

How Alberta's Canada Games Rowing team will be selected:

All athletes declaring an intent in writing to compete at the 2009 Canada Summer Games are expected to compete at other club/provincial regattas throughout 2008 and 2009 regattas to gain increased racing experience. The coaching staff will use the results from the 2008 and 2009 regatta calendar (including ergometre testing) to extend a formal invite requesting the attendance of the top 16 women and top 16 men in Alberta to a selection camp in Calgary, Alberta on a weekend. The selection camp will be on a weekend when there are no regattas scheduled. Invites will be issued by the Head Coach a minimum of four weeks prior to the start of the selection camp.

Selection Camp

The main objective of any selection camp is to find the fastest people for a team, and then sort amongst that group to find the fastest crews.

Alberta's selection camp is designed to use performance in boats as the final decider as to who makes the team and who doesn't. The process is meant to be fair and objective, based on time on a rowing course in the smallest denominator possible. Scullers are selected on single and double performance. A number of 1250 m time trials will be raced and the time added together to provide a final overall ranking. The number of time trials used within the selection camp is at the discretion of the head coach but will be made known to the athletes 48 hours prior to the start of the actual camp.

Sweep rowers are selected on pair performance via a pair matrix. As done by AB Rowing, candidates row boats from the same maker, of similar age/design, that are rigged as closely as possible to the same, with the steering foot in the stroke seat. The stroke for each boat stays with the boat for a series of selection races, and the bow persons switch from pair to pair until every stroke has raced the course with every bow. The boats race in time trial format, starting about 30 seconds apart. The start order for each boat is "planned random", in the attempt to avoid what statisticians people call "order effects". Each stroke should row in each start position of a series of races one time. (see the sample from a 4-boat set of seat races, below)

COXLESS PAIRS TIME TRIAL FOUR BOATS				Times	1500 m	CSG 2005	Cdn Std		
TEMPLATE				made up.	standards	racing 1000			
Date	sometime	Location	anywhere	with a tailwind	2000 m				
Men Pair				06:14.0					
				1500 m Std					
Race 1	Seat	Name	Start	Finish	Elapsed	Rank	Diff to First	Percent	04:40.5
Boat1	Stroke	Port1	20:30.5	25:31.6	05:01.1		00:04.9	93.2%	04:40.5
	Bow	Starboard1							
Boat2	Stroke	Port2	21:00.4	26:00.8	05:00.4		00:04.2	93.4%	04:40.5
	Bow	Starboard2							
Boat3	Stroke	Port3	21:30.9	26:27.1	04:56.2		00:00.0	94.7%	04:40.5
	Bow	Starboard3							
Boat4	Stroke	Port4	22:00.0	27:00.8	05:00.8		00:00.4	93.3%	04:40.5
	Bow	Starboard4							
				1500 m Std					
Race 2	Seat	Name	Start	Finish	Elapsed	Rank	Diff to First	Percent	04:40.5
Boat4	Stroke	Port4	10:20.4	15:34.1	05:13.7	3	00:13.7	89.4%	04:40.5
	Bow	Starboard1							
Boat3	Stroke	Port3	10:50.1	15:59.9	05:09.8	2	00:09.8	90.5%	04:40.5

	Bow	Starboard4							
Boat2	Stroke Bow	Port2 Starboard3	11:25.3	16:40.3	05:15.0	4	00:15.0	89.0%	04:40.5
Boat1	Stroke Bow	Port1 Starboard2	12:00.0	17:00.0	05:00.0	1	00:00.0	93.5%	04:40.5
Race 3	Seat	Name	Start	Finish	Elapsed	Rank	Diff to First	Percent	1500 m Std 04:40.5
Boat2	Stroke Bow	Port2 Starboard4	30:49.7	35:55.7	05:06.0	3	00:16.5	91.7%	04:40.5
Boat4	Stroke Bow	Port4 Starboard2	31:30.7	36:20.2	04:49.5	1	00:00.0	96.9%	04:40.5
Boat1	Stroke Bow	Port1 Starboard3	31:59.7	37:00.8	05:01.1	2	00:11.6	93.2%	04:40.5
Boat3	Stroke Bow	Port3 Starboard1	32:33.9	37:40.9	05:07.0	4	00:17.5	91.4%	04:40.5
Race 4	Seat	Name	Start	Finish	Elapsed	Rank	Diff to First	Percent	1500 m Std 04:40.5
Boat3	Stroke Bow	Port3 Starboard2	45:10.3	50:15.7	05:05.4	3	00:10.3	91.8%	04:40.5
Boat1	Stroke Bow	Port1 Starboard4	45:45.2	50:45.1	04:59.9	2	00:04.8	93.5%	04:40.5
Boat4	Stroke Bow	Port4 Starboard3	46:20.7	51:15.8	04:55.1	1	00:00.0	95.1%	04:40.5
Boat2	Stroke Bow	Port2 Starboard1	47:00.5	52:00.4	04:59.9	2	00:04.8	93.5%	04:40.5

Time Accumulations

Port Side		Race 1	Race 2	Race 3	Race 4	Accum	Difference	Rank
Port1	Total Time	05:01.1	05:00.0	05:01.1	04:59.9	20:02.1		
	Difference	00:04.9	00:00.0	00:11.6	00:04.8		00:21.3	2
Port2	Total Time	05:00.4	05:15.0	05:06.0	04:59.9	20:21.3		
	Difference	00:04.2	00:15.0	00:16.5	00:04.8		00:40.5	4
Port3	Total Time	04:56.2	05:09.8	05:07.0	05:05.4	20:18.4		
	Difference	00:00.0	00:09.8	00:17.5	00:10.3		00:37.6	3
Port4	Total Time	05:00.8	05:13.7	04:49.5	04:55.1	19:59.1		
	Difference	00:00.4	00:13.7	00:00.0	00:00.0		00:14.1	1
Starboard		Race 1	Race 2	Race 3	Race 4	Accum	Difference	Rank
Starboard1	Total Time	05:01.1	05:13.7	05:07.0	04:59.9	20:21.7		
	Difference	00:04.9	00:13.7	00:17.5	00:04.8		00:40.9	4
Starboard2	Total	05:00.4	05:00.0	04:49.5	05:05.4	19:55.3		

		Time						
	Difference	00:04.2	00:00.0	00:00.0	00:10.3		00:14.5	1
Starboard3	Total	04:56.2	05:15.0	05:01.1	04:55.1	20:07.4		
	Time							
	Difference	00:00.0	00:15.0	00:11.6	00:00.0		00:26.6	2
Starboard4	Total	05:00.8	05:09.8	05:06.0	04:59.9	20:16.5		
	Time							
	Difference	00:00.4	00:09.8	00:16.5	00:04.8		00:31.5	3

The Alberta Provincial Development Coach, Assistant Coaches, and Canada Games Staff will administer the seat racing. Final Selection will be determined by the VP Technical and approved by the Head Coach. Post seat-racing time trials may be required for certain boats.

Athletes will be notified of selection to the provincial team within 48 hours following the Seat racing trials.

Injury or Illness:

If, because of injury, illness, prohibitive causes or extenuating circumstances, an athlete is unable to meet any of the requirements in the selection procedure, that athlete may still be considered for the ARA team if they advise the VP Technical of such injury, illness, causes or circumstances as soon as possible and obtain the permission of the VP Technical to forego the relevant requirement in the selection procedure. Written evidence from a medical practitioner must be provided for injury or illness excuse from selection activities.