



**Row Nova Scotia Provincial Team
2023 National Rowing Championships
Selection Document**

The 2023 National Rowing Championships (NRCs) will be held in Duncan, British Columbia from September 29 to October 1, 2023. The NRCs are Canada's National Small Boat Championships, where Canada's best rowers compete to be named National Champions, and to be identified for future National Teams. Selection to represent Nova Scotia at the NRC's will be highly competitive and highly selective.

Selection to Team Nova Scotia will involve a criterion-based pre-selection and/or an on-water selection event on Lake Banook July 26, 2023. Athletes are encouraged to meet the pre-selection criteria to optimize travel booking and preparation for the event.

***Please note that Rowing Canada Aviron has not published or circulated a regatta bulletin at the time of writing. Updates to this document will be forthcoming as information is circulated.



Events:

The events offered at the 2023 NRCs are:

Women's Sculling:

Women's Single Sculls W1x

Lightweight Women's Single Sculls LW1x

Under 23 Women's Single Sculls BW1x

Under 23 Lightweight Women's Single Sculls BLW1x

Under 19 Women's Single Sculls JW1x

PR3 Women's Single Sculls PR3W1x

PR2 Women's Single Sculls PR2W1x

PR1 Women's Single Sculls PR1W1x

Women's Sweep:

Women's Pair W2-

Under 23 Women's Pair BW2-

Under 19 Women's Pair JW2-

PR3 Women's Pair PR3W2-

Men's Sculling:

Men's Single Sculls M1x

Lightweight Men's Single Sculls LM1x

Under 23 Men's Single Sculls BM1x

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Under 23 Lightweight Men's Single Sculls BLM1x

Under 19 Men's Single Sculls JM1x

PR3 Men's Single Sculls PR3M1x

PR2 Men's Single Sculls PR2M1x

PR1 Men's Single Sculls PR1M1x

Men's Sweep:

Men's Pair M2-

Under 23 Men's Pair BM2-

Under 19 Men's Pair JM2-

PR3 Men's Pair PR3M2-



Selection Prerequisites:

For an athlete to be eligible to *try out* for or represent Team Nova Scotia at the 2023 NRC's they must first meet the following criteria:

1. Registered with Rowing Canada Aviron as a member of a Nova Scotia rowing club.
2. Have submitted a completed Application Form to the Provincial Team Coach, **no later than 5:00PM (Atlantic) on Tuesday July 11, 2023**. Applications may be sent to coach@rowns.ca.
3. Athletes must have completed a 2000m Ergometer Test between January 1, 2023 and July 11, 2023 and submit their results to the Provincial Team coach coach@rowns.ca prior to the application deadline.

To be eligible to trial for a position on the NRC team athletes must achieve a **minimum** 2K standard (listed in the table below) by the July 11 deadline (forwarded to coach@rowns.ca); athletes trying out for Lightweight positions must weigh in at FISA max+2.5% (74.43Kg (male) 60.48Kg (female)), or less for testing.

	Hwt Men	Lwt Men	Hwt Women	Lwt Women
Jr	6:45	7:13	7:51	8:14
U-23	6:23	6:51	7:28	7:49
Sr. A	6:15	6:42	7:17	7:38

Automatic Selection and Selection Criteria:

Automatic Selection: Athletes may be selected to the Row NS NRC Team if they meet the following criteria:

- a. Athletes who have competed for Canada during the 2023 year at a:
 - i. World Championships (Junior, U23, Senior)
 - ii. National Team Development regatta (Henley Royal Regatta, Holland Beker)
 - iii. World Cup
 - iv. Pan Am Games (rowing)
 - v. Athletes who are currently receiving Sport Canada Athlete & RCA Athlete Assistance Program funding (carding)

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- vi. Athletes invited to train full time at the National Training Centre in Duncan, BC
- b. Athletes who have competed for Canada on a national development team during the 2023 year at:
 - i. CanAmMex Regatta
 - ii. Pan Am Games Qualification (rowing)
 - iii. FISU/World University Rowing Championships
- c. Athletes identified and supported via a National Talent Identification Program (RBC Training Ground, or RCA Next Gen Program).

Selection Trial: Athletes not automatically selected will be required to time trial performance at the Row NS NRC Selection Trials which will take place in Dartmouth, N.S. on the morning of July 26, 2023. Athletes will time trial in a 2x1K format in the NRC event they wish to be considered for.

