

ASAJ WP QUALIFYING STANDARDS

General

1. For National Selection, athletes will be evaluated based on the 5 categories outlined below
2. The swimming times relevant to the specific National Trial will be based on the competition for which the Trial is being conducted. If the competition is not listed among the options below, then the Selection Committee will identify the option which is most closely aligned to the level of the competition for which the Trial is being conducted.
3. Assessment under Section D will be based on the subjective analysis of the Selection Committee
4. Once selected to the National Squad, Section E will feature in the considerations regarding selection to the National Team

A SWIMMING SPEED

1. Athletes are required to make the prescribed times for at least 2 of the 3 events
2. Athletes will be given 2 opportunities to make the prescribed times

CARIFTA

Male

	50 Free	100 Free	100 Breast
12 and Under	41.99	1:31.29	1:57.19
13 - 14	39.39	1:24.99	1:42.89
15 - 16	37.59	1:21.59	1:40.99
17 and Over	36.59	1:20.09	1:39.49

Female

	50 Free	100 Free	100 Breast
12 and Under	43.19	1:33.79	1:57.99
13 - 14	41.89	1:30.09	1:51.89
15 - 16	41.09	1:28.09	1:49.09
17 and Over	40.79	1:27.79	1:47.59

CISC/CCCAN

Male

	50 Free	100 Free	100 Breast
12 and Under	40.99	1:29.29	1:55.19
13 - 14	38.39	1:22.99	1:40.89
15 - 16	36.59	1:19.59	1:38.99
17 and Over	35.59	1:18.09	1:37.49

Female

	50 Free	100 Free	100 Breast
12 and Under	42.19	1:31.79	1:55.99
13 - 14	40.89	1:28.09	1:49.89
15 - 16	40.09	1:26.09	1:47.09
17 and Over	39.79	1:25.79	1:45.59

JUNIOR PAN-AMERICAN GAMES/JUNIOR WORLD CHAMPIONSHIPS

Male

	50 Free	100 Free	100 Breast
12 and Under	39.99	1:27.29	1:53.19
13 - 14	37.39	1:20.99	1:38.89
15 - 16	35.59	1:17.59	1:36.99
17 and Over	34.59	1:16.09	1:35.49

Female

	50 Free	100 Free	100 Breast
12 and Under	41.19	1:29.79	1:53.99
13 - 14	39.89	1:26.09	1:47.89
15 - 16	39.09	1:24.09	1:45.09
17 and Over	38.79	1:23.79	1:43.59

PAN-AMERICAN GAMES/CAC GAMES

Male

	50 Free	100 Free	100 Breast
15 - 16	33.59	1:13.59	1:32.99
17 and Over	32.59	1:12.09	1:31.49

Female

	50 Free	100 Free	100 Breast
15 - 16	37.09	1:20.09	1:41.09
17 and Over	36.79	1:19.79	1:39.59

B FITNESS

1. Athletes should complete the stipulated number of laps without missing a send-off
2. The set will consist of 20 laps
3. Athlete will touch the wall at end of lap with hand only
4. Athletes may not push off the wall with foot/feet to begin a swim
5. A 25m pool will be used

	Send-off time per lap
12 and Under Male	:38
12 and Under Female	:38
13 - 15 Male	:32
13 - 15 Female	:34
16 and Over Male	:28
16 and Over Female	:32

C TREADING

1. Hands should be locked on head for total stipulated time
2. Eggbeater technique should be unbroken for duration of exercise
3. Face should be visible for duration of exercise

	Duration
12 and Under	2:00
13 - 15	4:00
16 and Over	6:00

D TECHNICAL AND TACTICAL EVALUATION

The elements below will be evaluated by the members of the National Selection Committee

1. Recognition of general advantage situations
 - a. Responsiveness to advantage situations as they occur
 - b. Understanding of 6-on-5 and 5-on-6 positions and general strategy
2. Practical understanding of umbrella and various positions
3. Ability to execute press defense
4. Physical strength in water
5. Ability to protect ball under pressure
6. Decision-making under pressure
7. Passing ability
 - a. Accuracy
 - b. Power
 - c. Appropriate pass selection
8. Shooting
 - a. Accuracy
 - b. Power
 - c. Appropriate shot selection
9. Discipline
10. Level of motivation and effect on others

E ATTENDANCE

Once selected to the National Squad, all players must maintain at least a minimum level of attendance at training sessions as outlined below:

If total number of sessions offered per week is:	Then, minimum weekly attendance is:
5	3
6	4
8	5
9	6

1. If athlete will be late, this must be communicated to coach or manager in advance
2. Attendance will not count if athlete is more than 30 minutes late to training session