



2023 - U23 LIGHTWEIGHT SELECTION PROCESS

World Rowing Under 23 Championships

This document supersedes the U23 Lightweight Selection process outlined in the “2023 U23 selection Process” document.

The following are the primary shifts to the current U23 Process:

Shift	Purpose / Outcome
All LWT boats will be Decentralized outside RCA's NTC	Unless an athlete is invited to RCA's SR Ranking Camp they will fall under the new LWT initiative.
Selection will use a "Trials" Based process	Individual Athletes, and Crews, will attend a Time Trial, to seek nomination to the 2023 World Rowing Under 23 championships.
	In 2023 Brock Rowing will act as a location for athletes to centralize to be put into boats prior to Trial.
	In 2024 other locations may be considered to support the development of crews both prior to and post Trials
Eligible Boat classes	Athletes can seek selection in any of the following boat classes. Women's 1x, 2x, 2-, 4x Men's 1x, 2x, 2-, 4x
Assessment	Lightweight boats will be self-funded.

Athletes must be born in 2004, 2003, 2002, or 2001 to participate in this program.

U23 LWT Selection Process:

The objective of the NextGen Lightweight Selection Process is to select athletes and crews (which shall include single scullers) that have the potential to achieving an 'A' Final position (top 6) at the World Rowing U23 Championships.

The following steps have been established to support the development and selection of athletes to the 2023 U23 LWT team:

- 1) Completion of Expression of Interest (EOI)
- 2) Training
- 3) RCA Ranking Camp – Only Applies to invited athletes.
- 4) Trials

- 5) Nomination of athletes and crews.
- 6) Coaching Assignments
- 7) Training location
- 8) Assessment fees

NOTE: Athletes should refer to the [2023 NextGen Selection Policy](#) document for additional details that will support this process. As outlined therein, RCA reserves the right to amend this document as may be required from time to time. Specific sections include:

- Selection Eligibility Requirements, points 1, 2, 4, 5, 6, 7
- Selection Process
- Selection Authority
- Authority to make changes to composition of crews
- On-Site decision-making Authority
- Special Circumstances
- Removal From a Team once selected
- Amendments and unforeseen circumstances
- Cancelled or postponed events.
- Event Participation
- Appeal Process
- Relocation

The following outlines each step of the U23 Selection Process in greater detail.

Completion of Expression of Interest (EOI):

All athletes are required to complete [the Lightweight EOI at this Link](#)

- Athletes who have previously completed the expression of interest are asked to complete the new version of the EOI.
- Athletes should complete this form as soon as they have intent to seek selection to a 2023 Team.
- Athletes who have not completed the EOI will not be allowed to participate in the Trials process.
- Form closes May 15th, 2023.

Training:

Athletes will have the following training options in preparation for trials.

- Training out of their home club in preparation for the 2023 U23 Lightweight Trials.
- Individual athletes looking to be part of a crew boat can apply to be part of a LWT camp that will be hosted by Brock Rowing on Martindale Pond in St. Catharines Ontario. This Camp will open on May 1st, 2023. Athletes interested in this option should contact Mary Rao (mrao@brocku.ca) to discuss engagement. Athletes must meet the Performance requirements set out in Appendix A to join the Brock Rowing training group.

RCA Ranking Camp:

If a U23 Athlete is invited to the SR Ranking Camp, their performance at this event will supersede performances at the “Trials” process listed below. If an athlete is selected to the U23 Program from the Ranking Camp it will be communicated to those participating at the Trials event. Athletes should refer to the [Sr Selection Document](#) for specifics of the Ranking Camp.

NOTE: As RCA is not fielding a Lightweight Men's Double within the SR program, Only Lightweight women are eligible to be invited to the SR Ranking Camp. All LWT Men currently listed to the U23 Squad would follow the selection process listed in this document.

Trials:

Will happen in 2 rounds over 2 sequential weekends, June 10th and 17th.

Round 1: June 10th, 2023

- The goal of round 1 is to trial all athletes and boats interested in selection. This will include boats training independently as well as boats formed out of the Brock Camp.
- Athletes and Crews will be nominated based on their performance.
- Athletes and boats not nominated in Round 1 may be nominated in Round 2.

