

## Regional Open Water Camp 2025

The regional open water camp 2025 will include a pool skills session and open water experience.

### Programme aims to support athletes and the workforce to:

- ◆ Gain a greater understanding and insight of training requirements and opportunities within distance swimming
- ◆ Experience practical elements of open water environments
- ◆ Develop technical and racing skills in open water environments
- ◆ Understand the culture of Swim England and its associated talent programmes
- ◆ Develop the characteristics in-line with the swimmer's age and 'Development' stage of the (OADF)
- ◆ Increase opportunities for the workforce to gain knowledge, experience and understanding of effective distance swimming practices within different aquatic environments

### Key consideration criteria

- ◆ Up to 60 swimmers (30 male and 30 female) per region
- ◆ 13 – 15 years of age on 31<sup>st</sup> December 2025
- ◆ To reflect relative age, two selection bands will be implemented, with the aim of selecting equally between the two where possible;
  - Selection Band A – birthday between and including 1<sup>st</sup> January to 30<sup>th</sup> June
  - Selection Band B – birthday between and including 1<sup>st</sup> July to 31<sup>st</sup> December
- ◆ Additional selections, if required can be made, for either selection band from swimmers meeting the required minimum standard.
- ◆ The top 10 long course ranked swimmers per age and sex in **800m and 1500m Freestyle**
  - 10 male and 10 female 800m/1500m 13 years
  - 10 male and 10 female 800m/1500m 14 years
  - 10 male and 10 female 800m/1500m 15 years
- ◆ Times used for selection to the open water programme must be taken from the Swim England national long course rankings, and be achieved between 1<sup>st</sup> September 2024 – 7<sup>th</sup> April 2025
- ◆ Any exceptional short course performances in the 800m & 1500m events can be considered at the discretion of the Programme Lead / Head Coach
- ◆ Swimmers must be affiliated with a South East Region club
- ◆ As a minimum, swimmers will only be considered where they are equal to, or in excess of the below World Aquatics Points (WAP)

**Please note, achieving these points does not guarantee selection to a talent programme;**

Sex	Event	Age	WAP (long course)
Male / Female	800m / 1500m	13yrs	300
Male	800m / 1500m	14yrs	400
Female	800m / 1500m	14yrs	450
Male	800m/1500m	15yrs	450
Female	800/1500m	15yrs	500