



**Notes:**

- 1) To be eligible for selection:
  - I. Sailors shall be born in 2000 or later.
- 2) To be eligible for funding, sailors shall meet the following fitness criteria by **28 October 2017**. Please speak with the coach.
  - I. Female: Pull-ups: ≥5, Run 2.4km: <11.:30min OR Row 2km <9:45min
  - II. Male: Pull-ups: ≥11, Run 2.4km: <10.:30min OR Row 2km <8:45min
- 3) The guidelines in the Standard Selection Policy Document (Amended on 20 March 2014) shall apply.

**Intended travel dates: 10 - 22 November 2017**