

**Row Ontario**  
**2025 Canada Cup Regatta**  
Team Ontario Selection Guidelines



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## **OVERVIEW**

This Selection Guidelines document was drafted and prepared by Row Ontario (RO) and will come into effect immediately upon publication on the RO website on May 2, 2025. RO may also communicate and distribute this Selection Guidelines to relevant athletes through other channels available to the athletes. RO reserves the right to amend this document for changes imposed by parties external to RO or for changes that become necessary due to typographical error or a lack of clarity in a definition or wording.

Any changes made by RO are deemed to come into effect immediately upon publication on the RO website. Additional publication of the amended Selection Guidelines will be made by whatever means and wherever the original Selection Guidelines was published. RO will communicate changes directly to targeted athletes who have completed the 2025 Expression of Interest form.

## **PREFACE**

The Canada Cup Regatta aims to showcase Canadian rowing in a sprint format that creates athlete participation through an exciting race program. Each participating province can bring a maximum team of 17 athletes – 8 male, 8 female, and 1 coxswain of either gender. The regatta features singles, doubles, pairs, fours, and mixed-gender quads and eights competing over distances of 500m to 2000m.

## **OBJECTIVE**

The objective of the Canada Cup Regatta (CCR) Selection Guidelines is to select athletes and crews (which shall include coxswains and single scullers) that have the potential to support and facilitate the success of Team Ontario, Canada Cup Regatta Rowing Team – London 2025.

## **SELECTION METHOD RATIONALE**

The format of the Canada Cup allows selected athletes to train together after Henley prior to racing. This time can be used to solidify lineup and event coordination. By using existing races to assess boat speed we;

- Keep athletes in their clubs training
- Keep costs as low as possible by avoiding travel for selection camp

## **ELIGIBILITY REQUIREMENTS**

All athletes wishing to be considered for selection must satisfy all the following requirements:

a) General Eligibility Requirements

All athletes selected to Team Ontario must be registered and be in good standing with the Canadian Association of Amateur Oarsmen (CARA), which operates under the name Rowing Canada Aviron (RCA).

b) Age Eligibility Requirements

Under 21: **Born in 2005 or later.** A rower or coxswain is classified as Under 21 until December 31st of the year in which they reach the age of 20.

c) Athlete Expression of Interest

All interested athletes (Rowers and Coxswains) are required to complete the “Athlete Expression of Interest” form at the below link. Athletes that attain RCA selection (U23 World Championship Team or U19 World Championship Team) must indicate their commitment to compete for Team Ontario as well. The submission deadline for the Athlete Expression of Interest form is July 1st , 2025 no later than 11:59pm EST.

Athlete Expression of Interest Form - <https://www.rowontario.ca/eoi-ccr/>

## SELECTION CRITERIA

Rowing athletes that have met all eligibility requirements will be considered using the following criterion:

- Coach verified 2k ergometer performance – Test executed between Mar 1<sup>st</sup> & Jun 30<sup>th</sup>, 2025
- Racing performance in one of either the 1x or 2- events at the 2025 RowOn Championships Regatta. Both Time Trial and Finals results will be used in the assessment of rowing speed. NOTE: For athletes racing in 2-’s, both people must meet the age eligibility requirements.

Ontario based rowing athletes must attend the RowOn Championships. Rowing athletes that have met all eligibility requirements and are living/training in another province must submit a request to be exempted from the RowOn Championships. The request must include an alternative regatta for the assessment of rowing speed in the same events as above. The alternate regatta must not take place later than July 20th, 2025.

### **EXAMPLE: Rowing BC Provincial Championships (W1x, M1x, W2-, M2-)**

Athletes that are selected the U23 World Championship Team and have indicated in their EOI a commitment to compete for Team Ontario are exempt from selection and named to the team.

Coxswains that met all the eligibility requirements will be considered using the following criterion:

- Club/Home coach recommendation on steering, racing and leadership abilities
- Coxswain CV
- Coxswain race recording

All applications for coxswains must be received no later than July 21<sup>st</sup>, 2025.

## **2025 ATHLETE AGREEMENTS**

All athletes that are named to Team Ontario will be required to complete a Row Ontario Athlete Agreement.

## **ATHLETE FEES**

A schedule of all deposits and assessment fees for the Canada Cup Regatta will be published as soon as all host and team related fees are finalized. We do not anticipate fees to exceed \$2000.00. Financial assistance may be available on a case by case basis.

## **SELECTION AUTHORITY**

Selection authority rests with the Row Ontario Canada Cup Selection Panel. The Panel consists of

Phil Marshall, Row Ontario Performance Director,  
Sandra Farwell, Row Ontario Head Coach TID & Talent Transfer, and  
Andrew Backer, Row Ontario CEO.

Panelists will review all information on all applicants and announce the team by **Thursday, July 24<sup>th</sup>, 2025**.

## **SPECIAL CIRCUMSTANCES**

Due to the timing of the submission data, the selection event, and the competition, there will be no special circumstances (injury/illness exemptions).

## **APPEAL PROCESS**

Decisions made pursuant to these Selection Guidelines document may be appealed in accordance with the RO Appeals Policy located on the Row Ontario website.