

# **PRELIMINARY OPEN TRIALS FOR HANGZHOU ASIAN GAMES**

## **INTRODUCTION**

Preliminary Open Trials will be held for Hong Kong rowers who wish to be considered for the Hong Kong Squad for the 2022 Hangzhou Asian Games.

The trials are open to all experienced Hong Kong rowers provided they hold a valid HKSAR Passport and are currently resident in Hong Kong.

All current members of the Hong Kong Squad will be automatically entered in the trials.

Members of local clubs who are not currently squad members may enter the trials via the following link or before 12 December 2021: -

<https://forms.gle/dHtuqnh1eitMHtte7>

## **GUIDELINES FOR PARTICIPANTS**

Prospective participants should be medically fit and capable of racing in single sculls and on the rowing ergometer. As a general guide, athletes who are not capable of achieving a minimum ergometer score of 6:35 (men) or 7:40 (women) would be unlikely to be invited to proceed further.

Athletes, if selected, must be willing to commit to an intensive daily training programme as part of the Hong Kong Squad and must be available to travel abroad for extensive periods of overseas competition and training if required.

All athletes should refer to the General and Asian Games Selection Policy documents published here - <http://www.rowing.org.hk/training-selection-pathway/>

## **TRIALS FORMAT**

The Preliminary Trials will focus on **INDIVIDUAL PERFORMANCE** in single sculls (1x) and on the rowing ergometer. The trials schedule is as follows: -

- 15 DEC:** RANKING TIME TRIAL IN 1x – racing over 3.5K in time-trial format
- 17 DEC:** ERGOMETER TRIAL – 2K max test
- 20 DEC:** 2K WATER TRIAL NO.1 – 2K side-by-side racing in 1x (timed)
- 22 DEC:** 2K WATER TRIAL NO.2 – 2K side-by-side racing in 1x (timed)
- 23/24 DEC:** Fall back dates for water trials in case of bad weather

Water trials will take place between 06:00 to 08:00 in the morning on the dates listed. Ergometer trial times will be arranged by groups – to be confirmed.

### **IMPORTANT NOTES**

1. Racing line-ups and lanes for WATER TRIAL NO.1 (20 Dec) will be based on the ranking from the RANKING TIME TRIAL (15 Dec).
2. Racing line-ups and lanes for WATER TRIAL NO.2 (22 Dec) will be based on the time ranking from WATER TRIAL NO.1 (20 Dec).
3. The overall **FINAL TRIAL RANKING** for all athletes will be the sum of the times for ERGOMETER TRIAL + WATER TRIAL NO.1 + WATER TRIAL NO.2
4. In addition to the overall FINAL TRIAL RANKING (including lightweights), a separate **LIGHTWEIGHT FINAL TRIAL RANKING** will also made.
5. Those athletes who wish to be considered for Asian Games lightweight events (i.e., LM2x and LW2x) MUST compete in these trials at a bodyweight not over **72.5 kg (men) or 59.0 kg (women)** during the ergometer and water trial races. Lightweight athletes can still also be considered for Open events.
6. For those athletes who are selected to proceed further after Preliminary Trials, the process of CREW FORMATION and CREW SELECTION will begin immediately after the XMAS break.

### **BRIEFING**

A Zoom briefing for registered trial participants will be held prior to the event. Questions may also be directed to the Technical Director at any time.