

## Open Water Swimming Selection Criteria

### Maccabi Australia Swimming Team, 19<sup>th</sup> Maccabiah 2013

Selection to compete in the open water swimming event will be dependent on completion of all criteria listed below.

The qualifying period for the Open Water event will mirror that of the swimming pool competition – commencing on July 1<sup>st</sup>, 2012 and concluding on February 28<sup>th</sup>, 2013.

The qualifying criteria is made up of three components:

1. **Competition**
2. **Time Achievement**
3. **Training**

The Open Water Swimming Team will be selected by the swimming selectors from those swimmers who meet the criteria. In other words, a swimmer who meets the criteria will not automatically qualify for membership of the team.

Once selected to the Open Water Swimming competition, an athlete may then be deemed eligible to compete in the pool swimming event, at the discretion of the Australian Maccabiah swimming selectors, on the recommendation of team management.

Competitors in the team event will be selected by the swimming selectors on the recommendation of team management. These swimmers will be selected from the combined group of swimming pool competitors and Individual Open Water event competitors.

**Important Note:** Australian Maccabiah swimming selectors may at their discretion waive certain open water qualifying criteria for swimmers already selected for pool competition who wish to compete in open water events. This may include for example swimmer's whose training program restricts their ability to compete in local open water events (e.g. those training for Australian championships). Those swimmers should contact swim team management.

## 1. Competition Criteria

### 1500m Open Water Event:

- Candidates should contest and complete a minimum of 3 Open Water and/or Ocean competition races of an equal or greater distance to 1000m during the qualifying period.
- One of the above races must be of an equal or greater distance to 1500m.
- Ocean races must be a structured, timed competition. Sunday surf club competitions or time trials will not count.
- Candidates are advised to check with a swim team selector/member of the swim team management if they are unsure of the validity of the race they are contesting.

### 5000m Open Water Event:

- Candidates should contest and complete a minimum of 5 Open Water and/or Ocean competition races of an equal or greater distance to 1500m during the qualifying period.
- Two of the above races must be of an equal or greater distance to 5000m
- It would be preferable for one of these swims to be a 5km or longer event, contested under Swimming Australia (or affiliated state body) Open Water race conditions.
- Ocean races must be a structured, timed competition. Sunday surf club competitions or time trials will not count.
- Candidates are advised to check with a swim team selector/member of the swim team management if they are unsure of the validity of the race they are contesting.

## 2. Time Achievement Criteria

Candidates must complete a swimming pool time trial/race in a 50m (long course) venue, with the following distances/times as a guideline for selection:

	1500m Swim	5000m Swim
Junior Boys (1997-1999)	800m in 11:30	1500m in 20 min
Junior Girls (1997-2000)	800m in 12 min	1500m in 21 min
Open Men 17-34	800m in 10:30	1500m in 19 min
Open Women 17-34	800m in 11:30	1500m in 20 min
Masters Men 35-49	800m in 12:30	1500m in 22:30
Masters Men 50+	800m in 14:30	1500m in 26 min
Masters Women 35-49	800m in 15 min	1500m in 26 min
Masters Women 50+	800m in 17 min	1500m in 30 min

eg: a Junior Girl Candidate for the 1500m Open Water event must swim an 800m time trial with a time guide of 12 minutes. While a Junior Girl wanting to contest the 5k event must do a 1500m time trial in 21 minutes

## 3. Training Criteria

- Swimmers will need to provide evidence of regular participation and attendance with a suitable swimming program during the qualification period.
- Such evidence can be a signed letter from the program coach (who must be Bronze licenced or above).
- This documentation should include approximate training volumes/program, demonstrating the candidate's preparedness to compete in the nominated competition.

Suggested minimum training requirements

- As a guideline, candidates are encouraged to complete the following pool/training sessions relative to the event they are nominating for:

	1500m Swim	5000m Swim
Junior Boys (1997-1999)	5 x per week	7+ per week
Junior Girls (1997-2000)	5 x per week	7+ per week
Open Men 17-34	5 x per week	8+ per week
Open Women 17-34	5 x per week	8+ per week
Masters Men 35-49	4 x per week	5 x per week
Masters Men 50+	4 x per week	5 x per week
Masters Women 35-49	3 x per week	4 x per week
Masters Women 50+	3 x per week	4 x per week

- The above sessions need not all be swimming pool based. Beach/lake sessions can be used to substitute a maximum of two pool sessions, as long as the candidate can verify the sessions contain an ample workload.
- Multi-sport athletes (triathletes) and masters open water candidates will be able to substitute some of their swimming training requirement with endurance based training in their other disciplines (run/cycle).
- Dry-land/weights/gym sessions should not be a replacement for swimming/endurance based training.
- Candidates are advised to consult with the Australian Maccabiah swimming selectors/team management regarding their training workload.