



Selection Policy for Laser Radial

Issued 09/01/18

Selection Process

Langkawi KFC International [Langkawi, MAS] 29 Jan – 4 Feb

Top 4 Male & Top 2 Female

Selection Events Compete in Laser Radial

SSF Selection Trials
20 – 21 Jan

Lowest combined racescores

Funding Support:

- a. 70% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2000 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) Should the female sailor not fulfill the requirement of being Top 10 in the racescores tabulation, the 5th ranked male shall be selected.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **19 Jan 2018**. Please speak with the coach.
 - I. Females: $\geq 62\text{kg}$, 2km row $< 8:45\text{min}$, Incline pull ups: ≥ 15 , Sit-ups ≥ 40
 - II. Males: $\geq 69\text{kg}$, 2km row $< 8:15\text{min}$, and Pull-ups: ≥ 12 , Sit-ups ≥ 45
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.
- 6) Minimum 3 sailors for event to proceed.

Intended travel dates: 29 Jan – 5 Feb 2018





Selection Policy for Laser Radial

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Selection
Process

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

Top 4 Male & Top 2 Female

Selection Events
Compete in Laser Radial

NSC Cup #1
26 – 27 Jan

National Youth C'ships
14 – 17 Mar

Lowest combined racescores

Funding Support:

- a. 70% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2000 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) Should the female sailor not fulfill the requirement of being Top 10 in the racescores tabulation, the 5th ranked male shall be selected.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **24 March 2018**. Please speak with the coach.
 - I. Females: $\geq 62\text{kg}$, 2km row $< 8:45\text{min}$, Incline pull ups: ≥ 15 , Sit-ups ≥ 40
 - II. Males: $\geq 69\text{kg}$, 2km row $< 8:15\text{min}$, and Pull-ups: ≥ 12 , Sit-ups ≥ 45
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.
- 6) Minimum 3 sailors for event to proceed.

Intended travel dates: 4 – 14 May 2018





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Selection
Process

Kieler Woche 2018

[Kiel, GER]

17 Jun – 20 Jun

Top 3 Males & Top Female

Selection Events Compete in Laser Radial

National Youth C'ships
14 – 17 Mar

SAFYC Regatta
21 – 22 Apr

Lowest combined racescores

Funding Support:

- a. 70% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2000 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) Should the female sailor not fulfill the requirement of being Top 10 in the racescores tabulation, the 5th ranked male shall be selected.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **29 April 2018**. Please speak with the coach.
 - I. Females: $\geq 62\text{kg}$, 2km row $< 8:45\text{min}$, Incline pull ups: ≥ 15 , Sit-ups ≥ 40
 - II. Males: $\geq 69\text{kg}$, 2km row $< 8:15\text{min}$, and Pull-ups: ≥ 12 , Sit-ups ≥ 45
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.
- 6) Minimum 3 sailors for event to proceed.

Intended travel dates: 12 - 21 Jun 2018





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Laser Radial Youth Worlds 2018

[Kiel, GER]

18 Aug – 25 Aug

Youth Worlds 2018 Male &
Female representatives

Refer to Youth World 2018
selection policy

Top 3 Male & Top Female

Selection Events
Compete in Laser Radial

Singapore Nationals
6 – 10 Jun

Lowest combined racescores

Funding Support:

- a. 70% for flights, accommodation, entry, boat charter, transportation
- b. Coach support

Notes:

- 1) Sailors shall be born in 2000 or later.
- 2) Sailors shall be ranked in Top 10 of the fleet after combined racescores tabulations.
- 3) Should the female sailor not fulfill the requirement of being Top 10 in the racescores tabulation, the 5th ranked male shall be selected.
- 4) To be eligible for funding, sailors shall meet the following fitness criteria by **2 Aug 2018**. Please speak with the coach.
 - I. Females: $\geq 62\text{kg}$, 2km row $< 8:45\text{min}$, Incline pull ups: ≥ 15 , Sit-ups ≥ 40
 - II. Males: $\geq 69\text{kg}$, 2km row $< 8:15\text{min}$, and Pull-ups: ≥ 12 , Sit-ups ≥ 45
- 5) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.
- 6) Minimum 3 sailors for event to proceed.

Intended travel dates: 11 – 26 Aug 2018





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Selection
Process

Laser Radial Karatsu Training Camp 2018 [Katatsu, JPN] 16 Nov – 27 Nov

Top 4 Males & Top 2 Female

Selection Events Compete in Laser Radial

Singapore Nationals
6 – 10 Jun

Pesta Sukan Regatta
3 – 5 Aug

Lowest combined racescores

Funding Support:
a. 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) Should the female sailors not fulfill the requirement of being Top 10 in the racescores tabulation, the next top ranked male shall be selected.
- 4) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.
- 5) Minimum 4 sailors for event to proceed.

Intended travel dates: 16 – 27 Nov 2018

