



BRITISH CANOEING
SPRINT RACING
JUNIOR & U23 SELECTION
POLICIES 2016

Challenging Best

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SECTION 1 - OVERVIEW

The purpose of this document is to outline the 2016 policy for selection onto the British Canoeing (BC) Junior and U23 National Teams.

1. The 2016 International Panel (Selection Committee)

Since January 2005, the BC Board has been responsible for Great Britain (GBR) team selection through the formation of an International Panel (IP) for both Canoe Sprint and Canoe Slalom disciplines.

The International Panel is a separate entity from the Performance Department. The Canoe Sprint International Panel is appointed and governed by the BC Board as outlined in the BC committee regulations, which also define its remit.

IP responsibilities include:

- a) Proposing and agreeing the selection policy on an annual basis including the selection policy for the Rio 2016 Summer Olympic Games;
- b) Proposing and agreeing the selection policy for all other GBR teams;
- c) Communicating selected teams within 24 hours of IP meetings.

The core IP members for the 2016 season are detailed in Table 1 below.

All core members of the IP have voting rights at IP meetings where selection policies are reviewed.

The IP members with voting rights for selecting specific GB teams are shown in Table 1.

In the event of a tied vote the Chair of the IP has the casting vote.

Table 1: International Panel for 2016

	Role	IP Members with voting rights		
		Olympic Team/Senior Teams	Para Olympic Team	Junior and U23 Championships
Alan Williams	BC International Team Manager, Chair IP	Yes	Yes	Yes
John Anderson	BC Performance Director	Yes	Yes	Yes
Alex Nikonorov	BC Head Coach – Sprint	Yes	Yes	Yes
Roland Lawler	Sprint Racing Committee (SRC) Appointee	Yes	Yes	Yes
Steve Harris	BC Programme Manager – Para canoe	Yes	Yes	
Heather Williams	BC Talent Pathway Manager Junior and U23 meetings			Yes
Ian Wynne	BC Lead ODP Coach Junior and U23 Meetings. Plus Canoe athletes.			Yes
Paul Dimmock	Independent observer.			

NB: The Chair of the Sprint Racing Committee (SRC) may attend IP meetings as a non-voting observer.

Additional people who have specific knowledge relating to a class and BC performance staff, may be invited by the IP to attend IP meetings to advise and provide relevant evidence on performances, with reference to the published policy. These invitees do not have voting rights.

All IP members, and anyone asked to advise and provide evidence about athlete performance, must declare in writing to the IP if they have an interest (e.g. family connection or coaching involvement) with any athlete being considered for selection.

A provisional schedule of IP meetings for Junior and U23 is detailed in appendices C&D

Scheduled IP meetings will be published in February 2016.

2. Great Britain Team Olympic Development Programme competition programme objectives

The primary aim of the Junior and U23 international competition programme is to provide opportunities for athletes to develop the racing skills and experiences required to be a successful senior athlete. The emphasis will be on gaining a range of skills and experiences to prepare athletes to compete at future Olympic Games, but these experiences may not always be limited to Olympic events.

Fundamental to performing at the Olympic Games, is the ability to deliver a peak performance on a specific day. Developing the skill set to do this is central to the Olympic Development Programme and underpins our selection strategy for Junior and U23 Championship events.

Selection to these events will be based primarily around a single selection regatta, with the intention of selecting the fastest crews to represent GBR to maximise the overall performance of the Team. The selection regattas will be scheduled to enable optimum preparation for the event.

However, Sprint racing is an outdoor sport where the result of a race can be affected by environmental conditions and lane draws. Therefore, this policy recognises that a first past the post system might not always be fair or appropriate when selecting teams for International competitions.

In 2016 the primary target event for both Junior and U23 GBR teams will be the ICF World Junior and U23 Championships in Belarus.

While all Junior and U23 events provide development opportunities, the primary target event is focussed on performance delivery and is predominantly aimed at athletes of a standard to make a World Championship final. The goal is to maximise the overall performance of the Team, which will be measured by the number of medals won, and the number of events in which a GBR boat reaches an A final.

