

**International Commission: Important Dates**

	YEAR	MONTH	EVENT	NOTES
ENDURANCE	2024	November	Gauteng Junior Championships: Roodeplaas Dam	GJC should be/was used as an opportunity to kickstart the new season/ new Olympiad. Friday and Saturday should be aimed at racing the 1x, whilst Sunday there will be an opportunity to race a W2x/2-or M2-/M2x. Athletes are encouraged to find crew members and race in their club colours.
	2024	November	November assessment Block – 2000m & 5000m max ergo trial. 6000m Long distance water trial.	November Assessment Block is/ was an opportunity for athletes to get ranked on the National Ergo ladder and to get noticed by their respective National levels.  *Senior/Elite ergo and water trials may only be done on the specified dates according to correspondence circulated. *U23 and Student trials had a period from the 22-28 November to complete the trials. Due to a proposal from the University of Pretoria and weather disruptions in the Western Cape the 6000m water trial was moved to the 29 November.
	2024	December	National Training Camp: 2 December – 18 December 2024	Athletes with competitive scores were invited to train with the RMB National Squad at Roodeplaas Dam, simulating a training camp. Due to the timing of the cycle and certain restrictions, the IC and National Head Coach chose Roodeplaas Dam as the base.
LOCAL REGATTA SEASON	2025	January	Training commences: 9 January 2025	<u>Elite, Under 23 and Student athletes should all resume normal training standards. Training programmes are accessible: <a href="https://rowsa.co.za">https://rowsa.co.za</a></u>
			January assessment Block – 2000m & 5000m max ergo trial. 6000m Long distance water trial.	20 Jan 9h00 - 2000m 21 Jan 9h00 - 5000m 23 Jan 9h00 - 6000m water trial. *Testing centres to be used as per usual (RSVP: 16 Jan 17h00)  *Student athletes (WUG) are to refer to selection policy. Senior Elites and U23 athletes must complete full trial format as mentioned above.
			VLC Sprints	25-26 Jan: Recommended boatclasses 1x/2x/2- (Athletes are encouraged to compete in club crews)
		February	Buffalo regatta	8 Feb: Recommended boatclasses 1x (Athletes are encouraged to compete in club crews)
		Feb/March	High Altitude Camp - Dullstroom March assessment Block – 2000m & 5000m max ergo trial. 6000m Long distance water trial.	By invitation only: 18 Feb - 6 March 17 March 9h00 - 2000m 18 March 9h00 - 5000m 20 March 9h00 - 6000m water trial. *Testing centres to be used as per usual (RSVP:TBA)  *Student athletes (WUG) are to refer to selection policy. Senior Elites and U23 athletes must complete full trial format as mentioned above.
		April	High Altitude Camp - Katse Dam, Lesotho	By invitation only: 1 April - 17 April (*subject to change)
		April	April assessment Block - 2000m max ergo	Date to be advised
		May	National Selection regatta (Invitational), Roodeplaas Dam	9-11 May Final NSR- Juniors, U23, Students. Test 1 Senior/Elites
		<b>June</b>	<b>Final Selection regatta (invitational), Roodeplaas Dam</b>	<b>7 - 8 June FINAL SELECTION REGATTA - SENIOR TEAM (SHANGHAI 2025)</b>
	WCH Build up	2025	June	WCIII - Lucerne
		July	Henley Royal Regatta	1 July - 6 July
			Under 23 World Championships, Poznan	23 Jul - 27 Jul
			WUG, FISU- Germany, Rhine-Ruhr 2025	16 Jul - 27 Jul
		August	High Altitude Camp - Lesotho	11 Aug - 29 Aug
		September	Final prep Camp - Tzaneen	1 Sept - 14 Sept
		September	World Rowing Championships 2025	21-29 Sept Shanghai, CHN
		2025/2026	November	Season commences

\*Dates are subject to change at the discretion of the International Commission, which reserves the right to amend the schedule as necessary.