

USRowing 2026 Olympic Athlete Stipends and EAH

Criteria for Athlete Stipends

The amount awarded by USOPC for Athlete Stipends in 2026 is \$700,000.

There will be two levels of support for regular Athlete Stipends for the eligibility periods as defined below:

1. Performance: Stipends awarded will be \$2,500/month.
2. Training: Stipends awarded will be \$1,000/month.

In exceptional cases USRowing's Chief High Performance Officer can recommend to the High Performance Committee to award a higher stipend amount to an individual athlete for a determined eligibility period. The final decision will be made by the High Performance Committee.

Athlete Stipends awarded will be for the duration of the eligibility period. Funds typically will be distributed the first week of each month via the USOPC. Athlete Stipends are not secured beyond the term of this agreement.

Eligibility will be broken up in the following three periods:

- Period 1: January 1, 2026 – June 30, 2026.
- Period 2: July 1, 2026 – September 30, 2026.
- Period 3: October 1, 2026 – December 31, 2026.

Period 1: January 1, 2026 – June 30, 2026

To maintain funding through this period the athlete must:

1. Train full-time according to the training program of the Olympic Training Pool under direct supervision of a USRowing High Performance coach OR with oversight or consult from USRowing's Chief High Performance Officer or designee;
2. Use TrainingPeaks to log training;
3. Attend training and selection camps when invited;
4. Submit 6,000m and 2,000m erg test scores according to the training program of the Olympic Training Pool on the USRowing website;
5. Participate in the Spring Speed Orders May 2026.

Coxswains are exempt from erg testing and participation in speed orders.

If an athlete is unable to train full-time, complete the tests, attend a camp or participate in speed orders because of injury or illness, the athlete needs to receive medical clearance from the appropriate member of the USRowing Medical Committee and adhere to the prescribed return to competition plan.

Support Levels:

1. Performance Stipend:
 - a. Athletes who place top-6 (M8+/W8+ top-4) in an Olympic event at the 2025 World Rowing Championships;
 - b. Athletes who place top-4 in an Olympic event at the 2025 World Rowing Beach Sprints Finals.
2. Training Stipend:
 - a. Athletes who place 7th to 9th (M8+/W8+ 5th to 6th) at the 2025 World Rowing Championships;
 - b. Athletes who place 5th to 8th at the 2025 World Rowing Beach Sprints Finals;
 - c. Athletes who are not eligible for a Stipend based upon above criteria. The USRowing High Performance Committee will review recommendations made to the committee by the Chief High Performance Officer and approve considerations for support on a case-by- case basis.

Period 2: July 1, 2026 – September 30, 2026

Eligible for funding: Athletes who are selected for the Senior National Team in Selection Camp or via Trials in an Olympic event.

Additional consideration for support: Athletes training for a future Olympic event, under direct supervision of a USRowing High Performance coach OR with oversight or consult from USRowing's Chief High Performance Officer or designee.

Support Levels:

1. Performance Stipend:

Athletes who were awarded 2026 Period 1 Performance Stipend, or place top-6 (M8+/W8+ top-4) at World Cup III Lucerne in an Olympic event*.
2. Training Stipend:

Athletes who don't meet the criteria for 2026 Period 2 Performance Stipend. The USRowing High Performance Committee will review recommendations made to the committee by the Chief High Performance Officer and approve considerations for support on a case-by-case basis.

* Based upon entry of at least five of six nations of 2025 World Championships top-6. For M8+ and W8+ at least three of four nations of 2025 World Championships top-4. In case

this number is not met, above mentioned criteria will be adapted correspondingly. For instance, four top-6 nations for M1x means top-five finish is required for Performance Stipend.

Period 3: October 1, 2026 – December 31, 2026

Eligible for funding: Athletes who participate at the 2026 World Rowing Championships or 2026 World Rowing Beach Sprint Finals in an Olympic event.

Additional consideration for support: Athletes training for a future Olympic event, under direct supervision of a USRowing High Performance coach OR with oversight or consult from USRowing's Chief High Performance Officer or designee.

Support Levels:

1. Performance Stipend:
 - a. Athletes who place top-6 (M8+/W8+ top-4) at the 2026 World Rowing Championships in an Olympic event.
 - b. Athletes who place top-4 at the 2026 World Rowing Beach Sprint Finals in an Olympic event.
2. Training Stipend:
 - a. Athletes who place 7th to 9th (M8+/W8+ 5th to 6th) at the 2026 World Rowing Championships;
 - b. Athletes who place 5th to 8th at the 2026 World Rowing Beach Sprints Finals;
 - c. Athletes who are not eligible for a Stipend based upon above criteria. The USRowing High Performance Committee will review recommendations made to the committee by the Chief High Performance Officer and approve considerations for support on a case-by- case basis.

Stipulations for Athlete Stipends

- Only athletes competing for an Olympic class boat category are eligible for Athlete Stipends.
- All recipients of Athlete Stipends must have completed SafeSport training within 30 days of first payment.
- All recipients of Athlete Stipends are required to complete the annual USRowing athlete survey, distributed each fall, and to submit it by the stated deadline.
- An athlete may be removed from a payment period if it is determined that he/she is no longer training for an Olympic class boat category or not following the agreed upon training program. An athlete will be given a 30-day notice before removal and a final decision will be made by the Chief High Performance Officer, Chair of the High Performance Committee and the High Performance Committee Athlete representative.

- Each athlete recipient will be required to execute an agreement with the USOPC, and may be required to also sign an agreement with USRowing, outlining the athlete's commitment with respect to training, drug testing, compliance with applicable athlete codes of conduct and other matters. Athletes receiving Athlete Stipends are not intended third party beneficiaries of this Agreement.
- USRowing will consult with the USOPC before eliminating or making changes in the Athlete Stipend program.
- If the payments for Athlete Stipends exceed the amount awarded, then USRowing will pay the difference via an invoice from the USOPC.
- Athlete Stipend funds are not secured beyond the term of this agreement.

Criteria for Elite Athlete Health Insurance (EAHI)

The maximum number of allocated EAHI slots for Olympic Rowing in 2026 is 48.

Athletes who are awarded an Athlete Stipend based upon their selection for the Senior National Team in an Olympic event will be eligible for EAHI. Slots will be offered to athletes based upon their result at a qualifying event and the number of available slots. For 2026 the qualifying events are:

1. World Championships Shanghai, China (September 21-28, 2025);
2. World Rowing Beach Sprint Finals Antalya, Türkiye (November 6-9, 2025);
3. World Championships Amsterdam, Netherlands (August 23-30, 2026);
4. World Rowing Beach Sprint Finals Qingdao, China (October 15-18, 2026).

After each event, athletes who are eligible for an Athlete Stipend based upon their placement at the event, will be ranked based upon the placement in their event. In case of equal placement, athletes are ranked based upon the number of athletes in their boat class. Smaller boat classes rank above bigger boat classes. For instance, if both M1x and M8+ place 4th, the athlete who raced in M1x is ranked above the athletes in M8+.

USRowing's Chief High Performance Officer will make a recommendation for the ranking of the remaining eligible athletes for final approval by the High Performance Committee. Once a slot is offered to an athlete, they will have 30 days to activate their coverage. Athletes who do not activate their coverage within 30 days of notification will forfeit their slot at that time.

Athletes who no longer meet the criteria will be removed from EAHI according to the Team USA Athlete Benefits procedures.