

ROWSA INTERNATIONAL COMMISSION: IMPORTANT DATES 2026			
	MONTH	EVENT	NOTES
ENDURANCE	December	Registration	Senior athletes are requested to register via the link: https://forms.gle/trvfDVf8GF3ZjgzH6 by 1 December to formally indicate their intention to trial for the 2026 RMB National Squad.
		December Assessment Block: 15 December - 5000m* ergometer test 17 December - 3x2000m* water assessment 19 December - 1500m* water trial	This block will include a 5000m maximal ergometer test, a water assessment consisting of 3x2000m pieces at specified rates with designated rest intervals, and a 1500m water trial. Ergo and water assessments are to be completed at your local club or university. All results must be verified by a coach and submitted to the National Head Coach and International Commission by Sunday, 14 December. Complete 3 x 2000m pieces in the single scull (1x) at rates between 31–33spm, with 10–12 minutes rest between each race. The 1500m water trial is designated as a maximal performance assessment and must be executed in a head race format to ensure consistency and comparability of results. The RMB National Squad – Elite Team will complete water assessments at Roodeplaat Dam on the dates specified above. All athletes are invited to attend, but a request must be submitted to the National Head Coach at nationalcoach@rowsa.co.za by 1 December 2025.
		National 'Open Window Period': 8 December – 20 December 2025	OPEN WINDOW: Any athlete with competitive scores or past performance records is invited to train with the RMB National Squad at Roodeplaat Dam. Those wishing to take up this opportunity are asked to email the National Head Coach at nationalcoach@rowsa.co.za . Athletes are required to provide their own single scull for this period. Crew boats, including those with elite team members, may also be rowed during this time. All coaches are welcome to attend water sessions and collaborate with the National Head Coach.
LOCAL RACING SEASON	January	Training commences: 5 January 2026	
		January Assessment Block: 12 January - 5000m* ergometer test 14 January - 3x2000m* water assessment 16 January - 1500m* water trial.	This block will include a 5000m maximal ergometer test, a water assessment consisting of 3x2000m pieces at specified rates with designated rest intervals, and a 1500m water trial. Ergo and water assessments are to be completed at your local club or university. All results must be verified by a coach and submitted to the National Head Coach and International Commission by Sunday, 18 January. 3 x 2000m pieces in the single scull (1x) at rates between 32–35spm, with 10–12 minutes rest between each race. The 1500m water trial is designated as a maximal performance assessment and must be executed in a head race format to ensure consistency and comparability of results. The RMB National Squad – Elite Team will complete water assessments at Roodeplaat Dam on the dates specified above. All athletes are invited to attend, but a request must be submitted to the National Head Coach at nationalcoach@rowsa.co.za by 5 January 2025.
		National 'Open Window Period' for 2025 Matrics: 12 – 24 January 2026	OPEN WINDOW FOR 2025 MATRICULANTS: Any athlete who has represented South Africa at a Junior World Championships is invited to train with the RMB National Squad at Roodeplaat Dam. In addition, any 2025 matriculant who medalled at the National Schools Championships may apply to join. Those wishing to take up this opportunity are asked to email the National Head Coach at nationalcoach@rowsa.co.za . Athletes are required to provide their own single scull for this period. Crew boats, including those with elite team members, may be rowed during this time. All coaches are welcome to attend water sessions and collaborate with the National Head Coach.
		VLC Sprints: 24 - 25 January	Recommended boatclasses 1x/2x/2- (Athletes are encouraged to compete in club crews)
HIGH ALTITUDE CAMP	February	Buffalo regatta	5-7 February: Recommended boatclasses 1x and/or 2- (Athletes are encouraged to compete in club crews)
		High Altitude Camp	By invitation only: 11 February - 1 March
		Registration**	Under 23 athletes are requested to register via the link: https://forms.gle/4fUs4834CLrL6X579 by 28 February to formally indicate their intention to trial for the 2026 Under 23 National Squad.
	March	March Assessment Block: ** 16 March 09h00 - 2000m* ergometer test 18 March 9h00 - 2x1500m* water assessment 20 March 9h00 - 6000m* water trial.	This block will include a 2000m maximal ergometer test, a water assessment consisting of 2x1500m pieces at max with designated rest intervals, and a 6000m long-distance water trial. March Assessment Blocks are to be completed at National Training Centres. Registration details will be communicated by the IC one month prior to the scheduled dates.
FINAL SELECTION	April	High Altitude Camp	By invitation only: 1 April - 14 April (*subject to change)
		South African National Championships, Roodeplaat **	25–26 April: U23 and Senior athletes are required to compete in either the single scull (1x) or coxless pair (2-) for their selection
	May	May assessment Block: ** 1 May 2000m maximal ergometer test	National Testing Centres to be accomodated May Assessment Blocks are to be completed at National Training Centres. Registration details will be communicated by the IC one month prior to the scheduled dates.
		National Selection Regatta, Roodeplaat Dam**	8 - 10 May National Selection Regatta- U19, U23, STUDENTS. Test 1: Senior/Elites
COMPETITION	June	National Performance Assessment, Roodeplaat Dam **	6 - 7 June National Performance Assessment
		WCIII - Lucerne, Switzerland	26 June - 28 June
	July	Henley Royal Regatta, United Kingdom	30 June - 5 July
		2026 Under 23 World Championships, Duisburg, Germany	22 July - 26 July
		Training Camp: Pretoria	12 July - 29 July
	August	Final preparation Camp - Tzaneen	2 August - 16 August
		2026 FISU World University Championships, London, Ontario	13 August - 15 August
		2026 World Rowing Championships, Amsterdam, Netherlands	23 August - 30 August
	October	2026/2027 Season Commences	
* Denotes maximal test/trial/assessment ** For U23 athletes, all performance assessments are recommended; however, assesments denoted ** are prerequisites for Under 23 selection. • Dates are subject to change at the discretion of the International Commission, which reserves the right to amend the schedule as necessary. • National Selection Regatta (NSR) is by invitation only. • National performance assessment (NPA) is by invitation only. All athletes who qualified at the NSR are expected to compete in the NPA.			