



**Selection Policy for Optimist**  
Issued 16/01/18

Selection Process	<p align="center"><b>Langkawi KFC Regatta 2018</b> <b>[Langkawi, MAS]</b> 31 Jan – 4 Feb</p>
	<div style="text-align: center;"> </div>
	<p><b>Notes:</b></p> <p>1) To be eligible for funding, sailors shall meet the following fitness criteria by <b>19 Jan 2018</b>. Please speak with the coach.</p> <p><b>Open age</b></p> <ul style="list-style-type: none"> <li>i. 2 km row: &lt;9:25min (male), &lt;9:50min (female)</li> <li>ii. Pull-ups: &gt;5 (male), Incline pull-ups: &gt;15 (female)</li> <li>iii. Beep test: &gt;L9.05 (male), &gt;L8.8 (female)</li> <li>iv. Plank: &gt;5:00mins (male), &gt;3:00mins (female)</li> </ul> <p><b>12 and Under</b></p> <ul style="list-style-type: none"> <li>i. 2 km row: &lt;10:30min (male), &lt;11:00mins (female)</li> <li>ii. Incline: &gt; 30 (male), Incline pull-ups: &gt;11 (female)</li> <li>iii. Beep test: &gt;L7.04 (male), &gt;L6.5 (female)</li> <li>iv. Plank: &gt;3:20min (male), &gt;2:45min (female)</li> </ul> <p>3) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.</p> <p><b>Intended travel dates: 29 Jan – 5 Feb 2018</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><b>Funding Support:</b></p> <ul style="list-style-type: none"> <li>a. 60% for flights, accommodation, entry, boat charter, transportation</li> <li>b. Coach support</li> </ul> </div>





## Selection Policy for Optimist

Issued 16/01/18

Selection Process	<p align="center"><b>Dutch Youth Regatta 2018</b>  <b>[Workum, NED]</b>  10 May – 13 May</p>	<p align="center"><b>Lanzarote Training Stint</b>  <b>[Lanzarote, ESP]</b>  14 May – 20 May</p>
<div style="text-align: center;"> <p><b>Top 10 sailors</b> (min 3 opp. gender)</p> <p><b>Selection Events</b> <b>Compete in Optimist</b></p> <p>National Youth C'ships 14 – 17 March</p> <p>Lowest combined racescores</p> </div>		
<p><b>Notes:</b></p> <p>1) To be eligible for funding, sailors shall meet the following fitness criteria by <b>25 Mar 2018</b>. Please speak with the coach.</p> <p><b>Open age</b></p> <ul style="list-style-type: none"> <li>i. 2 km row: &lt;9:25min (male), &lt;9:50min (female)</li> <li>ii. Pull-ups: &gt;5 (male), Incline pull-ups: &gt;15 (female)</li> <li>iii. Beep test: &gt;L9.05 (male), &gt;L8.8 (female)</li> <li>iv. Plank: &gt;5:00mins (male), &gt;3:00mins (female)</li> </ul> <p><b>12 and Under</b></p> <ul style="list-style-type: none"> <li>i. 2 km row: &lt;10:30min (male), &lt;11:00mins (female)</li> <li>ii. Incline: &gt; 30 (male), Incline pull-ups: &gt;11 (female)</li> <li>iii. Beep test: &gt;L7.04 (male), &gt;L6.5 (female)</li> <li>iv. Plank: &gt;3:20min (male), &gt;2:45min (female)</li> </ul> <p>3) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.</p> <p><b>Intended travel dates: 6 – 20 May 2018</b></p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> <p><b>Funding Support:</b></p> <ul style="list-style-type: none"> <li>a. 60% for flights, accommodation, entry, boat charter, transportation</li> <li>b. Coach support</li> </ul> </div>		





## Selection Policy for Optimist

Issued 16/01/18

Selection  
Process

### Optimist European Championships [Sheveningen, NED] 22 Jun – 29 Jun

Top 3 sailors (Min 1 opp gender) +  
Top 1-2\* sailors born in 2006 or later

#### Selection Events Compete in Optimist

National Youth C'ships  
14 – 17 March

SAFYC Regatta  
28 – 29 April

Lowest combined racescores

#### Notes:

- 1) Sailors may only accept one invitation between the North Americans C'ships, Europeans or Asian Sailing C'ships.
- 2) \*Depending on the number of invitations from the competition organizers.
- 3) To be eligible for funding, sailors shall meet the following fitness criteria by **6 May 2018**. Please speak with the coach.

