



## GB ROWING TEAM 2025 SENIOR, U23 & FISU OPEN TRIAL, BOSTON SATURDAY 8 FEBRUARY 2025

These trials are Stage 6 of the Selection Trials Process for the 2025 Season as outlined in the [GBRT Selection Trials - Process Summary](#).

### ELIGIBILITY

An entry and performance at this Open Trial is compulsory for **all eligible athletes** seeking GBRT Senior, U23 or FISU selection in 2025, unless they have an authorised exemption in place. Coxes are required to attend to remain eligible.

Updated Athlete Eligibility Lists have been published on the GBRT Trials Site.

#### Athletes

Athletes will remain eligible for selection provided they continue to fulfil the GBRT Selection Trial Process criteria as referenced above in the 'Process Summary'.

#### Coxes

Coxes will remain eligible provided they fulfil the GBRT Selection Trial Process criteria as detailed in the GBRT Selection & Performance Strategy on the GBRT Trials Site. This includes the following process for coxes seeking U23 or FISU selection:

- send in a coxing CV and two recordings of their coxing by Fri 7 February 2025, one whilst training and one ideally in a competition/race scenario. Recordings should be submitted to [gbrt.trials@britishrowing.org](mailto:gbrt.trials@britishrowing.org)

### ENTRIES

Entries for **all athletes and coxes** required to compete at/attend this event must be made via the British Rowing Online Entry system (BROE). The Event Name is: **GB Rowing Team Snr/U23 Open Trial (Feb)**. Entries will be open from **Friday 10 - Thursday 30 January 2025 (@ 16:00)**.

An online payment will be required to complete the entry. Following the recently published '[Notice of Increase in Trial Entry Fees](#)', the entry fee per athlete will be £20. There is **no entry fee** for coxes, however BROE will show this as £1. This does not need to be paid. The only exemption to the Entry Fee is for senior athletes who attended the Olympic Games in Paris.

Entries will be accepted for M2-, M2x, W2-, W1x. ***\* Please note that for the 2025 Season, all men will be required to compete in either the M2- or M2x for this trial as published in the 2025 'GBRT Selection & Performance Strategy' on the GBRT Trials Site. Coaches should contact the relevant GBRT Head Coach to discuss options should this cause any issues with their entries.***

If an athlete cannot participate for medical or other reasons they must follow the correct Exemption Request procedure which is published on the Trials site. Failure to comply is likely to result in an athlete becoming ineligible for selection.

### by Thu 30 JANUARY 2025: Ergo Test Submission

Ergo Test scores (5k or where agreed in advance 6k for overseas athletes) must be submitted via the 5k Ergo Submission Form (published on the GBRT Trials Site), unless an Exemption Request Form has been submitted and accepted by this date.

The following 5k Ergo Standards will apply. In the case of 6k submissions, the score submitted from the screenshot will be used to calculate an equivalent 5k score.



	5km		Concept2 Drag Settings
	Senior	U23/ FISU	
Men	16:00	16:30	138
Women	18:15	18:40	130

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

- "Under 21" (born 01/01/2005 or after)
- Permitted an on-water entry by exception by the Director of Performance

## FRI 7 FEBRUARY: Training

In order to improve oversight of crews whilst training on the water at Boston Rowing Club, the training time slot on Friday 7 February will be **13:30 - 16:30**. The latest permitted boating time will be 20 minutes before the end of the training session. We will be asking coaches to help cover this period in the safety launches.

## SAT 8 FEBRUARY: 5k Water Trial, Boston Rowing Club

There will be 2 Racing Divisions. Following the close of entries, any changes to the schedule will be published on the GBRT Trials Site by Wednesday 5 February latest.

There will be no formal Registration on the day, coaches are requested to confirm any withdrawals at their earliest convenience via [gbrt.trials@britishrowing.org](mailto:gbrt.trials@britishrowing.org)

**Coxes will be required to weigh in officially at 08:45.** The permitted weight range will be 40 – 60kg.

### Division 1: Men (M2-, M2x)

Briefing	09:00
Boating from	09:30
<b>Race Start</b>	<b>10:30</b>

### Division 2: Women (W2-, W1x)

Briefing	12:00
Boating from	12:30
<b>Race Start</b>	<b>13:30</b>

## IMPORTANT NOTES

### 1. Health Status

Given Covid and other viruses are still prevalent in the community, we ask that each person takes a responsible position and seeks clarification from a doctor as to whether they should attend the trial, if there is any concern. It is the responsibility of each athlete and coach to maintain high standards of healthy living to be in a position to participate at this Trial.

### 2. Clean Sport

It is the responsibility of each rower to ensure that they are not taking any banned substances. Rowers should be prepared for a random doping test at any time in or out of competition. Many proprietary medicines and supplements which are sold at chemists in the UK and abroad contain prohibited substances.

Anti-doping information is available on the British Rowing website at <https://www.britishrowing.org/knowledge/cleansport/> Links to the Global Drug Reference Online site and other anti-doping resources can also be found here. Please remember that a positive doping test will almost certainly result in a ban from the sport.

### 3. Boat Security

Security will be provided for boats on Friday night at Boston Rowing Club.