



2026 U23 NATIONAL TEAM SELECTION PROCEDURES

*2026 World Rowing Under 23 Championships
July 23 - July 26, 2026
Duisburg, Germany*



USRowing

www.USRowing.org

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Eligibility Requirements

The USRowing World Rowing Under 23 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 Under 23 Championships:

- Athlete must be born on or after January 1, 2004.
- Athlete must be Championship Member of USRowing and be in good financial and other standing with USRowing.
- Athlete must have current Safe Sport training regardless of their current age.
- Athlete over the age of 18 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.
- Athlete must complete and submit a 12 Lead ECG that is signed by a doctor or have a valid submission on file upon invitation to selection camp or nomination to the team.
- Athlete must meet eligibility rules to compete for the United States under IOC, USOPC and World Rowing governance.
- Athlete must hold United States citizenship. Athlete must hold a valid passport that meets the travel requirements of the nation hosting the World Rowing Under 23 Championships.
- Para athletes must have a US or World Rowing Sport Class classification with the status of “Review” or “Confirmed” prior to participation in World Rowing Under 23 Championship Trials.
- Athlete must abide by the 2026 U23 National Team Selection Procedures and the USRowing Code of Conduct, Bylaws, Rules of Rowing, and other USRowing rules, requirements, and regulations.
- Athlete must have read and sign a copy of the 2026 [USRowing National Team 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

Under 23 High Performance (HP) Winter Camp

USRowing will host one U23 HP Winter Camp with the purpose of identifying and developing athletes for the 2026 U23 National Team. This camp will be by invitation only and will accept applications for admittance to camp from October 1 to November 14, 2025. Athletes admitted to camp will participate in small boat training, physiological testing (lactate step test) and a U23 Winter Speed Order. USRowing will post applications through the USRowing Member Portal no later than October 1, 2025.

December 18-22, 2026 Chula Vista CA

U23 Selection Camp

June 8-July 17, 2026

Location TBD

U23 World Rowing Championship Trials

BM1x, BW1x, BM2-, BW2-, BLM1x, BLW1x, BLM2x, BLW2x, BPR3M1x, BPR3W1x

July 3-5, 2026

West Windsor, NJ

U23 World Rowing Championships

July 23-26, 2026

Duisburg, Germany

USRowing Pathways Mission

The mission of USRowing's U23 National Team is to develop young athletes who meet the highest international competitive standards, with the long-term potential to progress through USRowing's High Performance Pathways Program. Potential for future success at the Senior National Team level is valued just as much as current competitive results, ensuring an integrated approach to athlete development, and fostering continued growth towards success at the Olympic level.

USRowing Competitive Standard Times (CST)

