

## SELECTION OF ACT CREWS FOR THE 2016 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS

Rowing ACT has announced the process by which ACT State crews will be selected for the 2016 Australian Masters Rowing Championships. The Inter-state events are:

**Women's Eight**

**Women's Quad**

**Men's Eight**

**Men's Quad**

All nominees will be required to complete a 1000m time trial at the beginning of RACT Regatta #5 (ANU) on Saturday 6<sup>th</sup> February 2016. These events will be included in the regatta program for RACT Regatta #5 and entries will be managed via rowing manager. No seat fees will be charged for these events.

Separate time trials/races will be conducted for quad scull nominees in single sculls and for eight oared nominees in coxless fours.

Time trials will be conducted prior to other events at the regatta. If less than eight crews (or scullers) nominate for any of the time trials, then they will be conducted as a straight race. No Masters handicaps will be applied, i.e. all crews (or scullers) will start together.

### **Interstate Quads**

Nominees wishing to be considered for the quads must trial in single sculls. The single scull trial event codes in Rowing Manager for Regatta #5 are:

- ACT Mast W 1x (ACT Masters Women's State Selection Single Scull)
- ACT Mast M 1x (ACT Masters Men's State Selection Single Scull)

Selection of the quads will be based on the rankings from the sculler trials, as well as ensuring each crew averages 50 years or greater at December 31, 2016.

### **Interstate Eights**

Nominees wishing to be considered for the eights will trial in coxless fours. The coxless fours trial event codes in Rowing Manager for Regatta #5 are:

- ACT Mast W 4- (ACT Masters Women's State Selection Four)
- ACT Mast M 4- (ACT Masters Men's State Selection Four)

The average age of the trialling fours must be 50 years or greater, and all crew members must have nominated and be available to compete in the state crew. The first two fours across the line will be selected as the state eight-oared crew. Crews averaging less than 50 years will not be considered for selection.

### **Coxswain Selection**

The selection of coxswains will take into account the recommendation of the selected crew, past and present performance in training and competition, weight, and steering ability.

### **Other Information**

No substitutions will be allowed either at the selection time trial or after selection of the crew. Crew composition remains the responsibility of the selector(s) up to and including race day.

In the event of a selected rower becoming unavailable to compete a replacement will be appointed at the discretion of the selector(s).

In exceptional circumstances the selector(s) may invoke other processes to select athletes.

**Nominations are to be made using the nomination form at <https://form.jotform.co/53497043388869>**

**Nominations close at 5pm Friday 23<sup>rd</sup> of January.**