

SELECTION PROCEDURES

2007 FISA Under 23 World Championships

July 26-29, 2007

Strathclyde, Scotland

I. Selection Process:

The United States Rowing Association ("USRA" or "USRowing"), the national governing body for the sport of rowing in the United States, will select the crews that will represent the US at the 2007 U23 World Championships using the following procedures:

A. Eligibility Criteria. In order to be eligible for Selection to the 2007 U23 National Team, an athlete must:

- 1) Be born on or after January 1, 1985;
- 2) Comply with all other eligibility and qualification criteria set forth herein, including without limitation to those Requirements set forth in Section VII of these Selection Procedures.

B. Selection Criteria. Selection to the 2007 U23 National Team shall be made according to the following criteria:

Big Boat Events (M8+, W8+, LM4-, M4x, W4x)

USRowing intends to send the big boat events as first priority development boats to the 2007 U23 World Championships. All above-listed boats will be selected and prepared by the respective camps.

The "Big Boat Events" shall each be selected through National Team Training and Selection Camps (each a "Selection Camp") according to the following selection procedures:

1) Qualification for Selection Camp.

a) Invitations. The National Team Head Coaches, defined below, will make invitations to athletes for U23 Selection Camp. In determining its recommendations for invitation to a Selection Camp, the National Team Head Coaches shall use the following criteria, which are listed in no particular order of importance:

- Must meet age requirements
- Performance in 2006-2007 National Team Testing
- Coach's recommendation
- Past performance in domestic competition
- In the case of lightweight events, the athlete's weight

Eligible candidates may send their ergs scores, coach's recommendation and proof of their date of birth to the following coaches:

M8+ and LM4-: Mike Teti (mteti@msn.com)

M4x: Kris Korzeniowski (kriskorzeniowski@hotmail.com)

W8+ and W4x: Tom Terhaar (ttrhr@aol.com)

2) Composition of the National Team Head Coaches and the Nomination Committee.

a) The National Team Head Coaches shall be comprised of the National Women's Head Coach, Tom Terhaar, the National Sculling Head Coach, Kris Korzeniowski, and the National Men's Sweep Coach, Mike Teti (or any replacement or designee). Each coach shall be responsible for making recommendations relating to a boat that he/she will coach. In making recommendations called for under these Selection Procedures, each National Team Head Coach may seek input and information from other coaches as he/she deems appropriate.

b) The Nomination Committee shall be comprised of each of the National Team Head Coaches, the High Performance Committee Chair, Jay Feenan, and the USRowing Board Representative or Alternate Representative to the USOC AAC, Kate Johnson or Pete Cipollone.

3) Dates and Locations of Selection Camps. The default location of the Selection Camps will be Princeton, NJ except as noted. Dates for the Selection Camps are as follows:

- M8+ will be held from June 11, 2007 to July 9, 2007- Hanover, NH;
- W8+ will be held from June 4, 2007 to July 9, 2007- Charlottesville VA;
- W4x will be held from June 4, 2007 to July 9, 2007- Princeton, NJ;
- M4x will be held from June 11, 2007 to July 9, 2007- Boston, MA;
- LM4- will be held from June 6, 2007 to July 9, 2007- Westport, CT.

The end date of the Selection Camps may be earlier than the dates listed above.

4) Selection Camp.

a) At the Selection Camp, each National Team Head Coach will recommend crews for the boat(s) he/she will coach based on the following factors, which are listed in no particular order:

- 2k and 6k performance;
- Athlete's compatibility with rest of crew;
- Competitive performance during training sessions;
- Overall performance at the Selection Camp;
- In the case of lightweight events, the athlete's weight.

b) Results of measurable competitive processes at the Selection Camps, e.g. time trials and seat racing, will be posted in a public location for athletes to review, in most instances within 24 hours of the end of practice. USRowing will keep written records of the data used to evaluate athletes in the selection process for a period of six months after the 2007 U23 World Championships.

c) All recommendations shall be made by the National Team Head Coaches by July 9, 2007.

d) The recommendations of the National Team Head Coaches shall be subject to review of the Nomination Committee and must be approved by the Nomination Committee to be effective.

e) If a crew nominated by the National Team Head Coaches and approved by the Nomination Committee satisfies all eligibility criteria, including MPS, then that crew will represent the United States at the 2007 FISA U23 World Championships.