Other events including the ECA European Junior and U23 Championships will have a greater development focus, and provide opportunities for athletes at the appropriate level to gain international racing experience.

The Lead Coach for the BC Olympic Development Programme (ODP) will determine the U23 and Junior (U18) competition programme for the 2016 racing season.

SECTION 2 – SELECTION PROCESS

3. Introduction to the Selection Process

Both the quality and quantity of the international field at Junior and U23 competitions varies from competition to competition, and from event to event. Combined with varying environmental conditions, this means that it is not possible to predict the absolute performance standard required to achieve a specific finishing position.

A guide to the performance standard required to be selected for each international competition is set out in sections 5 and 6 below. This is expressed in terms of a finishing position and/or a time gap to the podium. This selection process aims to select athletes who meet these standards in the identified selection events, through a combination of objective race performance data and coaching insight.

To aid this process a Medal Winning Time (MWT) has been calculated for each event and age group. This is based on the actual gold, silver and bronze medal winning times at the last three World Junior and U23 Championships, combined with knowledge about the Championship, and expected age related progression.

This provides a guide to the performance required in good conditions to win a medal at the World Championships.

In our experience, it is not possible to assess the actual race times recorded at National Regattas against the world championship MWT's, due to the impact of the environment.

A better assessment can be achieved by correcting the National Regatta times to environmentally normalised times using the British Canoeing weather monitoring technology to help quantify the performance level, and then comparing these with the MWT's. This comparison will be used as a guide to help assess whether a crew has met the performance standard required for selection to a specific GBR team.

The IP will select GBR teams based upon those individuals and crews meeting the criteria set out in this policy. In doing so, it will consider the nominations put forward via the identified British Canoeing section coach responsible for the specific section/class together with other relevant information.

When selecting teams the IP accept its responsibility to:

- a) Implement the selection policy in accordance with the criteria set out for each competition, and in accordance with the overall goal(s) for that competition;
- b) Give consideration to developing athletes and provide opportunities for them to gain exposure to International competition (particularly for non-Olympic events);
- c) As appropriate, take into account an athlete's improvement throughout the season, recent winning performances alone may not always guarantee automatic selection;
- d) Restrict the number of events that eligible individuals or crews may compete in if it is considered to be in the best interest of the overall Team's aspiration.

Any additional events not detailed in this policy will be published on the British Canoeing website. www.britishcanoeing.org.uk

4. Eligibility for Selection

Any athlete wishing to be considered for selection must be a full member of BC. In addition, upon selection they must sign the BC Athlete Agreement and must comply with BC, International Canoe Federation (ICF), and European Canoe Association (ECA) rules and regulations.

NOTE: An athlete is not allowed to race for two Nations in the same year. Athletes who are not British passport holders must have been released from their own National Federation.

5. 2016 U23 Competitions

5.1. 2016 U23 World Championships (Minsk, Belarus July 28-31)

The overall goals for the Championships are to win medals for GBR and to maximise the number of GBR boats reaching A finals.

Selection for the 2016 GBR U23 World Championships Team will be made from:

- U23 athletes who are still in contention for 2016 Olympic selection at the June National Regatta, by virtue of being a holder or challenger in any event (as defined in the 2016 Sprint Racing Olympic Selection Policy) and who are not subsequently nominated for the Olympic Team;
- U23 athletes selected to the 2016 Senior European Championship Team;
- Single and crew boat performances delivered primarily at the June 4-5 2016 National Regatta.

Boats need to demonstrate the potential to finish in the A final at the 2016 U23 World Championships. These standards are outlined below:

- For singles events: athletes must demonstrate the potential to achieve a corrected time of U23 MWT + 4% (See Appendix A.)*
- For crew boats: crews must demonstrate the potential to achieve a corrected time of U23 MWT + 4% (See Appendix A).