The purpose of the selection procedures is to select qualified athletes and crews to represent the United States at the World Rowing Under 23 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>	
M8+	2017	5:18.68	2018	5:22.48	2022	5:33.43
M4-	2012	5:37.86	2017	5:44.38	2018	5:47.73
M2-	2012	6:08.50	2024	6:19.70	2018	6:27.91
M4x	2021	5:32.03	2024	5:39.53	2018	5:46.49
M2x	2014	5:59.72	2017	6:07.57	2018	6:18.19
M1x	2017	6:30.74	2024	6:42.08	2018	6:45.45
W8+	2021	5:52.99	2017	6:00.13	2022	6:12.16
W4-	2014	6:14.36	2024	6:22.29	2022	6:32.76
W2-	2021	6:47.41	2022	6:58.41	2018	7:15.53
W4x	2021	6:05.13	2024	6:15.97	2018	6:23.85
W2x	2014	6:37.31	2024	6:46.84	2022	6:57.40
W1x	2002	7:07.71	2024	7:13.69	2018	7:31.50
LM2x	2021	6:05.33	2017	6:13.62	-	-
LM1x	2024	6:39.56	2017	6:46.34	-	-
LW2x	2023	6:40.47	2024	6:41.48	-	-
LW1x	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 2001: 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 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+	5:18.00	100.0%	05:27.84	97.0%	05:34.74	95.0%
M4-	5:38.00	94.1%	05:48.45	97.0%	05:55.79	95.0%
M2-	6:10.00	85.9%	06:21.44	97.0%	06:29.47	95.0%
M4x	5:32.00	95.8%	05:42.27	97.0%	05:49.47	95.0%
M2x	6:00.00	88.3%	06:11.13	97.0%	06:18.95	95.0%
M1x	6:32.00	81.1%	06:44.12	97.0%	06:52.63	95.0%
	<i>Time</i>	<i>% W8+</i>	<i>Time</i>	<i>% Elite W</i>	<i>Time</i>	<i>% Elite W</i>
W8+	5:52.00	100.0%	06:02.89	97.0%	06:10.53	95.0%
W4-	6:14.00	94.1%	06:25.57	97.0%	06:33.68	95.0%
W2-	6:48.00	86.3%	07:00.62	97.0%	07:09.47	95.0%
W4x	6:06.00	96.2%	06:17.32	97.0%	06:25.26	95.0%
W2x	6:38.00	88.4%	06:50.31	97.0%	06:58.95	95.0%
W1x	7:10.00	81.9%	07:23.30	97.0%	07:32.63	95.0%
	<i>Time</i>	<i>% Elite M</i>	<i>Time</i>	<i>% Elite LM</i>		
LM2x	6:06.00	98.4%	06:17.32	97.0%	-	-
LM1x	6:44.00	97.0%	06:56.49	97.0%	-	-
		<i>% Elite W</i>	<i>Time</i>	<i>% Elite LW</i>		
LW2x	6:44.00	98.5%	06:56.49	97.0%	-	-
LW1x	7:24.00	96.8%	07:37.73	97.0%	-	-

Selection Procedures

As outlined below, selection to the 2026 World Rowing Under 23 Championships Team will be made in one of two methods:

U23 Selection Camp

JBM2x, BW2x, BM4-, BW4-, BM4x, BW4x, BM8+, BW8+

World Rowing Under 23 Championship Trials

BM1x, BW1x, BM2-, BW2-, BLM1x, BLW1x, BLM2x, BLW2x

2026 U23 NATIONAL TEAM ANNOUNCEMENT

USRowing will announce the 2026 U23 National Team no later than seven days after the final selection event.

U23 Selection Camp

SELECTION PROCESS U23 SELECTION CAMP

BM2x, BW2x, BM4x, BW4x, BM4-, BW4-, BM8+, BW8+

SELECTION CAMP

The following apply to both men's and women's selections.

- A. There will be approximately twenty-six athletes (including coxswains) invited to the selection camp.
- B. The objective of the camp is to select the boats and crews. Boats will be prioritized based upon competitive level in relation to the international competition.
- C. For boat classes where no crew was selected during the U23 World Rowing Championship Trials, USRowing reserves the right to select a crew for these events from the Selection Camp (BM1x, BW1x, BM2-, BW2-).
- D. Athletes will be invited to the selection camp based on the criteria listed below. Additional identified athletes may be invited after the camp begins and before the selection process starts. Criteria are listed in no particular order:
- E. Eligibility criteria (as set forth on page 3 of this document);
 - 1. Physical and physiological characteristics as outlined in the [2026 USRowing Talent Characteristics](#) document document.
 - 2. Performance in 2025-2026 National Team Testing:
 - I. **6000m** erg test completed between **October 2025 and February 2026**;
 - II. **2000m** erg test completed between **December 2025 and March 2026**;
 - 3. Performance in domestic and international competitions in 2025 and 2026;
 - 4. Performance at 2025 HP Winter Camp;
 - 5. Video submissions (for coxswains, audio submissions);
 - 6. Coach's recommendations.
- F. Selection Camp Invitation Timeline
 - 1. Application Window: **January 16-March 15, 2026**
 - 2. Initial Invitations: **February 20-March 15, 2026**
 - 3. Additional invitations may be made to athletes depending on late spring progress.
- G. Coxswains will be invited based upon recommendation of the Coxswains Panel. The Coxswains Panel consists of retired Senior National Team coxswains, the Head Coach

of High Performance Pathways, and the Lead Coaches for the camp. Candidates will apply through the link listed in [Appendix L: Coxswain Selection Procedures](#) by **February 20, 2026**. The review period will end and applicants will notified about decisions of the Coxswain Panel no later than May 1, 2026

