will be two divisions:

Division 1 will start at 1:30pm and will be for men's and women's sculling events

Division 2 will start at 3:30pm and will be for men's and women's sweep events

The crews required to race at the HIR-R are as follows for both Men and Women:

1x A, 1x B, 2x, 4x, 2-, 4-, 4+, 8+.



## THE COURSE & THE VENUE

The course will be run on a 1500m stretch of straight canal, around midway on the course there is a bridge which will require some attention to get through as it is fairly narrow but has plenty of space for any boat class.

Parking may be available at the venue, this is dependent on the number of trailers expected. Additional parking will be advised nearer to the event once entries are finalised.

Trailer parking will be available at the rowing club.

## ATTENDANCE FEE

The fee per seat to race is £16. Payment can be made to Welsh Rowing via Paypal through the entry page.

## COACHES

There will not be a fee for coaches. However, coaches will be expected to help during the camp and should therefore come appropriately prepared. If coaches have a stopwatch then please bring it with you as you may be asked to help with timing. Additional help with Marshalling and boating may also be required so please assist where necessary if possible. If coaches could also confirm their attendance, please to [William.King@WelshRowing.com](mailto:William.King@WelshRowing.com).

## OTHER

Crashes on the course: A decision will be taken by the coaching and selection team as to the appropriate action going forwards. If an opportunity arises where we can offer a re-run then we will do our best to cater for this, especially in cases where the incident is not the fault of the athlete.

The river is not closed to traffic, therefore when warming up and cooling down athletes should take care of any other river users. We will not run any racing while pleasure craft or other are on the course, for the sake of both safety and fairness.

Further competitor information including circulation patterns and start lists will be available prior to the event.

## POST SELECTION – HIR-R CAMP & REGATTA

Athletes selected for the Team will be invited to attend a residential training camp in the run up to HIR. It is expected all athletes will attend the camp. This camp will be held from the 17<sup>th</sup> July through to the HIR Regatta on the 23<sup>rd</sup> July. The first half of the camp will be held in Cardiff 17<sup>th</sup> – 20<sup>th</sup> July, and from 21<sup>st</sup> July the Welsh Team will relocate to the championship course in the docklands, in preparation for the regatta.

Will King

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