#### Open age

- i. 2 km row: <9:25min (male), <9:50min (female)
- ii. Pull-ups: >5 (male), Incline pull-ups: >15 (female)
- iii. Beep test: >L9.05 (male), >L8.8 (female)
- iv. Plank: >5:00mins (male), >3:00mins (female)

#### 12 and Under

- i. 2 km row: <10:30min (male), <11:00mins (female)
- ii. Incline: > 30 (male), Incline pull-ups: >11 (female)
- iii. Beep test: >L7.04 (male), >L6.5 (female)
- iv. Plank: >3:20min (male), >2:45min (female)

- 4) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

#### Intended travel dates:

- i. Europeans: **16 – 30 Jun 2018**

#### Funding Support:

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



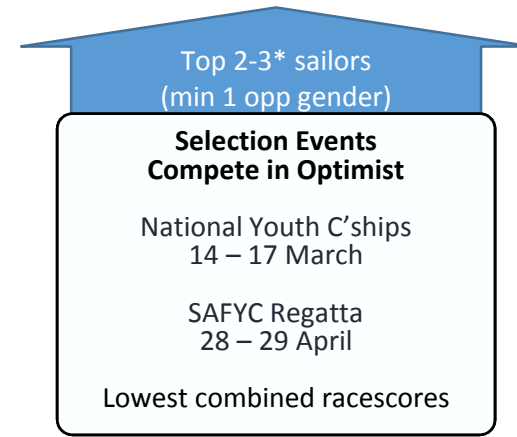
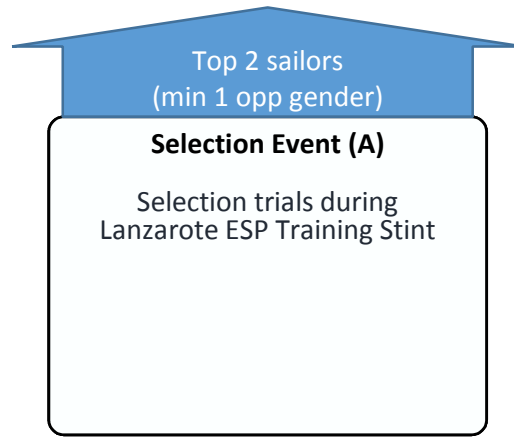


# Selection Policy for Optimist

Issued 16/01/18

Selection Process

## North American Championships 2018 [Nuevo Vallarta, MEX] 24 Jun – 1 Jul



### Notes:

- 1) Sailors may only accept one invitation between the North Americans C'ships, Europeans or Asian Sailing C'ships.
- 2) \*Depending on the number of invitations from the competition organizers.
- 3) To be eligible for funding, sailors shall meet the following fitness criteria by **6 May 2018**. Please speak with the coach.

#### Open age

- i. 2 km row: <9:25min (male), <9:50min (female)
- ii. Pull-ups: >5 (male), Incline pull-ups: >15 (female)
- iii. Beep test: >L9.05 (male), >L8.8 (female)
- iv. Plank: >5:00mins (male), >3:00mins (female)

#### 12 and Under

- i. 2 km row: <10:30min (male), <11:00mins (female)
- ii. Incline: > 30 (male), Incline pull-ups: >11 (female)
- iii. Beep test: >L7.04 (male), >L6.5 (female)
- iv. Plank: >3:20min (male), >2:45min (female)

