



WELSH ROWING JUNIOR TEAM TRIAL, HOME INTERNATIONAL REGATTA 2024. DORNEY LAKE, THURSDAY 30TH & FRIDAY 31ST MAY 2024.

EVENT DETAILS

The purpose of this document is to set out what is required from Junior athletes wishing to achieve selection for The Welsh Junior Team at the Home International Regatta 2024. This will include details of how to register for the trial, the format, selection, and further information.

The trial will take place over two days, with the sculling team selection on day 1 (Thursday 30th May), and the sweep selection taking place on day 2 (Friday 31st May). This is to enable athletes to trial for both the sweep and sculling teams if required.

Athletes who wish to represent Wales at the HIR-Regatta 2024, will be invited to attend the Trial on the 30th May – 31st May 2024, following a trial entry being received within the entry deadline.

The format of racing will be a free rate, 1500m time trial in either a single scull or a coxless pair. Following this time trial, the selection committee will select a number of competitive athletes to attend further crew boat testing later that same day. The crew boat testing will take the shape of seat racing or matrix's, from which we will gather the information to determine the fastest athletes and crews for the HIR Regatta.

All athletes attending the trial will need to meet the Welsh Eligibility criteria and will need to have completed their Welsh Identified Athlete form, which can be found on our website. There will be no facilitating athletes that do not meet the Welsh eligibility criteria.

For the Home International Regatta each nation is permitted to select a maximum: 4 scullers & 10 sweep rowers for men and women, plus 2 coxes for their junior teams. Each athlete must race at least twice over the course of the day, including the 2000m regatta and the 500m Regatta. Athletes can race across both sculling and sweep disciplines during the regatta. However, it is likely most athletes will race between three and four times during the day, therefore we are seeking consistent and robust athletes to take forward to our squad, which will be highlighted in the trials process.

ENTRY INFORMATION

Athletes will need to speak to their coaches prior to entering the trial, and preferably their coaches will be responsible for the entry. However, athletes and parents can make entries via the below links. There are separate entry forms for coxes, the sculling trial & the sweep trial. Coxes should be available for the sweep trial date.

SCULLING TRIAL ENTRY FORM: <https://forms.office.com/e/m8ruWcVmyZ>

SWEEP TRIAL ENTRY FORM: <https://forms.office.com/e/3TZciVXi4J>

COX ENTRY FORM: <https://forms.office.com/e/ZJTpSAnzZ2>

To avoid late changes to entries, can coaches and athletes please make sure they enter the correct details in the first instance, especially taking care with email addresses.

When entering the sweep trial, only complete crews can/should be entered, each individual athlete does not need to complete the form. If you do not have a pre-arranged pairs partner or are struggling to find one, please contact me as a matter of urgency and I will help to find you a partner. This will be on a first come first served basis, do not leave this

to the last minute as you may not be able to find a partner. You will not be able to enter the trial without a confirmed partner.

Athletes and coaches should be advised, your pairs partner does not need to be from the same club as you, and composite crews are very much allowed and advised. It is recommended you find the fastest pair combination for the trial regardless of club, to enable a quicker combination of the day.

The cost to attend the trial is £30 per athlete, per day.

THE ENTRY DEADLINE IS: MONDAY 20TH MAY 2024.

Following the entry deadline, athletes will be invited to attend the trial on or before Thursday 23rd May. Only under exceptional circumstances, will athletes be able to enter the trial later than the entry deadline.

For the 2024 Regatta, the Welsh Junior Team Selection Trial will be an invite only trial. To be clear, only selected athletes will be invited to attend the trial and an entry to the trial does not mean your place is confirmed. Athletes and crews invited to attend will be notified via email on or before Thursday 23rd May.

Invitations for rowers will be based on the following:

- Ergo data from your entry
- Event results throughout the season
- Information gathered from Welsh U19 Training camps/days.
- GB U19 & J16 trials data.

COX SELECTION

Selection for Coxes has been updated this year, to enable a more informed selection. Coxes will be required to submit a 'Coxing portfolio' this will include:

- 1) A training recording, ideally/if possible, with some video and audio overlaid.
- 2) A racing recording, ideally/if possible, with some video and audio overlaid. This should include an outline of the race and their own evaluation of their performance.
- 3) Coxing CV of performances to date including a number of athlete or coach references. This should be submitted with their trial entry via email to: william.king@welshrowing.com or at the latest, prior to the trial date on 30th May 2024.

Coxes are encouraged to collect recordings throughout the season. And will be required to attend the sweep trial. The portfolios will be assessed by the selection committee and an independent Judge(s). There is no intention to have a male and female cox, only the best performing coxes based on the data we have.

REGATTA COSTS & PRE-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 likely be held from Monday 22nd July through to the HIR Regatta on Saturday 27th July. Please make us aware in your entry if you already know this won't be possible. Please also be aware of the associated costs to represent Wales at the HIR Regatta including the residential camp will likely be in the region of £500 or more (Final Costs TBC). If this may be an issue, please contact William King as soon as possible.

GB U19 TRIALS & PRE-SELECTION

Athletes who are invited to the GB U19 Crew Formation Trials on the 29th & 30th May are exempt from the Welsh Junior trial, as this selection event clashes with our selection dates. Athletes invited on these dates (29th & 30th May), will be offered a direct position in the Wales Junior HIR Team. Additionally, athletes who have shown exceptional performance at the GB U19 Trials process to this point may also be offered a place. Athletes and their coaches will

be contacted directly to confirm this. If these athletes accept a position on the Welsh team and are not selected for either the GB U19 World Championships or Coupe De La Jeunesse Regatta Teams following the final crew formation, they will have a place on the Welsh Junior HIRR Team.

Those who are not invited to the GB Crew Formation Trial on 29th & 30th May and have not been contacted prior to the trial directly, will need to attend the Welsh HIR trial to be selected for the Welsh Team.

TEAM ANNOUNCEMENT

The Final Selection Announcement of the Junior Team is expected to take place on or before Friday 19th 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 Friday 19th 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.

ADDITIONAL INFORMATION

If you are unable to attend the trial, you should let William King know as soon as possible.

William.king@welshrowing.com

We reserve the right to bring in an athlete at a later stage (after the trial in May) if they are likely to improve the performance of the team. This may arise due to: An athlete not gaining selection for Great Britain and now being eligible for the Welsh HIR team. An exceptional athlete who was unable to attend the trial on 31st May/1st June for whatever reason. Or, an athlete of exceptional ability registering their Welsh eligibility too late (within good reason). This is a very unlikely scenario, however if this does occur, the lowest ranked athlete from the trial, will be replaced alternatively these athletes may have to race-off for their place in the team. This will be at the coach's discretion.

Any further questions, please get in touch with Will King.

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