* It is recognised that there is a five year age range in the U23 age group. To help aid the transition from Junior (U18) to U23 Championship racing for athletes who show potential to achieve future international senior success, the performance standard will be relaxed to the relevant U19/U20/U21/U22 MWT + 4% (See Appendix B) depending on the age of the athlete. However, athletes will only be considered in order of their actual performance recorded, irrespective of their age. i.e. a slower athlete will not be selected ahead of a faster, older athlete, because they have met their age %MWT.

Where a nominated crew does not compete at the June National Regatta, due to it consisting of athletes selected to the European Senior Team or those who were contesting Olympic selection at the June Regatta, the section coach must provide evidence to support the crew's compatibility and potential to achieve an A final result, and the rationale for the nominated crew combination versus any U23 crew which competed at the June Regatta. This evidence does not need to be from National Regatta performances.

The U23 crew boat combinations to be entered by British Canoeing to race at the June National Regatta will be confirmed following the May National Regatta. These will be formed based on an assessment of athletes' crew boat skill and ability, demonstrated in competitions and training camps/week-ends from Jan 1st 2016.

In the event that exceptionally adverse environmental conditions or other unexpected circumstances significantly affect the results in any race at the June 4-5 2016 National Regatta, the IP will consider performances from the May 7-8 2016 National Regatta.

Additional boats may be added to the Team following the European U23 Championships if their performances at the European U23 Championships demonstrate the potential to finish in the A Final at the 2016 U23 World Championships.

5.2. 2016 U23 European Championships (Plovdiv, Bulgaria July 14-17 2016)

The overall goal for the Championships is to maximise the number of GBR boats reaching A and B finals.

Selection for the 2016 GBR U23 European Championships Team will be made primarily from single and crew boat performances at the June 4-5 2016 National Regatta:

- The minimum performance standard for consideration in a single or crew boat selection is U23 MWT + 7% in Olympic* events (See Appendix A);
- Athletes or crews who achieve the minimum performance standard in an Olympic event can be nominated for non-Olympic events if they have raced that event at the June National Regatta, or 2015 Senior European Championships.

* Includes WC1 200m & WC1 500m

The U23 crew boat combinations to be entered by British Canoeing to race at the June National Regatta will be confirmed following the May National Regatta. These will be formed based on an assessment of athletes' crew boat skill and ability, demonstrated in competitions and training camps/week-ends from Jan 1st 2016.

In the event that exceptionally adverse environmental conditions or other unexpected circumstances significantly affect the results in any race at the June 4-5 2016 National Regatta, the IP will consider performances from the May 7-8 2016 National Regatta.

5.3. U23 Minor Internationals

Other minor international competitions may be added to the 2016 programme, e.g. the Piestany International Regatta.

Athletes may be asked to contribute to, or pay in full, the cost of their participation in U23 Minor International competitions.

6. 2016 Junior Competitions

6.1. Piestany International Regatta (minor international: development focus) May 26 – 29 2016)

The goal of this competition is to provide an international racing opportunity for Junior athletes, in a GBR Team environment.

A squad of up to 20 athletes will be selected to the 2016 GBR Piestany Regatta Team from K1/C1 performances at the May 7-8 2016 National Regatta. These standards are outlined below:

- The minimum performance standard to be considered for selection is U18 MWT + 10% in an Olympic singles event.
- U17 and younger athletes who are within 7% of the U17/U16 MWT pathway time may be considered in preference to older faster athletes (See Appendix A).
- Crew boats will be formed based on an assessment of athletes' crew boat skill and ability demonstrated at the May 7-8 2016 National Regatta and at training camps/week-ends from Jan 1st 2016.

In the event that exceptionally adverse environmental conditions or other unexpected circumstances significantly affect the results in any race at the May 7-8 2016 National Regatta, the IP will consider performances from the April 9-10 2016 National Regatta.

6.2. 2016 Junior World Championships (Minsk, Belarus July 28-31)

The overall goals for the Championships are to win medals for GBR, and to maximise the number of GBR boats reaching A finals.

Selection for the 2016 GBR Junior World Championships Team will be made from single and crew boat performances primarily at the July 2-3 2016 National Regatta.

