

## High Performance Rowing Selection Process 2022 – 2023

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## 1 Introduction

This Selection Process must be seen in conjunction with the [High Performance Framework](#). This document describes the target regattas for the 2023 season, the mandatory selection events and how to qualify for the selection trials.

## 2 Target regattas for the 2023 season

The Topsport commission of the KBR / FRBA, with the support of the VRL and LFA Topsport commissions, intends to select **the fastest crews** for the following regatta's:

- **Elite**
  - European Championships, 26.- 29.05.2023, Bled (SLO)
  - World Cup II, 16.- 18.06.2023, Varese (ITA)
  - World Cup III, 07.- 08.07.2003, Luzern (SUI)
  - World Championships, 03.- 10.09.2023, Belgrade (SRB)
  - **Priority boats:** M2x and LM2x
- **U23**
  - U23 World Championships, 19.- 23.07.2023, Plovdiv (BUL)
  - U23 European Championships, 24.- 27.08.2023, Krefeld (GER)
  - **Priority boats:** BM2x, BM4x, BLM2x, BW2x
- **U19**
  - U19 European Championships, 18.- 21.05.2023, Brive-la Gaillarde (FRA)
  - U19 World Championships, 02.- 06.08.2023, Paris (FRA)
  - **Priority boats:** JM4x, JW4x, JM2x, JW2x, JM4-
  - Coupe de la Jeunesse, 28.- 30.07.2023, Amsterdam (NDL)
  - **Priority boats:** JM4x, JW4x, JM8+, JW8+.

### 3 Mandatory selection events

*In order to be considered to trial for the National Team, rowers must perform at the following events:*

1. 2022
  - a. 19 Nov. OBIC (2 km ergo test on C2)
  - b. 20 Nov. Netekanaal (6 km trial in 1x/2-)
  - c. 19.-22 Dec. CPT Test battery (incl. 6 km ergo test)  
*to be submitted to HC/TD before 31.12.2022*
2. 2023
  - a. 04 Feb. GRS ergo (2 km ergo test)
  - b. 12 Mar. Seneffe (6 km trial in 1x/2-)
  - c. 21-23 Apr. Belgian Championships short boats (2km Regatta in 1x /2-)
3. on invitation:
  - a. 29 – 30 Apr. Selection trials (seat racing in 2x/2-)
  - b. 6 – 7 May KRSG regatta selection boats (try-out selected crews)
  - c. Jun./Jul. centralized CPT Test battery (incl. 2 km ergo test)

**Note:** *Athletes based abroad are required to follow the same procedure with regards to submission of a nomination form and ergometer scores. These athletes will not be required to attend the national long-distance regattas (1b/2b) but are required to send performance data (ergometer) to the Head Coach throughout the season to be considered for selection.*

### 4 How to qualify for the selection trials

1. Apply for selection by signing the on-line commitment form before 01 Nov 2022.
2. Read and sign the High-Performance framework (attached to the on-line commitment form)
3. All athletes are eligible, providing they shall have completed (see [Mandatory Selection events](#)):
  - a. Completed the required ergo tests as listed in the selection process
  - b. Participated in the Netekanaal & Seneffe 6 km trials as listed in the selection process
  - c. Participated in the Trials / Belgian Championships short boats
4. Subject to compliance with the pre-requisites set out above, athletes may gain selection for Selection trials by:
  - a. Invitation by the Head Coach in representation of the Selection Commission; or by
  - b. achieving or bettering one of the following 2k ergometer Benchmarks:

	U19	U21	U23	Elite	P-Index 2000m C2
	17-18 j	19-20 j	21-22 j	≥ 23 j	M Elite
Men	06:10,0	06:04,0	05:58,0	05:52,0	> 23
Men light*	-	-	06:21,0	06:15,0	W Elite
Women	07:17,3	07:08,3	06:57,3	06:49,0	> 17
Women light*	-	-	07:27,0	07:15,0	

\*Lightweights Weight Requirement:

- February ergo 2k.: Women: 62kg, Men: 74,5kg
- BK/Selection Trials: Women: 59kg, Men: 72,5kg

c. Performance at the Belgian Championships in 1x or 2-

Men and Women (Elite / U23 / U19):

number of invited crews in each category will be confirmed before the Championships, based on previous ergometer performance, but in principle:

M/LM Elite:	first 6 places in 1x
U23 (M/LM/W):	first 4 places in 1x
	first 2 places in 2-
Juniors (M/W):	first 8 places in 1x
	first 4 places in 2-

d. Achieving or bettering one of the **BEL Selection Times** for the selected event.  
(see Times for the current season, when published).

For further information contact: VRL or LFA technical directors