# Objectives and Selection Criteria for the South East Region Off-shore Camp

# Flanders Speedo Cup 17th – 21st January 2019

## Objectives

1. To provide exposure and experience of overseas competition
2. To provide motivation for older athletes

## Selection Criteria

1. Winners of individual Olympic Events at the ASA South East Region Winter Championships 2017 will be selected:
	1. 100, 200 backstroke;
	2. 100, 200 breaststroke:
	3. 100, 200 butterfly;
	4. 200, 400 IM;
	5. 50, 100, 200, 400, 800/1500 freestyle.
2. Further selections, if required, will be made from the second placed athletes. Second placed swims will be ranked by FINA points scored.
3. Any further athletes will be selected as required by the Regional Coaches Forum.
4. Athletes placed below third will not be considered.
5. Athletes must be in full-time training with a club in the South East Region.
6. A squad of 24 will be selected (12 female/ 12 male athletes), unless the number of winners exceeds this total up to a maximum of 26 (13 female/ 13 male)

Winners will receive selection letters by Monday 5th November, additional selections will be made by Monday 12th November. If required, reserves will be contacted after the 19th November.