- 4) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

#### Funding Support:

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

**Intended travel dates: 18 Jun – 3 Jul 2018**



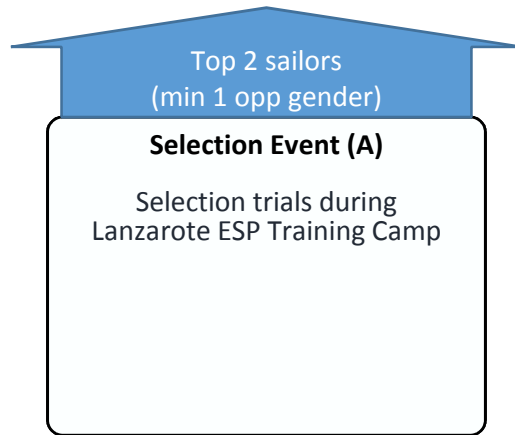


# Selection Policy for Optimist

Issued 16/01/18

Selection Process

## Optimist World Championships 2018 [Limassol, CYP] 27 Aug – 6 Sep



### Notes:

1) To be eligible for funding, sailors shall meet the following fitness criteria by **6 May 2018**. Please speak with the coach.

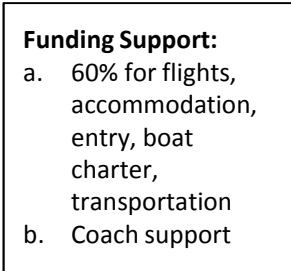
#### Open age

- i. 2 km row: <9:10min (male), <9:30min (female)
- ii. Pull-ups: >6 (male), Incline pull-ups: >18 (female)
- iii. Beep test: >L10.02 (male), >L8.8 (female)
- iv. Plank: >5:00mins (male), >3:00mins (female)

#### 12 and Under

- i. 2 km row: <10:20min (male), <10:40mins (female)
- ii. Incline: > 30 (male), Incline pull-ups: >11 (female)
- iii. Beep test: >L8.04 (male), >L7.5 (female)
- iv. Plank: >3:50min (male), >3:00min (female)

3) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.



**Intended travel dates: 23 Aug – 7 Sep 2018**



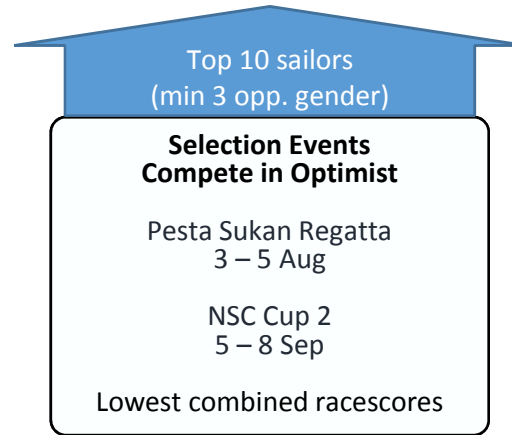


# Selection Policy for Optimist

Issued 16/01/18

Selection Process

## Optimist Asians & Oceanian Championships 2018 [Ngwe Saung, MYA] 10 Nov – 18 Nov



### Notes:

1) To be eligible for funding, sailors shall meet the following fitness criteria by **4 Nov 2018**. Please speak with the coach.

#### Open age

- i. 2 km row: <9:25min (male), <9:50min (female)
- ii. Pull-ups: >5 (male), Incline pull-ups: >15 (female)
- iii. Beep test: >L9.05 (male), >L8.8 (female)
- iv. Plank: >5:00mins (male), >3:00mins (female)

#### 12 and Under

- i. 2 km row: <10:30min (male), <11:00mins (female)
- ii. Incline: > 30 (male), Incline pull-ups: >11 (female)
- iii. Beep test: >L7.04 (male), >L6.5 (female)
- iv. Plank: >3:20min (male), >2:45min (female)

3) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

#### Funding Support:

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

**Intended travel dates: 5 – 19 Nov 2018**