Round 2: June 17th, 2023

- Athletes not successfully nominated in Round 1 may be invited to train out of the Brock Rowing program with the goal of building boats not selected in round 1.
- A Trial will take place and further nominations may be made.

Location: Both Round 1 and Round 2 Trials will take place in Welland Ontario at the South Niagara Rowing Course (South Course)

Weight Expectations: See [Appendix B](#)

Trials will be completed over a 2000m distance in a time trial format.

In the case that there are multiple boats seeking selection for the same event, these boats will race side by side.

Performance: To assess boat speed and nominate crews for the 2023 World Rowing U23 Championships, a combination of boat speeds against Gold Medal Standard (Percent of GMS), boat speed against the events 10-year average, and comparison of athletes with past international performance, will be used.

Rowing Canada is currently working with its partners to develop standards and expectations for boats to attend the U23 World Championships. These will be communicated once complete.

Nomination of athletes and crews:

After the completion of each round of LWT Trials, results will be presented to the RCA NextGen Selection Panel for review and determination of what athletes and boats will represent Canada at the World Rowing U23 Championships.

The outcome of the NextGen Selection Panel's decision will be communicated directly to athletes involved in the Trials Process.

The terms of reference for the NextGen Selection Panel can be found on the RCA Website at the following link <https://rowingcanada.org/resources/>

Coaching Assignment:

Up to two coaches, based out of the Brock Rowing LWT Camp, will be assigned to attend the 2023 U23 World Rowing Championships to support the team.

Coaches of crews, training outside of the Brock Rowing LWT camp, who are selected to race at the 2023 World Rowing Under 23 Championships will have the option to attend the event in support of their crew. Costs associated with attending the event will be at the expense of the coach and / or crew.

Additionally, Coaches must meet the requirements set out in the [2023 NextGen National Team Selection Policy](#) (Appendix 4, Page 14).

Specifically – “Minimum requirements”, “Other requirements”, and “Vaccination” sections.

If the Coach is unable to attend, the crew must train with the LWT Program overseen by Brock Rowing.

Training Location:

After the completion of the trials, athletes can return to their clubs or train with the LWT program overseen by Brock Rowing. Athletes returning to their home clubs must have a coach in place that meets the requirements listed above (Coaching assignment) and able to attend the World Championships.

Assessment Fees:

The assessment fee for the U23 LWT Program is being established and will be communicated in April with all NextGen assessment information. This is a fully self-funded event and athletes should plan accordingly.

Assessment fees will include:

- Flight to and from event
- Accommodation at event
- Breakfast, Lunch, and Diner at event
- Ground transport at event
- Equipment rental at event
- Coaching support
- Uniform

Fundraising opportunities will be made available.

Appendix A: Performance Requirements for Camp Invitation.

Athletes must achieve one of the following performance requirements for a camp invite.

Ergometer: Achieve the following 2k erg performance completed between January 1st, 2023 and April 30th, 2023

U23 Lightweight Women	U23 Lightweight Men
7:22.5	6:27.0

Water: Achieve the following on water performance

- 2022 National Rowing Championships – within 5% of the winner in the A/B final, or within 6% of the winner in the time trial.
- 2022 Canadian University Rowing Championships – Top three U23's in the Lightweight men's and women's 1x.
- 2023 Shawnigan Lake Regatta (May 12-14th, 2023) and Ontario Small Boat Trials (May 13th, 2023)
 - Top 2 U23 LWT Men's and Women's 1x at these events.

*Additional athletes may be added based on an assessment of the athlete pool against RCA's Gold Medal Standard.

Appendix B: Weight expectations at selection events. Weights are in KG

Date	Activity	Men 1x	Men's Crew	Women's 1x	Women's Crew
May	Small boat events	Max 73.5	N/A	Max 60	N/A
June 10 th	Trials Round 1	Max 73.5	Crew average of 71.25 Max of 72.5	Max 60	Crew average of 58 Max of 59
June 17 th	Trials Round 2	Max 72.5	Crew average of 70 Max of 72.5	Max 59	Crew average of 57 Max of 59