Other Events (M1x, M2x, M2-, M4-, M4+, W1x, W2x, W2-, W4-, LW1x, LW2x, LM1x, LM2x, LM4x, LM2-)

The “Other Event” crews shall each be selected according to the following selection procedures:

- a) The winning boat at the Trials in West Windsor, NJ (July 9-11, 2007) for each of these events will represent the United States at the 2007 Under 23 World Championships, provided that each member of the winning boat satisfies the Eligibility Criteria, is within 2% of the Minimum Performance Standard, listed in appendix A and each athlete declares his/her intent to compete in the 2007 U23 World Championships, in writing, to Elpi Pagitsas, the USRowing Programs Manager, no later than two hours after the finals race has been declared official.
- b) If the Trials winning boat does not satisfy the eligibility criteria or fails to declare their intent to compete at the U23 World Championships, then USRowing will not send an entry in that event to the 2007 U23 World Championships. The final opportunity for the Trials winning boat to satisfy the Minimum Performance Standard will be July 12, 2007.

All boats qualifying through the U23 Selection Trials (July 9-11, 2007) must propose a coach, who will be required to travel with the athletes for the duration of the trip and will be responsible for their training and requirements during the regatta.

II: Minimum Performance Standards:

All boats must satisfy Minimum Performance Standards in order to compete on behalf of the United States at the Under 23 World Championships. The published time standard must be satisfied while racing at any point during the Selection Trials. The final opportunity for a trial or camp boat to meet the time standard is July 12, 2007. The Minimum Performance Standards are defined in Appendix A.

Format for U23 Selection Trials:

The format for trials racing and regatta schedule information is attached in appendix B – U23 Selection Trials Race Format.

III: Selection of Replacements:

The nomination committee will select replacement athletes for the Under 23 World Championships. The replacements will be funded to the same extent as the competitors in the events for which they are the replacements. All proposed candidates would be evaluated according to the following criteria, which are listed in no particular order:

- Performance at 2007 National Team Training Camps
- Competition results during the 2007 season

- Performance in the 2006-2007 National Team Testing or at other trials held throughout the racing year
- Athlete's compatibility with the rest of the crew as determined by the appropriate national team coach

IV: Selection of Coaches:

Qualifying small boat event crews may propose one coach for their boat to the U23World Championships. The nominating committee will select coaches to the U23 team based on the following criteria:

All proposed candidates will be evaluated according to the following criteria (listed in order of priority):

1. The number of available coaching positions on the team
2. Demonstrated commitment to the crew throughout the year
3. Demonstrated commitment to the National Team throughout the year
4. Choice of and compatibility with the selected crews
5. Number of athletes on the team trained by a particular coach
6. International coaching experience
7. Domestic coaching experience

V: Selection of Other Staff:

USRowing programs staff will select the team manager, doctors, trainers, and other related staff.

VI: Removal of an Athlete, Coach, or Staff Member from the Under 23 World Championship Team:

A team member may be removed from the team for any of the following reasons:

- a team member may remove himself/herself;
- for behavior in violation of the USRowing Code of Conduct or the 2007 USRowing Team Agreement. Such removal may only take place after a hearing conducted in accordance with the expedited grievance procedure outlined in Article IX of the USRowing By-Laws.

In addition, an athlete may be removed from the team under the following circumstance:

- A USRowing team doctor, after consultation with the athlete and coach of that boat, may declare an athlete medically unable to compete because the athlete's physical condition would inhibit the performance of the boat per the doctor's diagnosis.
- An athlete is not in compliance with USADA/FISA/WADA/IOC/USOC/USRowing anti-doping policies.

VII: Requirements:

The following are mandatory criteria for all athletes participating in the 2007 selection process:

1. All candidates for the U23 team must be born on or after January 1, 1985.

2. All athletes must be individual members of, and be in good standing with, USRowing.
3. All athletes must abide by all Selection Procedures and USRowing Rules of Rowing requirements and regulations.
4. All athletes must be a United States citizen and must hold a current and valid United States Passport.
5. All boats in all categories also must meet the applicable minimum performance standard in order to be entered to compete in the 2007 FISA Under 23 World Championships.
Reference: Minimum Performance Standards Section and Appendix A
6. All athletes participating in selection for the national team are subject to drug testing administered by representatives of the United States Anti Doping Agency (USADA) or FISA. Athletes who violate USADA, IOC, USOC, WADA, FISA, or USRowing rules relating to banned substances will be subject to penalties as established by the respective organization. Athletes are responsible for calling the USADA drug hotline (800.233.0393) prior to taking any medications and making sure the medication they are taking is not on the banned list. A complete guide to banned substances is available by contacting USADA Drug Control and Education Program (800.233.0393) or USRowing (609.751.0700).

