



## 2025 GB ROWING TEAM SENIOR & U23 SELECTION TRIALS NOTICE

Please find below key information for athletes wishing to trial for GB selection in 2025. This will apply to all International Regattas that British Rowing may select a team for in the run up to the currently known events:

- **World Rowing Championships**, Shanghai, CHN (Event: 21 – 28 Sep 2025)
- **European Rowing Championships**, Plovdiv, BUL (Event: 29 May – 1 Jun 2025)
- **World Rowing Cup**, Varese, ITA (Event: 13 – 15 Jun 2025)
- **World Rowing Cup**, Lucerne, SUI (Event: 27 – 29 Jun 2025)
  
- **World Rowing U23 Championships**, Poznan, POL (Event: 23 – 27 Jul 2025)
- **European Rowing U23 Championships**, Račice, CZE (Event: 6 - 7 Sep 2025)
- **FISU World University Games**, Duisburg, GER (Event: 16 - 27 Jul 2025)

## REGISTRATION & TRIAL ENTRIES

Athletes who are seeking selection to represent GB in 2025 must register for the Season, together with all supporting coaches. Registration Form links will be published on the [British Rowing website](#) and will be open from **Mon 23 Sep – Mon 21 Oct 2024**.

All athletes should then be entered for each GBRT Open Trial via BROE. Entries for November will be open from **Thu 10 - Thu 31 Oct 2024**.

### BUCS Indoor Rowing Series

Providing BUCS eligible athletes have also been entered via the BUCS Entry system, their results from the November Open Trial will be extracted to be included in the BUCS Indoor Rowing Series.

## ADDITIONAL COX REQUIREMENTS

All coxes will be required to attend Open Trials as specified in the next section (Selection Trials Process Dates - attendance).

At each trial they will be weighed and assigned an event role. Coxes selected for the Paris 2024 Olympic or Paralympic Games will be exempt from the GBRT Open Trial in November only. Further selection requirements for coxes will be published in the 2025 Season Strategy Document.

## SELECTION TRIALS PROCESS DATES

The **provisional** dates of the 2025 season Selection Trials Process are as follows with the following exemptions:

1. **Athletes who travelled to the Paris Olympic Games:** Exempt from GBRT Open Trial, Sat 9 - Sun 10 Nov 2024
2. **Overseas Athletes:** Exempt from GBRT Open Trial - Sun 10 Nov 2024 / GBRT Open Trial - Sat 8 Feb 2025 / GBRT April Trials - Fri 11 - Sun 13 Apr 2025. Overseas Athletes are NOT exempt from Ergo Submissions
3. **Oxford & Cambridge Boat Race Crews:** Exempt only from GBRT April Trials - Fri 11 - Sun 13 Apr 2025 but will need to complete ergo submissions and perform at the Open Trials in November and February before making themselves available for Crew Formation in the week following April Trials if invited.



EVENT	DATE	LOCATION	CATEGORY	ATTENDANCE
<b>GBRT Open Trial</b>	Sat 9 Nov 24	Haven High Academy, Boston	2k Ergo Test	Compulsory for all candidates other than those with exemptions as noted above
	Sun 10 Nov 24	Boston RC	5k Time Trial M1x*, M2-*, W1x	
<b>2k Ergo Submission</b>	Completed Mon 11 Nov - Fri 13 Dec 24	Club-based	2k Ergo Test	Compulsory for all candidates who were required to undertake a 2k ergo test in Nov but submitted an exemption which was accepted
<b>GBRT Trial &amp; Testing</b>	Sat 14 – Fri 20 Dec 24	Caversham	Sat 14: 4k Water Time Trial Sun 15: 2k Racing Mon 16 – Fri 20: Crew boat trialling & testing	By Invitation
<b>5k Ergo Submission</b>	Completed Mon 11 Nov 24 - Thur 30 Jan 25	Club-based	5k Ergo Test	Compulsory for all candidates. 6k ergo submissions will be accepted in place of a 5k for overseas triallists providing they are submitted via the required Ergo Submission Form
<b>GBRT Open Trial</b>	Sat 8 Feb 25	Boston RC	5k Time Trial Boat Classes: TBC	Compulsory for all candidates
<b>2k Ergo Submission</b>	Completed Sun 9 Feb - Fri 11 Apr 25	Club-based	2k Ergo Test	Compulsory for all candidates
<b>GBRT April Trials</b>	Fri 11 – Sun 13 Apr 25	Caversham	2k Racing Boat Classes: TBC	By Invitation

**\*Please note that for the 2025 Season, all men that are in receipt of a UK Sport APA, a British Rowing Training Grant or are GBRT TASS supported individuals will be required to compete in the M1x event in November.**

## 2025 ERGO STANDARDS

All required Ergo Submissions will only be accepted if submitted via the Online Ergo Submission Form which will be published on the Trials Site. In order to remain eligible it is the rower's responsibility to submit their score by the required deadline. For the avoidance of doubt, sending a score directly to a Head Coach will not replace the need to submit via the required form.

Provisional Ergo Standards for the 2025 season are as follows:

	2km		5km		Concept 2 Drag Settings
	Senior	U23 / FISU	Senior	U23 / FISU	
<b>Men</b>	6:05	6:14	16:00	16:30	138
<b>Women</b>	7:00	7:07	18:15	18:40	130

Athletes who fail to achieve the standards will only be allowed an entry to the 'on-water' trials if they are:

- "Under 21" (born 01/01/2005 or after)

## EXEMPTIONS

If an athlete cannot participate in a trial or other test for either medical or other reasons they must follow the correct Exemption Request procedure which will be detailed on the Trials Site. Failure to comply is likely to result in an athlete becoming ineligible for selection. The Director of Performance and Head Coach are not obliged to delay the selection process or give special consideration as a consequence of any exemption.

The Exemption Request Form must be submitted before the start time of the first race of the specific trial, or by 17:00 on the due date for submission of an ergo test result.