- H. Before the start of the selection camp a document shall be published to explain the objectives of the camp, the program, the selection criteria and the selection protocols that will be used. In order to participate in the camp, the athletes have to acknowledge the document.
- I. The Head Coach of High Performance Pathways shall, in consultation with the Chief High Performance Officer, appoint a Lead Coach and an Independent Selector for the selection camp. Final selection decisions shall be the responsibility of the Selector and Head Coach of High Performance Pathways.
- J. The objective of the camp is to select the crews for the team boats based on the following factors (listed in no specific order):
 - 1. Athlete's specific technical skills for boat class and their seat;
 - 2. Athlete's absolute power and power efficiency;
 - 3. Athlete's team dynamic skills;
 - 4. Overall performance at selection camp;
 - 5. Meets minimal eligibility criteria set forth on page 3.
 - 6. For coxed events, the coxswain's weight will also be considered.
- K. Performance Requirement
 - 1. All crews selected from the U23 Selection Camp must demonstrate the ability to meet a competitive standard to be officially named to the 2026 U23 National Team.
 - 2. Crews must demonstrate competitiveness in one of two ways:
 - i. Achieve at least **95% of the published USRowing Competitive Standard Time (CST)** for their event under neutral or favorable conditions and a water temperature of 70°F (21°C) or higher; **or**
 - ii. Be **within 5% of the fastest crew among all selection camp boats** on the day the CST assessment is conducted at camp, as determined by USRowing High Performance staff and selectors.
 - iii. Crews that fail to meet either benchmark will not be named to the U23 National Team.

Event	CST	Standard	Event	CST	Standard
BM2x	6:11.13	6:30.67	BW2x	6:50.31	7:11.90
BM4x	5:42.27	6:00.28	BW4x	6:17.32	6:37.18
BM4-	5:48.45	6:06.79	BW4-	6:25.57	6:45.86
BM8+	5:27.84	5:45.09	BW8+	6:02.89	6:21.99
BPR3M1x	7:32.63	7:56.45	BPR3W1x	8:14.74	8:40.78

- L. At the conclusion of the selection camp the Lead Coach shall present the proposal to the Selector and the Head Coach of High Performance Pathways. After approval by the Selector and Head Coach of High Performance Pathways, the decisions shall be published.
- M. The selected athletes must sign and submit their declaration of intent to compete in the 2026 World Rowing Under 23 Championships to the USRowing Chief High Performance Officer, or their designee, no later than three days after publication of the selector decision.
- N. Each selected athlete will be named to the 2026 U23 National Team, provided the athlete submit their declaration of intent to compete on time and satisfy the minimum eligibility criteria set forth on page 3.

SELECTION PROCESS AT SELECTION CAMPS

Selection camps are used to determine the top athletes and the fastest combination of top athletes, allowing the fastest individual athletes to come together in one location to assemble the best combination of talent in the team boats. In order to do so, at selection camps, individual athletes will be selected to form the best combination of talent for each boat. The selection camp process ensures that athletes in attendance have an opportunity to be selected for the team boat. However, the selection camp process, while based on objective performance markers, also must include team-related performance assessment. The dynamic of teamwork, leadership, and movement in a team boat requires development and assessment over time.

Results of measurable competitive processes at the selection camps, including, but not limited to time trials and seat racing, will be made available for athletes participating in the respective selection camp to review within 24 hours of the end of practice. USRowing will keep records of the underlying data used to evaluate athletes in the selection camp process for a period of six months after the 2026 World Rowing Championships.

GRIEVANCES RELATED TO THE SELECTION PROCESS

An athlete or coach who has grievances related to the selection process, is entitled to petition for a hearing by the Selection Panel. The hearing will include an appropriate representative of the High Performance Committee and the petitioner unless the petitioner waives this right, in which case the hearing will be conducted with written briefs only. A decision will be issued within two hours of the hearing. The petitioner may be entitled to further resolution of their grievance through the Bylaws of USRowing or USOPC.