Process for Issues and Conflicts:

Issues related to racing operations, racing partners and equipment, competition, and logistics should be directed to:

1. The appropriate National Team Coach directly or through a USRowing athlete representative to discuss his/her concern or issue.
2. The USRowing Programs Manager to discuss the concern or issue.

Important USRowing Contact Information:

If you have any questions regarding these procedures, you may contact the USRowing Program Manager, Elpi Pagitsas, by email at elpi@usrowing.org

Current contact information for the coaching staff may be found at the USRowing Web site at <http://www.usrowing.org/ContactUs/NationalTeamCoachingStaff/index.aspx> .

USOC Athlete Ombudsman:

If you have questions regarding your opportunity to compete that are not answered by your USRowing staff, you may contact the USOC Athlete Ombudsman: John W. Ruger by telephone at (888) ATH-LETE, or by email at john.ruger@usoc.org.

International Disclaimer:

These procedures are based on FISA, and/or USRowing rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in FISA, and/or USRowing rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USRowing. However, the selections are always subject to unforeseen, intervening circumstances, and realistically have not accounted for every possible contingency.

Important Dates:

(All dates are for the calendar year 2007, unless specified otherwise)

EVENTS	DATES	NOTE
National Team Testing	November, 2006– June, 2007	
U23 Selection Trials West Windsor, NJ	July 9-11, 2007	M1x, M2x, M2-, M4-, M4+, W1x, W2x, LM1x, LM2x, LM4x, LM2-, LW1x, LW2x
U23 Big Boat Time Trial and final opportunity to meet MPS West Windsor, NJ	July 12, 2007	M8+, W8+, LM4-, M4x, W4x and crews that failed to meet the MPS during trials.
U23 World Championships Strathclyde, Scotland	July 26-29, 2007	

Appendix A- Minimum Performance Standards

2007 National Team Time Standards

Introduction: The published Minimum Performance Standards are a mandatory cutoff for competitive performance. All boats must satisfy Minimum Performance Standards in order to compete on behalf of the United States at the Under 23 World Championships. The published time standard must be satisfied while racing at the Under 23 Time Trials Race or at the Big Boat Time Trial and final opportunity to meet the MPS on July 12, 2007

The time standard time trial will be held in favorable conditions. When wind is present, the course direction will be modified to race with tailwind conditions. Lightweight boat classes are required to weigh-in according to General Trials Rules using the scheduled start of the time trial as the race time.

The time standards below are designed on the basis of the times rowed at the 2001 World Championships in Lucerne. This was the only recent regatta where the wind conditions were very consistent during the two days of the finals. The winning times are considered realistic with an average winning time from 2 – 10 seconds slower than the present world best times. U23 time standard is calculated as 2% off of senior team standards. All U23 boats must meet this benchmark.

Event	2007 Minimum Performance Standard	2007 U23 2% Benchmark
M8+	5:37	5:44
M4+	6:17	6:25
M4-	6:06	6:13
M2-	6:39	6:47
M4x	5:52	5:59
M2x	6:26	6:34
M1x	6:54	7:02
LM4-	6:05	6:17
LM2-	6:42	6:50
LM4x	6:01	6:08
LM2x	6:27	6:35
LM1x	7:07	7:16
W8+	6:14	6:22
W4-	6:38	6:46
W2-	7:24	7:33
W4x	6:33	6:41
W2x	7:06	7:15
W1x	7:43	7:52
LW2x	7:12	7:21
LW1x	7:58	8:08

Appendix B - U23 Selection Trials Format

Under 23 World Championship Selection Trials
July 9-11, 2007 - West Windsor, NJ

The U23 Selection Trials will be run according to the Trials Rules set forth in the current USRowing Rules of Rowing unless superseded by the these procedures.

Tentative Selection Trials Racing Schedule (Weather Permitting and Subject to Change):

Note: Day 1 is Monday, July 9, 2007.

For events with finals only-4 or fewer entries

Day 1: Athletes' Meeting;

Day 2: Finals Race #1

Day 3: Finals Race #2 (first 3 competitors from Finals Race #1) and Finals Race #3 (2 competitors)

* Note: Finals Race #3 will only be held if necessary.

