

## 2024 ASIAN ROWING U23 CHAMPIONSHIPS U23 OPEN PRELIMINARY SELECTION NOTICE

### **INTRODUCTION**

2024 Asian Rowing U23 Championships (2024ARU23C), will be held in Shenyang, China in September 2024 together with the ARJC. The HKCRA aims to select the most competitive team to represent Hong Kong competing in 2024ARU23C. Eligible athletes may apply to participate in the OPEN PRELIMINARY SELECTION TRIALS (“Open Preliminary Selection”); selected athletes will join the HKSI U23 TRAINING SQUAD (“2024 ARU23C Squad”), undergoing training with Hong Kong Sports Institute (HKSI) coaching supervision, and prepare for FINAL SELECTIONS to decide the Team to represent Hong Kong in Shenyang.

### **ELIGIBILITY**

Athletes applying to join in the Open Preliminary Selection should meet with the following eligibility requirements: -

- Not turn age 23 before 1<sup>st</sup> January 2025;
- Hold a Hong Kong Identity Card or Hong Kong Passport;
- Join as an Ordinary Member of HKCRA(<http://www.rowing.org.hk/join-as-member/>)
- Commit to the intensive training programme for 2024 ARCU23C Squad, which might include travel outside Hong Kong for competition and training when required.
- Agree to comply with all athlete training, testing and anti-doping requirements as set out by the HKCRA from time to time.

### **OPEN SELECTION PROCESS**

Current HKSI scholarship athletes will be exempt from the Preliminary Trials; Non-HKSI scholarship athletes who are successful in the Open Preliminary Selection Trials will be invited to join the 2024 ARU23C Squad.

The Open Preliminary Selection process will consider the performance of athletes at:

- the 2000m single sculls time trials;
- the 2000m ergometer time trials, and
- the past result, including International Small Boats Championship at the 2023 Hong Kong Rowing Championships, and other regattas.

The selection decisions will be taken by the designated HKSI coaching team and subject to the endorsement by the HKCRA High Performance & Selection Committee.

### **OPEN PRELIMINARY SELECTION TRIALS FORMAT and INFORMATION**

Events	Date	Format	Venue
1 <sup>st</sup> Preliminary Trial	1 <sup>st</sup> June	Ergometer 2000m Time Trial	JC Shatin Rowing Centre
	2 <sup>nd</sup> June	Single Sculls 2000m Time Trial	Shing Mun River, Shatin
2 <sup>nd</sup> Preliminary Trial	29 <sup>th</sup> June	Ergometer 2000m Time Trial	JC Shatin Rowing Centre
	30 <sup>th</sup> June	Single Sculls 2000m Time Trial	Shing Mun River, Shatin
Final Selection	Further information will be issued to the 2024 ARCU23 Squad.		

### FINAL TEAM SELECTION

Following the Preliminary Selections, successful athletes will train as part of the 2024 ARU23C. FINAL SELECTIONS for the Team to represent Hong Kong in Shenyang will be made at a later date (details to be announced) and will only consider those athletes who are training at that time with the 2024 ARU23C.

### NOTES:

- The 2<sup>nd</sup> Preliminary Trial is **open to all eligible athletes** whether they joined 1<sup>st</sup> Preliminary Trial or not.
- Ergometer time trial will take place between 7:00am and 12:00nn. Schedule will be issued 7 days before the specified date.
- Single sculls time trial will take place between 6:00am and 11:00am, starting one-by-one at approximately 30-second intervals. Schedule will be issued 7 days before the specified date.
- Racing line-ups order for single scull time trial will be based on ranking of 2000m ergometer time trial, with the highest ranked ergometer scores starting first.
- Priority in selection will be given to athletes who have resided in Hong Kong for a continuous period of 3 years at the time of joining the Open Preliminary Selection and have held a HKID Card for at least 3 years, however athletes not meeting these conditions but who otherwise meet the eligibility criteria on page 1 will also be considered.

### **APPEALS PROCEDURE**

Appeals against the selection decisions should follow the HKCRA Selection Appeals Procedure: <http://www.rowing.org.hk/training-selection-pathway/>

### **REGISTRATION**

Submit entry by **24<sup>th</sup> May 2024, HK Time 23:59**, via:  
<https://forms.gle/YqpnU5PQi1WYVz5z7> or scan the QR code



### **CONTACT & ENQUIRE**

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