U23 World Rowing Championships Trials

SELECTION PROCESS U23 World Rowing Championships Trials

BM1x, BW1x, BM2-, BW2-, BLM1x, BLW1x, BLM2x, BLW2x

- A. The Chief High Performance Officer shall, in consultation with the High Performance Committee, appoint a Selection Panel for the World Rowing U23 Championships Trials. The selection panel consists of the Chief High Performance Officer or their designee, a member of the High Performance Committee or their designee, and a member of the Athlete Council or their designee. Final selection decisions shall be the responsibility of the Selection Panel.
- B. The 2026 World Rowing Under 23 Championships Trials will follow the 6-lane progression as outlined in [Appendix C](#) of the 2026 Selection Procedures. The event will follow the rules as outlined under [Appendix A: General Trials Rules](#).
- C. For the 2026 World Rowing Under 23 Championships Trials time standards will be applied for the finals. These standards relate to the USRowing Competitive Standard Times (CST) for each event. The standard is 95% of CST under neutral or favorable wind conditions and a water temperature of 70° Fahrenheit or higher.

Event	CST	Standard	Event	CST	Standard
BM1x	6:44.12	7:04.33	BW1x	7:23.30	7:45.47
BM2-	6:21.44	6:41.51	BW2-	7:00.62	7:21.65
BLM1x	6:52.24	7:12.85	BLW1x	7:33.06	7:55.71
BLM2x	6:13.47	6:32.14	BLW2x	6:52.24	7:12.85

- D. The Selection Panel will evaluate meteorological and water conditions and may adapt the required Trials Standards. The Trials Standards will be communicated no later than one hour before the first final race at the World Rowing Championships Trials. The Trials Panel has the right to lower the standard for individual events if actual meteorological and water conditions change during the events.
- E. Winning boats that meet the Trials Standards can declare their intent to represent the United States at the 2026 World Rowing Under 23 Championships in their event.
- F. The winning boat in each event at the 2026 World Rowing Under 23 Championships Trials that meets the required Trials Standard can declare their intent to represent the United States at the 2026 World Rowing Under 23 Championships in their event.
- G. 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 2026 World Rowing Under 23 Championships in writing to the USRowing Chief High Performance Officer, or their

designee, no later than four hours after the final race at the World Rowing Under 23 Championships Trials has been declared official.

- H. 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 Under 23 Championships for the event in question.
- I. Each qualified crew must nominate a coach who is required to travel with the crew for the length of the 2026 World Rowing Under 23 Championships. Exceptions must be approved by the Chief High Performance Officer. Nominated coaches must meet the requirements in [Appendix D – Coaches](#).
- J. The selected athletes in all events and their respective coaches are required to pay, at the trial's site, the 2026 World Rowing Under 23 Championships Fees covering local travel, support, and room and board expenses. The 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. The 2026 World Rowing Under 23 Championships Fees will be announced and posted by June 1, 2026.
- K. For issues and conflicts occurring during trial events the [USRowing National Selection Event Due Process Checklist](#) will be followed.

Coaches and Staff

COACHES

Trials boats must propose one coach for their boat to the 2026 World Rowing Under 23 Championships subject to meeting the criteria outlined in [Appendix D – Coaches](#). For selection camp boats the Lead Coach proposes the coach for each crew in consultation with the selected athletes.

The Head Coach of High Performance Pathways and the Lead Coach for the selection camp 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 no specific order):

- a) Choice of and compatibility with the selected crew;
- b) Demonstrated commitment to the high-performance program;
- c) International and 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 2026 Under 23 National Team, that vacancy will be filled according to [Appendix I – Removal and Replacement of an Athlete, Coach or Staff Member from the Team](#).

High Performance Committee

The High Performance Committee is comprised of:

Steve Whelpley – Chair, At-Large Member
Meghan Musnicki – Female Athlete Representative
Nick Mead – Male Athlete Representative
Catherine Starr – At-Large Member
Yasmin Farooq – At-Large Member
Wyatt Allen – 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

WEBSITE: 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 2026 World Rowing Under 23 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 Head Coach of High Performance Pathways, Brett Gorman, brett.gorman@usrowing.org.