

## 2016 Interstate Regatta – State Team Selection Process

### PROCESS 1 – SENIOR INTERSTATE EVENTS

#### NOMINATION DUE DATES:

Coach Nominations: 1<sup>st</sup> December.

Interstate Regatta Final Nominations (incl. Coxes): 1<sup>st</sup> December.

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 20 <sup>th</sup> November	5km TT	National TT	1X or 2-
Monday 30 <sup>th</sup> November	5km Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
Friday 11 <sup>th</sup> December	5km TT	National TT	1x or 2-
Monday 25 <sup>th</sup> January	2km Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
6th & 7th February (if required)	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: 15<sup>th</sup> January 2016.

Interstate Regatta Final Nominations (incl. Coxes): 15<sup>th</sup> January 2016.

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 30 <sup>th</sup> November	5km Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
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6th & 7th February (if required)	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>			

### 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.