



2025 February Water Trial/Assessment

Rowing Ireland will be holding the first water trial of the 2025 season on the weekend of February 15th. Entries are to be made on Rowing Irelands **Tracker System** and must be in by **Wednesday 5th February at 7pm.**

Venue: National Rowing Centre, Cork

Date: February 15th and 16th

Distance: 2km

There will be an entry fee of €10 per athlete to cover expenses such as ambulance cover, etc. Payments can be made under the payments section on the Rowing Ireland website and must be in before racing begins.

Only athletes that have completed the December and January erg testing are eligible to enter the trial. Any athlete that cannot compete at the trial and wishes to progress to the next stages, must provide a relevant medical cert or exemption letter.

This is the first water trial in the selection process for the following teams: Senior Worlds, U23 Worlds, U19 Worlds, Coupe de la Jeunesse, and Home Internationals. We encourage coaches to put forward athletes that they believe to be at a suitable standard for these events.

Boat Categories

	U19	U23	U23 LWT	Senior	Senior LWT	Adaptive
1x	x	x	x	x	x	x
2-	x	x		x		

All racing will be over 2km with small boats on Saturday and crew boats on Sunday (2x and 4-). Sunday crews will be announced after racing on Saturday and will be based on the small boat rankings, **not all athletes will progress to racing on Sunday.**

Provisional Race Schedule

Friday

- NRC open between 9am and 5pm for boat rigging. After 5pm trailers can come into the centre, but the compound will be closed. Please contact Clara (clara.obrien@rowingireland.ie) if your trailer will be arriving after 5pm.

Saturday

- Safety briefing will take place one hour before the first race outside the boat bays.
- **AM:** 2K races in lanes (small boats)
- **PM:** 2K races in lanes, seeded from AM racing

Sunday

- Safety briefing will take place one hour before the first race outside the boat bays.
- **AM:** 2K races in lanes (doubles and fours)
 - o E.g. (1+2)(3+4)(5+6)(7+8)(9+10) and so on
- **PM:** 2K races in lanes (doubles and fours)
 - o E.g. (1+3)(2+4)(5+7)(6+8)(9+11) and so on

Further Information

- Clubs must provide enough doubles and fours to cover their athletes. A lack of boats may result in further cuts to the group moving through to Sunday's racing.
- Athletes must be in their club colours, and preferably club blades when racing.
- Athletes entered in Lightweight events do not need to be at a certain weight however a weight check will be taken prior to the safety briefing.
- **Para athletes will only be competing on the Saturday.** PR3 athletes are asked to be entered as PR2 on the tracker system as it currently does not have the facility to accept PR3 scullers.
- To run the trial, we will need approximately 30 volunteers. **Each club participating in the trial should have at least one volunteer available for the weekend.**
- Please email Clara at clara.obrien@rowingireland.ie with the boats that your club will be travelling with, and the name and contact details of volunteers from your club before **Wednesday 5th of February**.
- A WhatsApp group will be used to communicate information throughout the weekend. You can join the group using this link [HERE](#)
- If weather conditions are looking poor, a final call will be made at 12pm on the Thursday before racing.
- The weekend of March 8th and 9th will be used as a backup weekend if the trial does get cancelled.
- If you have any other queries, please get in touch with Clara at clara.obrien@rowingireland.ie