



Notes:

- 1) To be eligible for selection:
 - I. Sailors shall be born in 2001 or later.
- 2) To be eligible for funding, sailors shall meet the following fitness criteria by 11 November 2017. Please speak with the coach.
 - I. Weight: $\geq 50\text{KG}$ (female), $\geq 58\text{KG}$ (male)
 - II. Female: Row 2KM: $<9:30\text{min}$, and Incline pull ups: ≥ 16
 - III. Male: Row 2KM: $<8:45\text{min}$, and Pull-ups: ≥ 11
- 3) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.
- 4) Minimum of 4 sailors in attendance for event to proceed.

Intended travel dates: 20 December 2017 - 5 January 2018