

2015 Interstate Regatta – State Team Selection Process

PROCESS 1 – SENIOR INTERSTATE EVENTS

NOMINATION DUE DATES:

Coach Nominations: 5:00pm 12th December 2014.

Interstate Regatta Final Nominations (incl. Coxes): 5:00pm 12th December 2014.

Nominations to be made at <http://jotform.co/form/40128656639865>

Important Dates

Athletes are required to attend ALL selection events.

Athletes are required to wear their Club uniform at ALL selection events.

Date	Event	Location	Other Info
Friday 12 th December	5km TT	National TT	1X or 2-
Monday 15 th December	30 minute Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
Monday 19 January 2015	30 minute Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
30 th & 31 st January	National Omnium	Yarramundi Reach	1X or 2-
7th & 8th February	Seat Racing	Yarramundi Reach	4-/+ for 8+ 2x for 4x 4- for 4- Lwt W: 59kg Lwt M: 72.5kg
<i>Finalise Crews (tentatively)</i>			

**Location to be confirmed closer to date

Senior Interstate Events

Event	Trophy	Age
Men's Eight	Kings Cup	Senior
Women's Eight	Queens Cup	Senior
Men's Lightweight Coxless Four	Penrith Cup	Senior
Women's Lightweight Coxless Quad	Victoria Cup	Senior
Men's Single Scull*	Presidents Cup	Senior
Women's Single Scull*	Nell Slatter Cup	Senior

*Event may be selected using the results from domestic performances.

PROCESS 2 – YOUTH INTERSTATE EVENTS

NOMINATION DUE DATES:

Coach Nominations: 5:00pm 9th January 2014.

Interstate Regatta Final Nominations (incl. Coxes): 5:00pm 9th January 2014.

Nominations to be made at <http://jotform.co/form/40128656639865>

Important Dates

Athletes are required to attend ALL selection events.

Athletes are required to wear their Club uniform at ALL selection events.

Date	Event	Location	Other Info
Monday 19 January 2015	30 minute Ergo	ACTAS Boathouse	
TBA	Water Based Trial(s)	TBA	
30 th & 31 st January	National Omnium	Yarramundi Reach	1X or 2-
7th & 8th February	Seat Racing	Yarramundi Reach	4-/+ for 8+ 2x for 4x 4- for 4-
<i>Finalise Crews (tentatively)</i>			

Youth Interstate Events

Event	Trophy	Age
Men's Youth Eight	Wilkinson Cup	U21
Women's Youth Eight	Bicentenary Cup	U21

*Event may be selected using the results from domestic performances.