Performances at the May or June National Regatta of a standard which demonstrate the potential to win a medal at the World Junior Championships, in that specific event, will also be considered.

As a guide boats must demonstrate the potential to finish in the A Final at the 2016 Junior World Championship. These standards are outlined below.

- For singles events: athletes must demonstrate the potential to achieve a corrected time of U18 MWT + 4% (See Appendix A.).
- For crew boats: crews must demonstrate the potential to achieve a corrected time of U18 MWT + 4% (See Appendix A).

The junior crew boat combinations to be entered by British Canoeing to race at the July National Regatta will be confirmed following the June National Regatta. These will be formed based on an assessment of athletes' crew boat skill and ability, demonstrated in competitions and training camps/week-ends from Jan 1st 2016.

In the event that exceptionally adverse environmental conditions or other unexpected circumstances significantly affect the results in any race at the July 2-3 2016 National Regatta, the IP will consider performances from the June 4-5 2016 National Regatta.

6.3. 2016 Junior European Championships (Plovdiv, Bulgaria July 14-17 2016)

The purpose of the 2016 Junior European Championships is to provide an international championships experience to athletes just below the level to be selected for the World Junior Championships, and to support the preparation of the best GBR athletes to challenge for medals at the 2016 World Junior Championships.

The timing of the 2016 European Junior Championships relative to the 2016 World Junior Championships means that athletes selected for the World Championships will not automatically be selected to the European Championships too. This will be considered on a case by case basis and depend on whether the European Championships is more likely to enhance or compromise a crew's preparation for a peak performance at the World Championships. The athlete and coach will be consulted, although the final decision on whether to nominate a crew for both events rests with the Lead Olympic Development Coach.

Selection for the 2016 GBR Junior European Championships Team will be made from single and crew boat performances primarily at the July 2-3 2016 National Regatta to athletes who demonstrate the ability to finish in the top 18 (B final) at the Championships.

- a) The minimum performance standard for consideration in a single or crew boat selection is U18 MWT + 7% in Olympic* events (See Appendix A).
- b) Athletes or crews who achieve the minimum performance standard in an Olympic event can be nominated for non-Olympic events if they have raced that event at the July National Regatta

* Includes WC1 200m & WC1 500m

The junior crew boat combinations to be entered by British Canoeing to race at the July Regatta will be confirmed following the June Regatta. These will be formed based on an assessment of athletes' crew boat skill and ability, demonstrated in competitions and training camps/week-ends from Jan 1st 2016.

In the event that exceptionally adverse environmental conditions or other unexpected circumstances significantly affect the results in any race at the July 2-3 2016 National Regatta, the IP will consider performances from the June 4-5 2016 National Regatta.

6.4. 2016 Olympic Hopes Regatta (Minor International) (September 30- October 2)

The goal of this competition is to provide an international racing opportunity for U17 athletes in a GBR Team environment.

A squad of up to 20 athletes will be selected from K1/C1 performances at the July 2-3 2016 National Regatta. The minimum performance standard for consideration is +10% of the relevant U15/U16/U17 MWT (See Appendix B).

U17, U16, and U15 athletes selected to the 2016 GBR Junior World Championships Team will not be eligible for selection to the 2016 Olympic Hopes Regatta Team.

Crew boats will be formed based on an assessment of athletes' crew boat skill and ability as demonstrated at the Olympic Hopes Team Preparation Camp in August 2016.

In the event that exceptionally adverse environmental conditions or other unexpected circumstances significantly affect the results in any race at the July 2-3 2016 National Regatta, the IP will consider performances from the June 4-5 2016 National Regatta.

Except for extenuating circumstances, all athletes selected for the 2016 GBR Olympic Hopes Regatta Team must attend the pre-competition training camp.

6.5. Note: (for all Junior Team selections)

If an athlete or crew is unable to compete in the primary selection regatta for any reason, and wishes their performances from the previous National Regatta to be considered, they must apply in writing to the Chair of the IP by the Friday before the earlier Regatta (e.g. an athlete unable to compete in the July Regatta, which is the primary selection race for the World Junior Championships, and wishes their June Regatta results to be considered instead, must apply by Friday 3rd June), providing the reasons why they are unable to compete at the primary Regatta.

