

2019 Interstate Regatta – State Team Selection Process

ABLE BODIED INTERSTATE EVENTS

NOMINATION DUE DATE:

Interstate Regatta Nominations (incl. coxswains): 5.00pm Thursday 25th October 2018.

Nominations to be made at <https://form.jotform.co/82811617683866>

Important Dates

Athletes are required to attend ALL selection events.

Athletes should wear their Club uniform at ALL selection events.

Date	Event	Location	Other Info
26 October 2018	National Selection Time Trial	Lake Burley Griffin	
6 – 9 November	5km Open Rate Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
24 November 2018	National Selection Time Trial	Lake Burley Griffin	
15 December 2018	National Selection Time Trial	Lake Burley Griffin	
21 st January 2019	2km open rate Ergo	ACTAS Boathouse	Fixed Lwt W: 60.4kg Lwt M: 74.2kg
15 th – 17 th February 2019	NSW Championships	Penrith	Must race in 1x or 2-
<i>Tentative Crews</i>			
19 th -26 th February 2019	Seat racing as required	Lake Burley Griffin	M8+, W8+, ML4-, WL4x, MY8+, WY8+
11 th March	2km Ergo	ACTAS Boathouse	Fixed Lwt W: 59kg Lwt M: 72.5kg
<i>Finalise Crews (tentatively)</i>			

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
Men's Youth Eight	Wilkinson Cup	U21
Women's Youth Eight	Bicentenary Cup	U21

PARA INTERSTATE EVENTS

Interstate Regatta Final Nomination: Thursday 25th October 2018

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<i>Tentative Crews</i>			
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11 th March	2km Ergo	ACTAS Boathouse	
<i>Finalise Crews (tentatively)</i>			

Para Interstate Events

Event	Trophy	Age
Men's PR3 Single Scull		Senior
Women's PR3 Single Scull		Senior