



# 2024 SENIOR NATIONAL TEAM SELECTION PROCEDURES

*2024 World Rowing Championships  
August 18 – 25, 2024  
St Catharines, Canada*



**USRowing**

[www.USRowing.org](http://www.USRowing.org)

## Table of Contents

---

Eligibility Requirements	Page 3
Anti-Doping	Page 4
Important Dates	Page 5
USRowing Competitive Standard Times	Page 6
Selection Procedures	Page 8
International Events Trials	Page 9
Funding for 2024	Page 11
Coaches and Staff	Page 12
High Performance Committee	Page 13
Additional Information	Page 14

## APPENDICES

[Appendix A – General Trial Rules](#)

[Appendix B – 4-Lane Progression System](#)

[Appendix C – 6-Lane Progression System](#)

[Appendix D – Coaches](#)

[Appendix E – Adverse Weather Policy](#)

[Appendix F – USRowing Code of Conduct](#)

[Appendix G – USRowing Athlete & Coaches Agreement](#)

[Appendix H – USRowing Policy on Personal Care Assistants and Service Dogs](#)

[Appendix I – Removal and Replacement of a Team Member](#)

## Eligibility Requirements

---

The USRowing World Rowing Championships selection process is open to all athletes who meet all the following criteria. Athletes must comply with these criteria through the date of the completion of the World Rowing Championships:

- a) Athlete must be Championship Member of USRowing and be in good financial and other standing with USRowing.
- b) Athlete must have current Safe Sport training.
- c) Athlete, age 18 and older, must complete and pass a background check or have a valid background check on file upon invitation to selection camp or nomination to the team.
- d) Athlete must adhere to the [USRowing ECG & Pre-Competition Health Screening Policy](#).
- e) Athlete must meet eligibility rules to compete for the United States under IOC, USOPC and World Rowing governance.
- f) Athlete must hold United States citizenship at the time of selection. Athlete must hold a valid U.S. passport at the time of selection. A passport is considered valid if it meets the validity requirements of the nation hosting the World Championships.
- g) Athlete must abide by the 2024 Senior National Team Selection Procedures and the USRowing Bylaws, Rules of Rowing, and other USRowing rules, requirements, and regulations.
- h) Athlete must have read and sign a copy of the 2024 [USRowing Athlete & Coaches Agreement \(Appendix G\)](#).

## Anti-Doping

---

All athletes participating in selection for the United States National Team must be in compliance with WADA (World Anti-Doping Agency), United States Anti-Doping Agency (USADA), IOC, USOPC, World Rowing and USRowing rules, decisions, policies, and procedures relating to banned substances, including but not limited to obtaining and maintaining current therapeutic use exemptions as needed. USRowing may implement additional eligibility requirements related to banned substances as necessary in order to maintain compliance with WADA, USADA, IOC, USOPC, World Rowing and USRowing rules, policies, and procedures; any such additional requirements will be incorporated herein and published as soon as practicable.

Athletes who violate WADA, USADA, IOC, USOPC, World Rowing, or USRowing rules, decisions, policies, or procedures relating to banned substances will be subject to penalties as established by the respective organization. Athletes are responsible for checking any medication they are taking and making sure the medication is not on the banned list. A complete guide to banned substances is available on the USADA's website: <https://www.usada.org>.

## Important Dates

---

**International Events Trials: LM1x, LW1x, LM2-, LW2 -, LM4x, LW4x**

July 5-7, 2024

West Windsor, NJ

**World Rowing Championships**

August 18 – 25, 2024

St Catharines, Canada

## USRowing Competitive Standard Times

The purpose of the selection procedures is to select athletes and crews to represent the United States at the World Rowing Championships. In order to ensure that all selected crews meet the level to be representatives of our country minimum time standards are part of the selection procedures.

Rowing has no official world records. For the Elite level World Rowing registers World Best Times during all World Rowing events (World Cups, Continental and World Championships, Olympics). These times are not called 'records' because of the variations rowers experience in wind, water temperatures and flow. For Under 23 and Under 19 World Rowing only registers World Rowing Championships Best Times.