7. World Student Games/Championships (Mexico, September 23-25 2016)

Student competitions come under the auspices of British Universities & College's Sport. Athletes wishing to be considered for these teams must seek approval from their National Governing Body. In the first instance they should notify the British Canoeing Talent Pathway Manager.

Final entries will be at the discretion of the British University & College Sports Association. Athletes are encouraged to approach their College or University for funding.

Please refer to the separate policy for the 2016 World University Championships.

SECTION 3 - GENERAL INFORMATION – APPLICABLE TO ALL G.B. TEAMS

8. Selection and De-selection

8.1. Injury/Illness & Proof of Fitness

The IP reserve the right not to nominate (or to de-select) any athlete(s) from any identified race(s) or competitions on the basis of injury/illness, lack of commitment to training or lack of fitness. Such decisions will only be taken following consultation with appropriate coaches and/or medical reports.

9. Mitigating Circumstances

Should an athlete fall ill or suffer injury during, or prior to, elements of the 2016 selection process; or in any other mitigating circumstances, the IP reserves the right to provide an opportunity for such a crew to compete and challenge for selection. In the case of illness or injury, certified details must be provided in writing to the chair of the IP prior to the scheduled IP selection meeting. Where there are other mitigating circumstances, certified details must be provided to the IP no later than 12 hours prior to a scheduled selection event.

In the case of an incident occurring during racing then details must be provided in writing to the chair of the IP within two hours following the specific race in which the incident occurred.

After examination of the relevant details, the IP may identify a single race opportunity where the identified boat/crew may compete for a place at a specific international competition. The IP has the sole discretion to invoke this clause where required.

10. Contingency

The BC Lead Olympic Development Coach may delegate responsibility for assessing environmental conditions and make recommendations in regards to the scheduling of assessment races. Should conditions threaten the scheduled racing, the IP reserves the right to amend the race format/schedule in to ensure fair racing.

Possible amendments to race schedules include, but are not limited to:

- Early morning or evening racing;
- Taking results from heats;
- Reducing start intervals;
- Changing the location of racing.

11. Notification of Selection

Notification following selection will be carried out using the procedure below.

- **CONFIDENTIAL** - The Chairman of the IP will assign members of the panel to inform the relevant Section Coaches of selected athletes stating the relevant criteria under which they have been selected. In cases where athletes achieving minimum performance standards are not selected, the IP will also communicate such decisions to Section Coaches.
- **CONFIDENTIAL** – Upon IP notification, the relevant Section Coaches must inform selected and non-selected athletes of their selection status stating the relevant criteria under which they have been selected (not selected). Section Coaches and all informed athletes must not publicise selection decisions in the press or via social media until publication by British Canoeing.
- **CONFIDENTIAL** - An email from British Canoeing will be sent to athletes confirming their selection to relevant GBR Teams on the first working day following an IP meeting.
- **PUBLICATION:** GBR Teams will be published by British Canoeing on the third working day following an IP meeting.

12. Funding

All GBR Team selections are subject to available finance. Funding will influence the size and the number of athletes selected for each International event. Athletes may be required to contribute financially towards an event. The amount of any contribution will be determined by British Canoeing.

13. Appeals

An athlete may appeal their non-selection by BC only in cases where the IP does not adhere to the 2016 British Canoeing Sprint Racing Junior and U23 Selection Policies.

An athlete who is unhappy with an IP decision in the first instance should contact the Chair of the International Panel.

Formal appeals must be made within 48hrs of notification of being informed by the relevant section or class coach, and must be sent to the BC Chief Executive who will determine whether there are reasonable grounds for appeal. If there are reasonable grounds to appeal the Investigations Officer will convene a panel to consider the appeal within 7 days.

The BC Dispute Resolutions Policy was approved by the BC Board in 2007. A copy of this policy is available on request from the Chair of the International Panel alan.williams@britishcanoeing.org.uk, or via the British Canoeing website.

