



Selection Policy for RS:X

Issued 08/01/18

Selection
Process

Pattaya Cup 1
[Pattaya, THA]
19 Jan – 21 Jan

Top 2 Male & Top 2 Female

Selection Events
Compete in RS:X

SSF Selection Trials
13 – 14 Jan

Lowest combined racescores

Funding Support:

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

Notes:

- 1) To be eligible for funding, sailors shall meet the following fitness criteria by **10 Jan 2018**. Please speak with the coach.
 - I. Females: Pull-ups: ≥ 7 , 2km row <9:00min
 - II. Males: Pull-ups: ≥ 15 , 2km row <8:30min
- 2) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: 14 – 22 Jan 2018





Selection Policy for RS:X

Issued 08/01/18

Selection
Process

Sailing World Cup [Enoshima, JPN] 9 Sep – 16 Sep

Top Male & Top Female

Selection Events Compete in RS:X

Singapore Nationals
6 – 10 Jun

Lowest combined racescores

Funding Support:

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

Notes:

- 1) To be eligible for funding, sailors shall meet the following fitness criteria by **17 Jun 2018**. Please speak with the coach.
 - I. Females: Pull-ups: ≥ 7 , 2km row <9:00min
 - II. Males: Pull-ups: ≥ 15 , 2km row <8:00min
- 2) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

Intended travel dates: 5 - 17 Sep 2018

