



Team Wales Junior Selection Policy Home International Rowing 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, trials dates and pre-regatta training camp information.

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. There is no guarantee of a full Welsh team being sent, this will depend on the number and quality of athletes trialling for Wales.

2. Registration

Athletes who wish to be considered for the 2022 Team will be able to register from now until the Registration Form closes at **midday 4th July 2022**. Athletes should be registered by their parent or guardian. The entry deadline for the trials will also be **Midday 4th July 2022**.

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

The Entry page for the selection day is also available here:

<https://www.welshrowing.com/en/events-competition/events/performance/welsh-junior-hirr-selection-day>

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 of eligibility on the registration form.

4. Selection Process

Athletes seeking selection must demonstrate their ability to meet the eligibility criteria for Wales. Athletes will need to demonstrate their individual capabilities or crew compatibility.

Athletes who wish to represent Wales at the HIR-R 2022, will be required to attend the selection day on 9th July 2022, at Gloucester Rowing Club. The format of racing will be a free rate, 1500m time trial. The selection committee will select the both the sculling and sweep squads based on which crews are fastest on percentage GMT. **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. However, athletes will only be selected for one discipline for the regatta. At the regatta each athlete will have to race at least twice. Please see [Selection Day PDF](#) for further information.

Coxes:

Coxswains may also attend the above trial (however not essential). For selection Coxes should submit at least 1 race recording (multi-lane or side-by-side river race) or 1 recording of a training session by 8th July to william.king@welshrowing.com. Race recordings are preferable.

The Final Selection Announcement of the Junior Team will take place on or before 12th 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 12th 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, without having to attend the trial.

5. Pre HIR-Regatta Training Camp

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 17th July through to the HIR Regatta on the 23rd July. The first half of the camp will be held in Cardiff 17th – 20th July, and from 21st July the Welsh Team will relocate to the championship course in the docklands, in preparation for the regatta. We are aware the Junior British Championships are held on the 16th/17th July however, if athletes are not racing then we will expect athletes to arrive at the camp on the afternoon of Sunday 17th July.

It is expected that crews will have up to three water sessions per day to maximise our performance at the regatta, alongside some land-based sessions either in the gym or informal education sessions and race planning.

6. Appeals

The Welsh Rowing Appeals process is available on the [website](#).