- Cumulative on water GMS percentages greater than 90% at the Row NS NRC time trials will be granted selection to the team.
- The selection committee may consider athletes who achieve performances lower than a cumulative percentage of 90%. Athletes performing below 90% will not be guaranteed selection; the committee will review the on-water racing conditions and relative proximity to the top performers within the trials group.
- Lightweight athletes will be weighed in 2-1 hours prior to the first flight of racing and must be at or below NRC weight +2.5% (males 74.43Kg, females 60.48Kg) for these trials
- Automatic Selection athletes are not required to participate in the trials. Selection athletes are strongly encouraged to participate in the trials if they are in province.

Out of Province Athletes: For athletes who meet the selection prerequisite criteria (listed above) and cannot attend the Team NS Selection Trials because they are training at an approved *out of province university, club, Next Gen Performance Center, or National Training Center*. Out of Province Athletes must meet either the automatic selection standards (listed above) or meet the Row Nova Scotia **Performance Group** 2k erg standard.

Performance Group Erg Standards

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	MEN	LIGHTWEIGHT MEN	WOMEN	LIGHTWEIGHT WOMEN
Under 19	6:32.0	6:52.0	7:40.0	7:50.0
Under 23	6:16.5	6:39.0	7:20.0	7:35.0
Senior A	6:09.5	6:27.0	7:10.0	7:22.0

- a. Lightweights - lightweight athletes must have accurate and verifiable evidence of being at (or under) race weight +1% (73.2 (male) or 59.59Kg (female)) by September 10, 2023.
- b. Exemptions: Exemptions will be considered if an athlete has a valid medical condition which is supported by a Medical Doctor's Note, provided the athlete will be ready compete at the NRCs and has a strong history of performance in past ergometer testing and 2000m racing at the National or International Level.
- c. Selected athletes will be expected to attend regular training sessions and camps unless excused for medical or out of province training events or approved (by the Provincial Coach) for other reasons. Lightweights must show progressive evidence that they be able to make NRC weight classes (72.5Kg and 59Kg) for September 29, if trying out for a lightweight event. Failure to do so may result in removal from the team.

Training and Behavioural Expectations:

All athletes selected to the Nova Scotia NRC team are expected to train regularly in preparation for the NRC's. Regular training is considered *at least 7* structured and coach supported training sessions a week. Ideally these sessions will ideally take place with the Nova Scotia Provincial Team program, or an approved performance focused university program, high performance club program or National Team or NextGen performance centre. Failure to maintain this training load may result in removal from the team at the discission of the Provincial Coach, with the approval of the High - Performance Committee.

Athletes representing Nova Scotia at the NRC's are expected to behave in a respectful, supportive and professional manner as detailed by the Row Nova Scotia Athlete Agreement and Travel Code of Conduct [Found Here:](#)



Selection Committee:

The Provincial Selection Committee will review athlete performances. The selection committee will be composed of the Provincial Team Coach and two competitive coaches appointed by the Row NS High Performance Committee. The coaches will be from different clubs in NS. These coaches will review the results and make their recommendations for team composition to the Row NS High Performance Committee for approval.

Appeals:

An appeal must be submitted in writing to the President of Row NS within 48 hours after the official team selection has taken place or within 48 hours after any disciplinary action has been levied. Row NS contact information is provided in this document. An appeal must be answered within 5 business days after it has been received.

The President of Row NS will appoint the Appeals Committee and the committee will decide if they will act as a panel of review of the decision of the Provincial Team Selection Committee or if they will deal with this appeal on the basis of a hearing de novo.

An appeal may only be considered if there are sufficient grounds for the appeal. Sufficient grounds include:

- Making a decision for which the 'respondent' did not have authority or jurisdiction as set out by the governing documents
- Failure to follow procedures as laid out in the Selection Criteria
- Failure to consider relevant information (or account for irrelevant information) in making a selection decision

The Appeals Committee's decision will be final and binding.

Cancellation or Postponement of Event:

The National Rowing Championships, Row Nova Scotia's participation, and all selection events are subject to cancellation due to public health and public safety guidelines and regulations in Nova Scotia and the host province of British Columbia.