For events with 5+ entries

Day 1: Athletes' Meeting and Time Trial

Day 2: Finals Race #1

Day 3: Finals Race #2 (first 3 competitors from Finals Race #1) and Finals Race #3 (2 competitors)

* Note: Finals Race #3 will only be held if necessary.

Reference:

Appendix C – General Trials Rules.

Appendix A – 2007 US National Team Minimum Performance Standards

Appendix C – General Trial Rules

Trials Weight Requirements:

Lightweight Women

The team boats must average 57 kg. (125.67 lbs.), with no individual rower weighing more than 59 kg. (130.07 lbs.).

Lightweight Men

The team boats must each average 70 kg. (154.32 lbs.), with no individual rower weighing more than 72.5 kg. (159.84 lbs.).

Coxswains

Male coxswains must weigh a minimum of 55kg. (121.25 lbs.). Female coxswains must weigh a minimum of 50 kg. (110.23 lbs.). A coxswain may only carry a maximum of 10 kg. (22.04 lbs.) dead weight to meet this minimum standard.

An official scale will be provided at the Time Trial racecourse prior to racing. The weight of athletes will be determined each day. The weigh-in shall take place on each day no less than one hour and no more than two hours before the scheduled time of the first race in the first event for which the athlete is scheduled to compete in that day. Competitors shall be weighed in racing uniform, without shoes or other footwear.

Rules of Racing:

All athletes must abide by all trials rules and safety procedures set forth in the current USRowing Rules of Rowing. Copies of the Rules of Rowing may be purchased from USRowing by calling 609-751-0700 or online at: www.usrowing.org

Seeding:

Seeding will be used to determine the order of boats through the time trials event. This seeding will be determined by USRowing staff and shall be based on one or more of the following indicators: current year's speed orders, national selection regatta results, national team testing results, and prior Under 23 results.

Boat Weigh-In:

All boats are required to be at weight according to the FISA Rules of Racing. It is the responsibility of the athletes and/or their coaches to have their boats at weight. All boats will be subject to "weight checks" during the course of the trials procedure. Any crew whose boat is found to be under the minimum weight as a result of a weight check will be subject to disqualification.

A scale will be provided at the Time Trial racecourse following the athletes' meeting, as well as throughout the remaining business hours of the trials procedure. Athletes are strongly encouraged to weigh their boats well in advance of the start of the race.

Athlete Check-In:

A representative of each boat will be required to attend and confirm their participation at the roll call during the athletes' meeting. Any crew failing to have at least one representative present at the

meeting is subject to disqualification. All athletes and coaches are responsible for abiding by any information given out by USRowing staff during the athletes' meeting.

Declaration of Intent to Compete:

Within two hours after qualifying, a crew must declare, in writing, their intention to compete in the Under 23 World Championships, pending successful completion of the mandatory time standard criteria. If the winning crew declines, the progression ends there.

Funding:

The following events will be funded by USRowing to attend the 2007 Under 23 World Championships: M8+, W8+, M4x, W4x, LM4-.

The following events will not be funded by USRowing: M4-, M4+, W4-, LM4x, LM2-, LM2x, LW2x, LM1x, LW1x. The athletes and coaches of these events will be self-funded. A final cost for self funding will be posted no later than May 31, 2007, and early estimated cost per athlete is \$1,400.00 and per coach is \$1,400.00. Airfare and boat rental/transport are not included in the estimated cost and are the responsibility of the winning crew. No refunds will be granted based upon performance.

Travel Arrangements:

USRowing will arrange all details of the trip for funded events, and all athletes and coaches will travel as part of the USRowing delegation.

USRowing Code of Conduct Agreement & USRowing Team Agreement:

All national team athletes selected to the Under 23 World Championship Team must sign and adhere to the USRowing Code of Conduct, as well as the 2007 Athlete Agreement. All staff and coaches selected to the Under 23 World Championship Team must sign and adhere to the USRowing Code of Conduct, as well as the 2007 Staff Agreement.

Replacement of an Athlete:

If an athlete on the team is unable to continue at any time (as specified above under the selection procedures - "removal of an athlete"), the appropriate National Team Head Coach will select a substitute for that crew from any of the replacements or any other existing team members.

If the replacement of an athlete has created a vacancy in an existing boat, a new team member may be identified using criteria listed in the "selection of a replacement" criteria.

All athletes selected to the Under 23 World Championship Team as a result of the Selection Trials detailed above shall race at the Under 23 World Championships in the same boat in which they were selected to the team.