

# 2024 Event Requirements

## Men's & Women's WA Masters Interstate Crews

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Rowing WA is continuing its commitment to raising the profile of Masters rowing in WA. To this end, Rowing WA is looking to field the most competitive interstate crews possible for the Interstate Masters races which are part of the Australian Masters Rowing Championships (AMRC).

In 2024 the Regatta will be contested at Lake Barrington, Tasmania (8-11 May 2024).

### Selection Approach for 2024

In 2024 Rowing WA will be utilising a collaborative self-selection approach for the selection of interstate Masters crews. In 2023 we used this approach and we received very positive feedback that this worked well. Rowing WA is aware of the difficulties associated with this approach and as such will be on hand to assist in communication and liaison between all interested athletes via an Expression of Interest form and in-person meetings.

Whilst the process will still follow the cooperative self-selection approach, Rowing WA is endeavouring to bring more Masters athletes together to put the best possible crews on the water.

### The following will be required for Expression of Interest:

- 1km Ergo time – Best Ergo time over the preceding 3 months and approximate date. Observed by club coach/person.
- 1km Scull time – Best Scull time over the preceding 3 months and approximate date(if selecting quad). Observed by club coach/person.
- Training availability
- Age as at 31<sup>st</sup> December 2024.
- Coaches and coxswains must submit relevant experience

Once all data has been collected, it will be published for athletes and administrators to see. Athletes, coaches and coxswains will be able to contact each other and arrange their crews and coaches at a location of their choosing.

### Timeline

1. EOI Forms open 10<sup>th</sup> November 2024 [ROWING WA MASTERS STATE TEAMS 2024 / Rowers and Coxswains | Rowing WA](#)
2. EOI Forms close and data is published 18<sup>th</sup> December 2023
3. All interested athletes are invited to an in-person meeting to discuss and meet 15<sup>th</sup> January 2024 [Register HERE](#)
4. Selection Event #1 (Masters Regatta #3)– Saturday 13<sup>th</sup> April (Champion Lakes)

### Selection Event(s)

#### Selection Event #1

At the 2024 Masters Regatta #3 on Saturday 13<sup>th</sup> April, Rowing WA will conduct selection races for the WA Masters Women's Quad, WA Masters Women's Eight, WA Masters Men's Quad and WA Masters Men's Eight.

- Selection races will be separate from other races on the program.
- Quad and eight selection races will be separated to allow enough time for individuals to race in both events.
- No regatta entry fees will apply for these events.

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- Entry timelines to these selection events will be as per the 2024 Rowing WA Masters Regatta entry deadlines.
- Coach and coxswain (if applicable) names are required to be submitted with each entry. Entries are to be submitted to: [gmoperations@rowingwa.asn.au](mailto:gmoperations@rowingwa.asn.au)

#### Selection Event #2 (if required)

If required a second Selection Event may be held. This will be at the discretion of the Masters State Team Selectors.

#### Conditions to nominate:

The following conditions will apply to all crews nominating for the WA Masters State Team:

1. All nominating rowers and coxswains must be current 2024 financial competitive members of an affiliated WA rowing club.
2. All nominating individuals must adhere to the Rowing Australia rules of [State of Origin \(17.3\)](#)
3. Crews competing in the Selection Event(s) are required to make a minimum crew average age of D category. The age category is taken as of 31<sup>st</sup> of December 2024.
4. A rower's entry into the selection event(s) indicates that they agree to Rowing WA's policies and code of conduct available on the Rowing WA website: [HERE](#)
5. Crews may be from a single club or composite crews from more than one club – no composite rules apply.
6. The fastest winning crew and coach entered with this crew from the selection race(s) will be the WA crew to compete in that interstate event at the 2024 Australian Masters Rowing Championships, contingent on point 7 & 9 being met.
7. No changes in the crew or coach will be permitted **post** crew announcement, unless it is on medical grounds or unforeseeable circumstances. Please note below;
  - a. One reserve is required to be nominated per crew to be used for only on medical or unforeseeable circumstances
  - b. The age of the reserve must enable the crew to meet the D category requirement
  - c. The name of the reserve will be required to be submitted to Rowing WA [gmoperations@rowingwa.asn.au](mailto:gmoperations@rowingwa.asn.au) by no later than Wednesday 1<sup>st</sup> May 2024.
  - d. No changes to the reserve will be permitted
8. Coxswains are the crew's responsibility and can be interchanged as deemed necessary
9. Rowing WA will provide benchmark times for each Masters Interstate Selection Race (provided below). The Masters State Team Selectors will use their discretion to make a final determination if the crew will then be eligible to represent the state in the applicable event at AMRC 2024. The RWA Board will have final approval of all crews representing WA.
10. Further to point 9, the Masters State Team Selectors may look to combine crews that have not met the benchmark times if they believe it may have a significant positive benefit to boat speed, and offer a time trial to this proposed crew in order to gauge if they are a faster boat. If the composite crew is able to meet the required benchmark time and is faster than all other crew combinations they may then be invited to represent the state in the applicable event.
11. If an athlete has been selected in the Eight and Quad, priority will be given to the Eight. These event are adjacent on the racing program.
12. The boats to be used by the Interstate crews at the AMRC 2024 will be organised in conjunction between selected crew coaches and the Rowing WA General Manager Operations.

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### Timeframe Summary

<b>15<sup>th</sup> January 2024</b>	<b>Masters State Team Meet &amp; Greet</b>
<b>13<sup>th</sup> April 2024</b>	<b>Selection Event #1 – Masters Regatta #3 at Champion Lakes Regatta Centre</b>
<b>TBC</b>	<b>Masters State Crew racing opportunity or time trialling for RWA combined crews to meet benchmark times</b>
<b>22<sup>nd</sup> April 2024</b>	<b>Crews confirmed and announced</b>
<b>28<sup>th</sup> April 2024</b>	<b>Masters State Crew racing opportunity – Masters State Championships. Masters State Team Briefing Photo &amp; Zootie Presentation – to be organised with individual crews.</b>
<b>8<sup>th</sup> – 11<sup>th</sup> May 2024</b>	<b>AMRC 2024</b>

### Benchmark Times

Below is an outline of the minimum times required by crews to qualify as the WA representative interstate crew for each of the applicable events:

W4x	3:36.30
W8+	3:35.10
M4x	3:15.40
M8+	3:04.40