



2019 Saskatchewan Rowing Association High Performance Selection Document

Purpose

The Saskatchewan Rowing Association (SRA) will select and support athletes to attend the following 2019 events:

- U21/U23/Senior National Team Speed Orders
- National Rowing Championships/Canada Cup
 - November, Burnaby

Vision

Provide national team hopefuls suitable opportunities for their athletic development.

About

U23/Senior National Team Speed Orders, and the National Rowing Championships (NRCs) have races in singles (1x), and pairs (2-) only.

Requirements

#1-Rowing Canada Identification

- Invitation to a Rowing Canada Camp
- Communication directly with Saskatchewan rowing declaring athlete is identified for 2018 National team programming.

AND/OR

#2-2000m Rowing Ergometer Standards

All 2000m erg tests must be witnessed by a recognized coach.

Speed Orders

- Open Men: Sub 6:10.0
- Open Women: Sub 7:10.0
- Lightweight Men: Sub 6:20.0
- Lightweight Women: Sub 7:20.0

National Rowing Championships

- Women:
 - U23 Lightweight: Sub 7:40.0
 - U23 Open: Sub 7:25.0

- Senior Lightweight: Sub 7:20.0
- Senior Open: Sub 7:10.0
- Men:
 - U23 Lightweight: Sub 6:50.0
 - U23 Open: Sub 6:15.0
 - Senior Open: Sub 6:10.0

On Water Selection

Athletes selected to compete at the 2019 Speed Orders must have demonstrated in the past year that their on water performance deems them competitive for U21/U23/Senior World Championship selection.

National Rowing Championships/Canada Cup: SRA Provincial Coaches will assess each interested athletes on-water performance through the past racing season to determine if the NRCs are a suitable regatta for the athlete to attend at this juncture of their development. Some athletes may be pre-selected due to previous summer on water results if s/he is attending school out of province.

Assessment Fee

Upon being named to any of the following teams, athletes are responsible to pay the Saskatchewan Rowing Association an assessment fee to subsidize costs.

Code of Conduct

All athletes selected to Saskatchewan Rowing teams are responsible to sign and abide by the SRA Code of Conduct. This document will be available at a future date.

Contacts

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