There is no appeal process for athletes de-selected under rule 14 below.

14. Anti-doping

Athletes must be compliant with the BC anti-doping policy at all times. The BC anti-doping policy can be viewed at:

<http://www.britishcanoeing.org.uk/olympic-paralympic/how-we-work/anti-doping>

Appendix A: Average World Championship Medal Winning Times MWT (2013-15)

	U23 Team			U18 Team			
	MWT	4% Worlds Team	7% European team	MWT	4% Worlds Team	7% European team	10% Piestany Team
MK1 200	34.87	36.26	37.31	36.01	37.45	38.53	39.61
MK1 1000	03:30.9	03:39.3	03:45.6	03:35.1	03:43.7	03:50.1	03:56.6
MK2 200	32.08	33.36	34.33	33.24	34.57	35.57	36.56
MK2 1000	03:13.0	03:20.7	03:26.5	03:18.0	03:25.9	03:31.9	03:37.8
MK4 1000	02:57.4	03:04.5	03:09.9	03:01.5	03:08.8	03:14.2	03:19.7
MC1 200	39.10	40.66	41.84	40.57	42.19	43.41	44.63
MC1 1000	03:53.0	04:02.3	04:09.3	03:56.1	04:05.6	04:12.7	04:19.8
MC2 1000	03:36.2	03:44.8	03:51.3	03:40.8	03:49.7	03:56.3	04:02.9
WK1 200	40.65	42.28	43.50	42.02	43.70	44.96	46.22
WK1 500	01:53.7	01:58.2	02:01.6	01:57.2	02:01.9	02:05.4	02:08.9
WK2 500	01:44.4	01:48.6	01:51.7	01:48.3	01:52.7	01:55.9	01:59.2
WK4 500	01:34.1	01:37.9	01:40.7	01:37.3	01:41.2	01:44.1	01:47.0
WC1 200	48.18	50.11	51.55	49.36	51.33	52.82	54.30
WC1 500	2.15.1	2.20.4	2.24.7	2.18.8	2.24.4	2.28.5	N/A

Appendix B: Age related % Medal Winning Times (%MWT)

MK1 200

Age	MWT	MWT + 4%	MWT + 7%	MWT + 10%
15	00:37.0	00:38.5	00:39.6	00:40.7
16	00:36.6	00:38.1	00:39.2	00:40.3
17	00:36.3	00:37.8	00:38.9	00:39.9
18	00:36.0	00:37.4	00:38.5	00:39.6
19	00:35.8	00:37.2	00:38.3	00:39.4
20	00:35.6	00:37.0	00:38.1	00:39.2
21	00:35.4	00:36.8	00:37.9	00:38.9
22	00:35.2	00:36.6	00:37.7	00:38.7
23	00:34.9	00:36.3	00:37.3	00:38.4

MC1 200

Age	MWT	MWT + 4%	MWT + 7%	MWT +10%
15	00:41.7	00:43.4	00:44.7	00:45.9
16	00:41.1	00:42.7	00:43.9	00:45.2
17	00:40.8	00:42.4	00:43.6	00:44.8
18	00:40.6	00:42.2	00:43.4	00:44.7
19	00:40.6	00:42.2	00:43.4	00:44.7
20	00:40.3	00:41.9	00:43.1	00:44.3
21	00:39.8	00:41.4	00:42.6	00:43.8
22	00:39.4	00:41.0	00:42.2	00:43.3
23	00:39.1	00:40.7	00:41.8	00:43.0

MK1 1000

Age	MWT	MWT + 4%	MWT + 7%	MWT + 10%
15	03:39.0	03:47.7	03:54.3	04:00.9
16	03:37.8	03:46.5	03:53.0	03:59.6
17	03:36.2	03:44.8	03:51.3	03:57.8
18	03:35.1	03:43.7	03:50.2	03:56.6
19	03:34.8	03:43.4	03:49.8	03:56.3
20	03:34.3	03:42.9	03:49.3	03:55.7
21	03:33.4	03:41.9	03:48.3	03:54.7
22	03:32.4	03:40.9	03:47.3	03:53.6
23	03:30.9	03:39.3	03:45.7	03:52.0

