Svenska Roddförbundet

Senior, U23 och Para Rowing Selection Criteria 2026

The aim of the Elite, U23, and Para Rowing format is to promote, invite, and select the best athletes to participate and achieve medals in international regattas.

The National Head Coach has adopted this procedure with the objective of achieving A Finals and winning medals by representative crews at Senior, U23, and Para rowing levels/categories in international competition, in accordance with Svenska Roddförbundet directives.

Athletes and coaches will meet regularly, in line with the SR YEAR PLAN 2026, demonstrating their ability during the season's trials and suitability to perform on an ongoing basis at the level required to be competitive on the international stage.

This system aims to develop the capabilities of athletes and coaches to improve performance in the current cycle, leading to the 2028 Olympic and Paralympic Games.

Senior Focus Regattas 2026

Event	Date	Location
Copenhagen Regatta	9–10 May	DEN
Swedish Selection Regatta	30–31 May	Ryrsjön, SWE
World Cup II	1–14 June	Plovdiv, BUL
World Cup III	26–28 June	Lucerne, SUI
European Rowing Championships	1–2 August	Varese, ITA
World Rowing Championships	23–30 August	Amsterdam, NED

Observation and selection will be ongoing during the season, with the **Swedish Selection Regatta (Ryrsjön, 30–31 May)**serving as the key domestic trial event for final nomination.

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Senior and Para Rowing Selection Benchmarks

Selections for Senior and Para Rowing Championships will be based on the following criteria:

Weigh-in for Lightweights

Unless otherwise specified by the National Coach, weigh-in for lightweight athletes must be no more than **3 kg above the World Rowing maximum** (men 75.5 kg, women 62 kg) for all ergo assessments and water trials. Weights must be validated.

How to be Selected for the Senior and Para Rowing National Team

Rowers will automatically gain a trial if they meet **one** of the following targets and have completed all other selection requirements:

Competing in the following boat classes: **1x, 2x, 2-, PR1 1x**, and placing in the specified positions at the 2026 regattas:

Regatta	Date	Location
Copenhagen Regatta	9–10 May	DEN
Swedish Selection Regatta	30–31 May	Ryrsjön, SWE
World Cup II	1–14 June	Plovdiv, BUL
World Cup III	26–28 June	Lucerne, SUI

Qualification standards:

- Heavyweight Men: 1st place or within 1% of winning crew's time
- Lightweight Men: 1st place or within 1% of winning crew's time
- Heavyweight Women: 1st place or within 1% of winning crew's time
- Lightweight Women: 1st place or within 1% of winning crew's time
- PR1 1x based on time trials

The top Svenska Roddförbundet crew will be considered a top crew only when its best 2 km prog% time is **around 97% of World prognostic time**.

Performance benchmarks assume neutral environmental conditions. Adjustments may be made by the National Coach in consultation with the Landslagsledningen if necessary. Achievement of these minimum benchmarks does not guarantee selection but is the minimum requirement for consideration.

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Ergometer Benchmarks (2026)

Category	2000m Time
Heavyweight Men	5:45
Lightweight Men	6:05
Heavyweight Women	6:45
Lightweight Women	7:05

Tests must be completed **between 1 November 2025 – 31 May 2026** and validated by the athlete's club coach.

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U23 Selection Benchmarks 2026

The integrated selection system aims to strengthen club and coach collaboration, offering athletes and coaches opportunities to develop within a unified national squad framework.

Refer to the **SR YEAR PLAN 2026** for the complete season structure. Participation in required ergo tests and observation regattas remains **mandatory** for U23 athletes.

Focus Regattas (U23)

Event	Date	Location
Copenhagen Regatta	9–10 May	DEN
Swedish Selection Regatta	30–31 May	Ryrsjön, SWE
Ratzeburg U23 Regatta	6–7 June	GER
World U23 Championships	20–26 July	Duisburg, GER
European U23 Championships	4–6 September	Kruszwica, POL

Observation and selection will be ongoing, with key evaluation at **Ryrsjön (30–31 May)** and **Ratzeburg (6–7 June)**.

How to be Selected for the U23 National Team

Rowers will automatically gain a trial if they meet **one** of the following targets and have completed all other selection requirements, racing in the classes **1x, 2x, 2-**:

Regatta	Date	Location
Copenhagen Regatta	9–10 May	DEN
Swedish Selection Regatta	30–31 May	Ryrsjön, SWE
Ratzeburg U23 Regatta	6–7 June	GER

Qualification standards:

- U23 Heavyweight Men: 1st place or within 1% of winning crew's time
- U23 Lightweight Men: 1st place or within 1% of winning crew's time
- U23 Heavyweight Women: 1st place or within 1% of winning crew's time
- U23 Lightweight Women: 1st place or within 1% of winning crew's time

As with the Senior category, 97% of World prognostic time remains the threshold for top-crew consideration, with environmental adjustments at the discretion of the National Coach.

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U23 Ergometer Benchmarks (2026)

Category	2000m Time
Heavyweight Men	6:05
Lightweight Men	6:18
Heavyweight Women	7:05
Lightweight Women	7:20

Tests must be completed **between 1 November 2025 – 31 May 2026** and validated by the athlete's club coach.

Contact

Please contact¨

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