<i>Event</i>	<i>World Best Time – Elite</i>		<i>W.Ch. Best Time – U23</i>		<i>W.Ch. Best Time – U19</i>	
<b>M8+</b>	2017	5:18.68	2018	5:22.48	2022	5:33.43
<b>M4-</b>	2012	5:37.86	2017	5:44.38	2018	5:47.73
<b>M2-</b>	2012	6:08.50	2022	6:19.99	2018	6:27.91
<b>M4+</b>	1991	5:58.96	2022	6:02.90	2006	6:11.96
<b>M4x</b>	2021	5:32.03	2011	5:39.62	2018	5:46.49
<b>M2x</b>	2014	5:59.72	2017	6:07.57	2018	6:18.19
<b>M1x</b>	2017	6:30.74	2019	6:42.97	2018	6:45.45
<b>W8+</b>	2021	5:52.99	2017	6:00.13	2022	6:12.16
<b>W4-</b>	2014	6:14.36	2017	6:26.62	2022	6:32.76
<b>W2-</b>	2021	6:47.41	2022	6:58.41	2018	7:15.53
<b>W4+</b>	1986	6:43.86	2022	6:44.15	2022	6:52.84
<b>W4x</b>	2021	6:05.13	2022	6:18.30	2018	6:23.85
<b>W2x</b>	2014	6:37.31	2018	6:47.03	2022	6:57.40
<b>W1x</b>	2002	7:07.71	2022	7:24.89	2018	7:31.50
<b>LM2-</b>	2014	6:22.91	2016	6:26.47	-	-
<b>LM4x</b>	2014	5:42.75	2022	5:45.42	-	-
<b>LM2x</b>	2021	6:05.33	2017	6:13.62	-	-
<b>LM1x</b>	2018	6:41.03	2017	6:46.34	-	-
<b>LW2-</b>	1997	7:18.32	2022	7:17.42	-	-
<b>LW4x</b>	2014	6:15.95	2017	6:25.96	-	-
<b>LW2x</b>	2023	6:40.47	2023	6:50.13	-	-
<b>LW1x</b>	2022	7:23.36	2022	7:24.59	-	-

World Best Times are helpful for developing standards. In order to determine fair and comparable standards across the events there are more criteria to take into consideration. The USRowing Competitive Standard Times (CST) for the Elite events are developed based

upon three elements:

- Registered World Best Times;
- Theoretical calculation of the relative speed for each event based on the assumed power and weight of the World Class athletes and the drag of the boat;
- Statistical analysis of historical data of Olympics, World Rowing Championships and World Cups since 1997: average winning times, relative time per event in relation to M8+ for men and W8+ for women, relative time per lightweight event in relation to the open equivalent, spread in finals, trend per event over the last Olympic cycle.

For the U23 and U19 events the World Rowing U23/U19 Championships Best Times are not used for determining the standard times. In some cases, the best times are set by exceptional athletes who are also competing at elite level. Furthermore, the age categories are part of the pathway, so the standard should reflect this. USRowing uses internationally accepted percentages relative to the elite level that are supported by research and statistical analysis: 97% for U23 open events, 98% for U23 lightweight events and 95% for U19 events.

<i>Event</i>	<i>USA Elite CST</i>		<i>USA U23 CST</i>		<i>USA U19 CST</i>	
	<i>Time</i>	<i>% M8+</i>	<i>Time</i>	<i>% Elite M</i>	<i>Time</i>	<i>% Elite M</i>
M8+	5:19.0	100.0%	05:28.9	97.0%	05:35.8	95.0%
M4-	5:39.0	94.1%	05:49.5	97.0%	05:56.8	95.0%
M2-	6:10.0	86.2%	06:21.4	97.0%	06:29.5	95.0%
M4+	5:53.0	90.4%	06:03.9	97.0%	06:11.6	95.0%
M4x	5:32.0	96.1%	05:42.3	97.0%	05:49.5	95.0%
M2x	6:00.0	88.6%	06:11.1	97.0%	06:18.9	95.0%
M1x	6:32.0	81.4%	06:44.1	97.0%	06:52.6	95.0%
	<i>Time</i>	<i>% W8+</i>	<i>Time</i>	<i>% Elite W</i>	<i>Time</i>	<i>% Elite W</i>
W8+	5:54.0	100.0%	06:04.9	97.0%	06:12.6	95.0%
W4-	6:16.0	94.1%	06:27.6	97.0%	06:35.8	95.0%
W2-	6:49.0	86.6%	07:01.6	97.0%	07:10.5	95.0%
W4+	6:32.0	90.3%	06:44.1	97.0%	06:52.6	95.0%
W4x	6:07.0	96.5%	06:18.4	97.0%	06:26.3	95.0%
W2x	6:38.0	88.9%	06:50.3	97.0%	06:58.9	95.0%
W1x	7:10.0	82.3%	07:23.3	97.0%	07:32.6	95.0%
	<i>Time</i>	<i>% Elite M</i>	<i>Time</i>	<i>% Elite LM</i>		
LM2-	6:21.0	97.1%	06:28.8	98.0%	-	-
LM4x	5:42.0	97.1%	05:49.0	98.0%	-	-
LM2x	6:06.0	98.4%	06:13.5	98.0%	-	-
LM1x	6:44.0	97.0%	06:52.2	98.0%	-	-
		<i>% Elite W</i>	<i>Time</i>	<i>% Elite LW</i>		
LW2-	7:10.0	95.1%	07:18.8	98.0%	-	-
LW4x	6:18.0	97.1%	06:25.7	98.0%	-	-
LW2x	6:44.0	98.5%	06:52.2	98.0%	-	-
LW1x	7:24.0	96.8%	07:33.1	98.0%	-	-

## Selection Procedures

---

As outlined below, selection to the 2024 World Rowing Championships Team will be made in one method:

### **International Events Trials and Olympic Events Trials**

LM1x, LW1x, LM2-, LW2-, LM4x, LW4x

### **2024 NATIONAL TEAM ANNOUNCEMENT**

USRowing will announce the 2024 Senior National Team no later than August 5, 2024.

