

2020 Interstate Regatta – ACT Team Selection Process

NOMINATION DUE DATE:

Interstate Regatta Nominations (incl. coxswains & coaches): 5.00pm Friday 18th October 2019.

Nominations to be made at <https://form.jotform.co/92647606084867>

PROCESS 1 – SENIOR INTERSTATE EVENTS

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
25 th October 2019	NTC Time Trial	Lake Burley Griffin	Lwt W: 60.4kg Lwt M: 74.2kg
4 th -7 th November 2019	5km Erg Test	ACTAS Boathouse or home club	Lwt W: 60.4kg Lwt M: 74.2kg
15 th November 2019 (date TBC)	NTC Time Trial	Lake Burley Griffin	Lwt W: 60.4kg Lwt M: 74.2kg
13 th December 2019	NTC Time Trial or National Time Trial	Lake Burley Griffin or Nepean River	Lwt W: 60.4kg Lwt M: 74.2kg
17 th December 2019	Senior squad athletes and squad coaches announced		M8+, W8+, ML4-, WL4x
January 2020	Crew trialling and seat racing as required	Lake Burley Griffin	M8+, W8+, ML4-, WL4x
20 th January 2020	2km Erg Test	ACTAS Boathouse	Lwt W: 60.4kg Lwt M: 74.2kg
31 st January 2020	Closing date for State of Origin transfer requests		
7 th -9 th February 2020	NSW Championships Senior squad members to compete. Highest ranked in M1x, W1x, Para M1x and Para W1x Championship events to be proposed for selection in those boats	Penrith	Lwt W: 59.0kg Lwt M: 72.5kg
18 th February 2020	Team announced		

PROCESS 2 – YOUTH INTERSTATE EVENTS

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
December 2020	Under 21 and School Pathways Selection Camp. Crew trialling and seat racing as required.	Lake Burley Griffin	Dates TBC
10 th – 31 st January 2020	2km Erg Test	ACTAS Boathouse, home club or school	Scores to be submitted 31/1/20
January 2020	Under 21 and School Pathways Selection Camp. Crew trialling and seat racing as required.	Lake Burley Griffin	Dates TBC
31 st January 2020	Closing date for State of Origin transfer requests		
18 th February 2020	Team Announced		

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 Trophy	Senior
Men's PR3 Single Scull		Senior
Women's PR3 Single Scull		Senior
Men's Youth Eight	Wilkinson Trophy	U21
Women's Youth Eight	Bicentenary Cup	U21