



**Hong Kong, China**  
**ROWING ASSOCIATION**  
**中國香港賽艇協會**

Passion to go beyond 熱愛·無限

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# **PRELIMINARY OPEN TRIALS AND SELECTION POLICY FOR 2023 ASIAN ROWING JUNIOR and U23 CHAMPIONSHIPS**

## **and** **2023 National Students (Youth) Games**

### **INTRODUCTION**

1. The HKCRA wishes to select the most competitive team (Men and Women) to represent Hong Kong in the 2023 Asian Rowing Junior / U23 Championships (ARJC&ARU23C) to be held in October 2023. And 2023 1st National Students (Youth) Games to be held in November 2023. In order to identify potential rowers who are not part of the current Hong Kong Squad, all eligible rowers are invited to attend Open Preliminary Selection Trials to become part of the 2023 Squad for the captioned events.

2. The Trials are open to all eligible experienced Hong Kong Junior and U23 rowers - see Eligibility requirements below. All members of the Hong Kong Junior / U23 Rowing Squad currently training under the Hong Kong Sports Institute (HKSI) will be automatically entered in the Open Trials.

3. Rowers who are not currently Junior or U23 squad members may apply to enter the Trials via the following link: -

[https://docs.google.com/forms/d/e/1FAIpQLSf\\_Dx75k4Pd9-CTHpiGKAcJqI27nYE7IpyLGsZA2KuvHnnvw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf_Dx75k4Pd9-CTHpiGKAcJqI27nYE7IpyLGsZA2KuvHnnvw/viewform?usp=sf_link)

Entry applications should be submitted on or before 8th July 2023 at 23:59.

4. Selection and Training of athletes will be conducted by the HKSI Coaching Team under the guidance of the HKSI Head Rowing Coach.

### **ELIGIBILITY**

5. To be considered for selection for 2023 ARJC & ARU23C, athletes should comply with the following eligibility requirements: -

- A Junior rower for this event is one who *does not turn 19 before 1st January 2024; an U23 rower is one who does not turn 23 before 1st January 2024.*
- Holds a Hong Kong Identity Card or Hong Kong Passport;
- Has resided in Hong Kong for a continuous period of not less than 3 years at the time of joining the programme. (*The HKCRA may, in exceptional circumstances, vary this requirement. Holders of visitor's or student visas are not eligible under these rules*) and;
- Shall agree to comply with all athlete training, testing and anti-doping requirements as set out by the HKCRA from time to time.

### **GUIDELINES FOR PARTICIPANTS**

6. Rowers entering the Open Trials 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 2,000m ergometer time of 7m00s for men or 8m15s for women* would be unlikely to be invited to proceed further.



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All athletes, if selected, should be willing to commit to an intensive training programme as part of the Hong Kong Junior / U23 Squad which may include travel abroad for overseas competition and training when required.

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

### **OPEN TRIAL FORMAT**

7. The Open Trials will take place in 14/7/2023 to 21/7/2023 **DATE TO BE CONFIRMED over a period of 7 days**. Details of dates and requirements of the Trials will be communicated to all interested clubs and rowers. The trials will focus on **INDIVIDUAL PERFORMANCE** in single sculls (1x) and on the rowing ergometer and are likely to comprise the following: -

- Trial 1. TIME TRIAL IN 1x – water racing over 2 km in time-trial format  
Trial 2. ERGOMETER TRIAL – 2Km max test

### **NOTES**

- (1) Water trials will take place between 06:00 to 08:00 in the morning on the date listed. Ergometer trial times will be confirmed by agreement.
- (2) Racing line-ups order for **WATER TRIAL** will be based on racing results from previous status regattas, or otherwise random draw from list.
- (3) The overall **FINAL TRIAL RANKING** for all athletes will be the sum of the times for ERGOMETER TRIAL + WATER TRIAL
- (4) For athletes selected to proceed further after Preliminary Trials, the process of crew formation and crew selection will begin immediately after the Trials.
- (5) All selection decisions will be taken by the designated HKSI coaching team and subject to endorsement by the HKCRA High Performance & Selection Committee. Any appeals against decisions taken on selection should follow the HKCRA Selection Appeals Policy.

### **BRIEFING**

8. A Zoom briefing for all registered Open Trial participants will be held prior to the trials (tentative date 10/7/2023). Questions may also be directed to the HKSI Head Rowing Coach/HKCRA Technical Director, Kenny Wu at any time at [KennyW@hksi.org.hk](mailto:KennyW@hksi.org.hk).

HKCRA High Performance & Selection Committee  
30/6/2023

HKCRA High Performance & Selection Committee  
Selection Policy 2023 ARJC, ARU23C and 1<sup>st</sup> National Students (Youth) Games