## International Events Trials

---

### SELECTION PROCESS INTERNATIONAL EVENTS TRIALS

*LM1x, LW1x, LM2-, LW2-, LM4x, LW4x*

- A. The 2024 International Events Trials will follow the 6-lane progression as outlined in [Appendix C](#) of the 2024 Selection Procedures. The event will follow the rules as outlined under [Appendix A: General Trials Rules](#).
- B. For the 2024 International Events Trials time standards will be applied for the finals. The Trials Standards relate to the USRowing Competitive Standard Times (CST) for each event. The standard is 95% of CST under optimal meteorological and water conditions.

Event	CST	Standard	Event	CST	Standard
<b>LM1x</b>	6:44.0	<b>7:05.3</b>	<b>LW1x</b>	7:24.0	<b>7:47.4</b>
<b>LM2-</b>	6:21.0	<b>6:41.1</b>	<b>LW2-</b>	7:10.0	<b>7:32.6</b>
<b>LM4x</b>	5:42.0	<b>6:00.0</b>	<b>LW4x</b>	6:18.0	<b>6:37.9</b>

The Selection Panel will evaluate meteorological and water conditions and may adapt the required Trials Standards. The Selection Panel consists of an Athletes Representative, a Coaches Representative of the High Performance Committee and the USRowing Chief High Performance Officer, or their designee. The final Trials Standards will be communicated no later than one hour before the first final race at the International Events Trials. Only boats that meet the Trials Standards can declare their intent to represent the United States at the 2024 World Rowing Championships in their event.

- C. The winning boat in each event at the 2024 International Events Trials that meets the required Trials Standard can declare their intent to represent the United States at the 2024 World Rowing Championships in their event.
- D. The athlete(s) in that boat must satisfy the minimum eligibility criteria set forth on page 3 and declare their intent to compete in the 2024 World Rowing Championships in writing to the USRowing Chief High Performance Officer, or their designee, no later than four hours after the final race at the International Events Trials has been declared official.
- E. Should the winning boat’s athlete(s) decline, fail to declare their intent or fail to meet the minimum eligibility criteria set forth on page 3, the second-place finisher, if second place meets the required Trials Standard, will be given the option to declare their intent. If second place doesn’t meet the standard, also declines or fails to meet the minimum eligibility criteria, the Chief High Performance Officer reserves the right to decline to send a boat to the World Rowing Championships for the event in question.

- F. Each selected boat is required to nominate a coach who is required to travel with the crew for the length of the 2024 World Rowing Championships. Exceptions to this rule may only be granted by the Chief High Performance Officer. Nominated coaches must meet the requirements in [Appendix D – Coaches](#).
  
- G. Each selected boat, and their respective coach, are required to pay, at the trial's site, the 2024 Fees covering local travel, support, and room and board expenses.
  - a. The 2024 Fees exclude athlete(s) and coach airfare, boat and oar rental, and boat transportation costs; these costs and associated logistics are the responsibility of the athlete(s) and coach.
  - b. The 2024 Fee will be announced and posted by May 1, 2024.
  
- H. For issues and conflicts occurring during trial events the [USRowing National Team Selection Event Due Process Procedure](#) will be followed.

## **Funding For 2024**

---

All athletes and coaches attending the 2024 World Rowing Championships will be responsible for all costs. The fee will be posted May 1, 2024. The fee will not include the cost of boat rental, oars, or airfare. The fee must be paid on or before July 31, 2024.

## Coaches and Staff

---

### COACHES

Boats must propose one coach for their boat to the 2024 World Rowing Championships subject to meeting the criteria outlined in [Appendix D – Coaches](#).

The Chief High Performance Officer will select the coaches for each crew based on the following criteria no later than three days after the day of declaration. All proposed coach candidates will be evaluated according to the following criteria (listed in order of priority):

- a) Choice of and compatibility with the selected crews
- b) Demonstrated commitment to the High Performance program
- c) International coaching experience
- d) Domestic coaching experience

Once the Team is selected all coaches must abide by [Appendix D – Coaches](#).

### STAFF

The Chief High Performance Officer will select the team manager, doctor, trainers, and other related staff.