MC1 1000

Age	MWT	MWT + 4%	MWT + 7%	MWT +10%
15	04:08.6	04:18.5	04:26.0	04:33.4
16	04:02.0	04:11.7	04:19.0	04:26.3
17	03:57.1	04:06.6	04:13.7	04:20.8
18	03:56.1	04:05.5	04:12.6	04:19.7
19	03:56.0	04:05.4	04:12.5	04:19.6
20	03:55.0	04:04.4	04:11.4	04:18.5
21	03:55.0	04:04.4	04:11.4	04:18.5
22	03:54.0	04:03.4	04:10.4	04:17.4
23	03:53.0	04:02.3	04:09.3	04:16.3

WK1 200

Age	MWT	MWT + 4%	MWT + 7%	MWT + 10%
15	00:45.1	00:46.9	00:48.2	00:49.6
16	00:44.0	00:45.8	00:47.1	00:48.5
17	00:43.0	00:44.8	00:46.0	00:47.3
18	00:42.0	00:43.7	00:44.9	00:46.2
19	00:41.9	00:43.6	00:44.8	00:46.1
20	00:41.7	00:43.4	00:44.6	00:45.9
21	00:41.4	00:43.1	00:44.3	00:45.5
22	00:41.0	00:42.6	00:43.9	00:45.1
23	00:40.7	00:42.3	00:43.5	00:44.8

WK1 500

Age	MWT	MWT + 4%	MWT + 7%	MWT + 10%
15	02:02.3	02:07.2	02:10.9	02:14.6
16	02:00.1	02:04.9	02:08.5	02:12.1
17	01:58.8	02:03.6	02:07.2	02:10.7
18	01:57.2	02:01.9	02:05.4	02:08.9
19	01:56.1	02:00.7	02:04.2	02:07.7
20	01:55.6	02:00.2	02:03.7	02:07.2
21	01:55.1	01:59.7	02:03.2	02:06.6
22	01:54.4	01:59.0	02:02.4	02:05.8
23	01:53.7	01:58.2	02:01.7	02:05.1

WC1 200

	MWT	MWT + 4%	MWT + 7%	MWT + 10%
15	00:51.3	00:53.4	00:54.9	00:56.5
16	00:50.4	00:52.4	00:53.9	00:55.4
17	00:49.8	00:51.8	00:53.3	00:54.8
18	00:49.4	00:51.4	00:52.9	00:54.3
19	00:49.7	00:51.7	00:53.2	00:54.7
20	00:49.4	00:51.4	00:52.9	00:54.3
21	00:49.1	00:51.1	00:52.5	00:54.0
22	00:48.7	00:50.6	00:52.1	00:53.6
23	00:48.2	00:50.1	00:51.6	00:53.0

Appendix C. U18 Competitions and Assessment 2016

International competition/assessment	Age Group	Events or Criteria for Assessment	Proposed dates for I.P. selection meeting.
Piestany International May 26 - May 29	U16/U18	May National Regatta	May 10 th 2016
Junior European Championships, Plovdiv, Bulgaria July 14-17	U18	Primary July National Regatta with consideration of performances in the June National Regattas on application	July 5 th 2016
Junior World Championships Minsk, Belarus, July 28-31	U18	Primary July National Regatta with consideration of significant performances in the May and June National Regattas.	July 5 th 2016
Olympic Hopes September 30- October 2	U15/U16/U17	July National Regatta	July 6 th 2016

Appendix D. U23 Competitions and Assessment 2016

International competition/assessment	Age Group	Events or Criteria for Assessment	Proposed dates for I.P. selection meeting.
U23 European Championships, Plovdiv, Bulgaria July 14-17	U23	June National Regatta	June 7 th 2016
U23 World Championships Minsk, Belarus, July 28-31	U23	June National Regatta, and athletes contesting Olympic selection or selected to the 2016 Senior European Championship Team	June 7 th 2016