



Selection Policy for Laser 4.7

Issued 16/01/18

Selection Process

Langkawi KFC Regatta [Langkawi, MAS] 31 Jan – 4 Feb

Top 3 sailors born between 2001-2002
(min 1 opp. gender)

Top 3 sailors (min 1 opp. gender)

Selection Events Compete in Laser 4.7

SSF Selection Trials
20 – 21 Jan

Lowest combined racescores

Funding Support:

- a. 60% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2001 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) The intension is to invite up to 6 sailors; Should there be insufficient sailors born between 2001-2002, invitations will be extended to next sailors who meet the above criteria.
- 3) To be eligible for funding, sailors shall meet the following fitness criteria by **21 Jan 2018**. Please speak with the coach.
 - I. Females: $\geq 53\text{kg}$, 2km row $<9:00\text{min}$, and Incline pull ups: ≥ 16
 - II. Males: $\geq 61\text{kg}$, 2km row $<8:30\text{min}$, and Pull-ups: ≥ 11
- 4) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: 29 Jan – 5 Feb 2018





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Selection
Process

Laser 4.7 Europeans 2018 [Patras, GRE] 7 Apr – 14 Apr

Top 3 sailors born between 2001-2002
(min 1 opp. gender)

Top 3 sailors (min 1 opp. gender)

Selection Events Compete in Laser 4.7

NSC Cup #1
26 – 27 Jan

Lowest combined racescores

Funding Support:

- a. 60% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2001 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) The intension is to invite up to 6 sailors; Should there be insufficient sailors born between 2001-2002, invitations will be extended to next sailors who meet the above criteria.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **24 Mar 2018**. Please speak with the coach.
 - I. Females: $\geq 53\text{kg}$, 2km row $<9:00\text{min}$, and Incline pull ups: ≥ 16
 - II. Males: $\geq 61\text{kg}$, 2km row $<8:30\text{min}$, and Pull-ups: ≥ 11
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: 31 Mar – 15 Apr 2018





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Selection
Process

Dutch Youth Regatta 2018 [Workum, NED] 10 May – 13 May

Top 3 sailors born between 2001-2002
(min 1 opp. gender)

Top 3 sailors (min 1 opp. gender)

Selection Events Compete in Laser 4.7

NSC Cup #1
26 – 27 Jan

National Youth C'ships
14 – 17 Mar

Lowest combined racescores

Funding Support:

- a. 60% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2001 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) The intension is to invite up to 6 sailors; Should there be insufficient sailors born between 2001-2002, invitations will be extended to next sailors who meet the above criteria.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **24 Mar 2018**. Please speak with the coach.
 - I. Females: $\geq 53\text{kg}$, 2km row $<9:00\text{min}$, and Incline pull ups: ≥ 16
 - II. Males: $\geq 61\text{kg}$, 2km row $<8:30\text{min}$, and Pull-ups: ≥ 11
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: 5 – 14 May 2018





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Laser 4.7 World Championships 2018 [Gdynia, POL] 9 Jul – 17 Jul

Top 3 sailors born between 2001-2002
(min 1 opp. gender)

Top 3 sailors (min 1 opp. gender)

Selection Events Compete in Laser 4.7

National Youth C'ships
14 – 17 Mar

Singapore Nationals
6 – 10 Jun

Lowest combined racescores

Funding Support:

- a. 60% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2001 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) The intension is to invite up to 6 sailors; Should there be insufficient sailors born between 2001-2002, invitations will be extended to next sailors who meet the above criteria.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **17 Jun 2018**. Please speak with the coach.
 - I. Females: $\geq 53\text{kg}$, 2km row $< 9:00\text{min}$, and Incline pull ups: ≥ 16
 - II. Males: $\geq 61\text{kg}$, 2km row $< 8:30\text{min}$, and Pull-ups: ≥ 11
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: 2 Jul – 18 Jul 2018





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Selection
Process

Laser 4.7 Karatsu Training Camp [Karatsu, JPN] 28 Oct – 7 Nov

Top 4 Male & Top 2 Female

Selection Events Compete in Laser 4.7

Pesta Sukan Regatta
3 – 5 Aug

NSC Cup #2
5 – 8 Sep

Lowest combined racescores

Funding Support:

- a. 60% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2002 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) To be eligible for funding, sailors shall meet the following fitness criteria by **16 Sep 2018**. Please speak with the coach.
 - I. Females: $\geq 53\text{kg}$, 2km row $< 9:00\text{min}$, and Incline pull ups: ≥ 16
 - II. Males: $\geq 61\text{kg}$, 2km row $< 8:30\text{min}$, and Pull-ups: ≥ 11
- 4) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: TBC