### REPLACEMENT OF AN ATHLETE OF THE SENIOR NATIONAL TEAM

In the event of a vacancy in a boat of the 2024 Senior National Team, that vacancy will be filled according to [Appendix I – Removal and Replacement of a Team Member](#).

## High Performance Committee

---

The High Performance Committee is comprised of:

Steve Whelpley – Chair, At-Large Member  
Dr. Genevra Stone – Female Athlete Representative  
Liam Corrigan – Male Athlete Representative  
Yasmin Farooq – At-Large Member  
Wyatt Allen – At-Large Member  
Catherine Starr – At Large Member

### RESPONSIBILITIES

- a) Duties related to the Trials process, as outlined in this document;
- b) Duties related to the Selection Camp process, as outlined in this document;
- c) Other duties related to athlete or coach selection or eligibility to compete, as necessary.

## Additional Information

---

### **SAFEGUARDING AGAINST HARASSMENT AND ABUSE**

In accordance to World Rowing's [Code of Ethics](#) (World Rowing Statutes, Appendix S11 – Bylaws to Article 58) USRowing is committed to safeguarding and protecting the welfare of all athletes, coaches and staff members. The High Performance Committee, in accordance with the USRowing Medical Committee, shall appoint a Safeguarding Officer for each National Team activity (Trials, Selection Camps, International Regattas).

Anyone who has a concern about a possible incident of harassment or abuse that relates to National Team activities should report it to the Safeguarding Officer. Directly affected individuals as well as third-party individuals who have witnessed a possible incident of harassment or abuse can report the incident. Any person who reports a possible incident of harassment or abuse in good faith shall not be subject to reprisal because of submitting a report; their identity shall be treated confidentially. These protections shall not apply to a person intentionally making false accusations.

Any information pertaining to an alleged incident of harassment and abuse shall be regarded as confidential and shall be shared on a strictly 'needs to know' basis with the Chair of the High Performance Committee. In particular, reports shall be treated confidentially and information (including name, date of birth, address of the concerned person or third party) shall not be disclosed, except, for example, if prior consent is given by that individual or if disclosure is necessary to protect someone from harm.

The Safeguarding Officer will, together with the Chair of the High Performance Committee identify the jurisdiction of the report. If the report is considered to relate to a criminal offence, it shall be referred to the Police and relevant authorities; If the report is considered to be outside USRowing's jurisdiction, it shall be referred to the appropriate person or organization. If the report is considered to be within USRowing's jurisdiction, they will carry out an assessment. For all cases, regardless of jurisdiction, the Safeguarding Officer shall keep the directly affected individual(s) and/or third party informed on next steps.

### **USOPC ATHLETE OMBUDSMAN**

The Athlete Ombudsman provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB/HPMO.

To contact the Athlete Ombudsman Office:

PHONE: (719) 866-5000

EMAIL: [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org)

WEBSITE: [www.usathlete.org](http://www.usathlete.org)

## **INTERNATIONAL DISCLAIMER**

These Selection Procedures are based on World Rowing and/or USRowing rules and regulations as presently known and understood. Any change in the Selection Procedures caused by a change in World Rowing and/or USRowing rules and regulations will be incorporated herein and 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.

## **PRIORITY OF WRITTEN PROCEDURES**

The terms and conditions of these written Selection Procedures shall take priority over any verbal explanation, clarification or interpretation of the Selection Procedures, and an athlete or coach relies on a verbal explanation, clarification or interpretation of these Selection Procedures at his or her sole risk. Any request or question that would involve a formal clarification or interpretation of these Selection Procedures, or that would address an issue not otherwise covered in these Selection Procedures, should be submitted to the Chief High Performance Officer at USRowing in writing, and the response to such request by USRowing must be provided in writing and must be published promptly on the USRowing website.

## **ANTI-DOPING AND SAFE SPORT VIOLATIONS**

If an athlete is alleged to have committed an anti-doping rule violation, that athlete shall remain on the Team (or remain eligible to be nominated to the Team) until: a) the athlete is provisionally suspended or declared ineligible after a hearing conducted pursuant to the U.S. Anti-Doping Agency Protocol for Olympic Movement Testing or by World Rowing; b) the athlete voluntarily accepts a provisional suspension or sanction of ineligibility; or c) the athlete voluntarily withdraws from the Team or relinquishes eligibility to be nominated to the Team.

## **SUPPORTING DOCUMENTS**

USRowing will retain all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the 2024 World Rowing Championships. Records pertaining to a specific selection process under these procedures will be made available for review to an athlete involved in such selection, upon written request to the Chief High Performance Officer.

## **QUESTIONS**

For questions regarding these procedures, you may contact the Associate Director of National Team Operations, Will Daly, [will.daly@usrowing.org](mailto:will.daly@usrowing.org).