

## QUALIFICATION CRITERIA NORWEGIAN LIFESAVING

Basic idea,

We want to build the sport and keep the athletes involved and active for a long period.

So, we choose to differentiate the aims between the seniors and juniors. Since we do want a certain level, we aim to be top 16 at Championships with our Seniors, so the individual or as a relay-team we make the finals.

As for the Juniors we aim to always bring a full relay team, if financially possible 6 boys and 6 girls.

### National Team

First we set up a National Team, from this team, athletes can qualify for European and World Championships and possibly go to other international events.

In order to be eligible for the team you must\* race:

- Norwegian Pool Championships
- Norwegian Ocean Championships
- Britta Memorial/ Swedish Pool Championships

\*Only valid excuses can be made to not participate (up to the staff to decide if it is valid).

The National team is picked accordingly,

The top 8 Junior and Open, Male and Female athletes from the Norwegian pool Championship are invited to join. At the Norwegian Ocean Championships we might add up to 4 more athletes to this group from every category, so we will have up to 12 athletes per category.

The selection off these 4 will be because they are showing on 1 or more events that they are a dominant athlete (i.e. winning flags or sprint, or taking medal-placings in more than 2 events) and are not part of the selected 8 already.

Each athlete selected into the National team has to re-qualify every year to remain part of the National team.

Special notice, any Junior who does qualify him or herself individually for the European or World Junior Championship and does go into the seniors, will be taken into the squad for 2 years. So he or she does not need to worry to make the top 8 in Pool or qualify in Ocean, so they can develop themselves in the team.

So, if you are not in this team, you cannot go to any international event for Norway.

## Criteria to pre-qualify for Championships

We will differentiate between individual and team criteria.

Qualification options have a timespan of 12 to 24 months

### Seniors

Individual:

Pool: we will take the 12<sup>th</sup> time at the previous championship as the individual pre-qualification standard. This time is based on the qualifying times from the heats. We took the 12<sup>th</sup> spot because the sport develops over time, meaning the athletes get better and faster and the previous championships are 2 years before (Euro for Euro, World for Worlds), so we think this time will be a good standard to get to the final 16.

The times eligible to qualify must be swim recently, in the 12 months leading to the Championships.

Ocean: If an athlete did a top 12 performance at the previous Championship he/she is prequalified, as for Euro's to Worlds a top 6 individually at Europeans will pre-qualify you as an individual athlete for the Worlds team. Euro's to Euro's or Worlds to Worlds it is top 12 (for prequalification) and Worlds to Euro's is top 12.

But in order to open it up for more athletes, we also include a top 3 Performance at a European Elite level\* event as a qualifying standard for an Ocean event.

The timespan for Ocean events is a bit broader, up to 24 months (Euro's to Euro's and Worlds to Worlds), this is due to the fact that it is not as quantifiable as Pool events.

\*European Elite level, this is to be determined in hindsight of the event by the staff, an athlete that thinks they are eligible must provide the details with their results to the staff.

Relay/team: we will take the individually pre-qualified athletes and add try to add athletes from the National Selection to these to make up relay-teams that can do a top 12 performance at Worlds or a top 8 performance at Euro's.

Depending on the budget and the individually pre-qualified athletes we will take up to 6 Male and 6 Female athletes that can give Norway the best chance on a medal or an overall performance (if medals are not feasible).

# Norges Livredningselskap

- Vi skal lære alle å ferdes trygt i, på og ved vann

## Juniors

Individual:

Pool: we will take the 12<sup>th</sup> time at the previous championship as the individual pre-qualification standard. This time is based on the qualifying times from the heats. We took the 12<sup>th</sup> spot because the sport develops over time, so the athletes get better and faster and the previous championships are 2 years before (Euro for Euro, World for Worlds), so we think this time will be a good standard to get to the final 16.

BUT, for the 15 and 16 years olds we will adjust this to the 16<sup>th</sup> time!

Since they are younger and still have more development to go, we want to adjust the standards to their abilities.

The times eligible to qualify must be swim recently, in the 12 months leading to the Championships.

Ocean: If an athlete did a top 12 performance at the previous Championship he/she is prequalified, as for Euro's to Worlds a top 6 individually at Europeans will pre-qualify you as an individual athlete for the Worlds team. Euro's to Euro's or Worlds to Worlds it is top 12 (for prequalification) and Worlds to Euro's is top 12.

But in order to open it up for more athletes, we also include a top 3 Performance at a European Elite level\* event as a qualifying standard for an Ocean event.

The timespan for Ocean events is a bit broader, up to 24 months (Euro's to Euro's and Worlds to Worlds), this is due to the fact that it is not as quantifiable as Pool events.

\*European Elite level, this is to be determined in hindsight of the event by the staff, an athlete that thinks they are eligible must provide the details with their results to the staff.

Relay/team: we will take the individually pre-qualified athletes and add athletes from the National Selection to these to make up relay-teams.

Depending on the budget and the individually pre-qualified athletes we will take up to 6 Male and 6 Female athletes.

Prequalification is because off several reasons.

1. the 12 to 24 month time-span is big and we do want fit athletes.

So if someone meets the standards and stops training and does not show he or she is still training and fit, we have to option of fore going on the qualification.

2. If more than 6 athletes qualify individually for a Championship in any category, we will select the 6 best for the team.

3. If more than 2 athletes in the same category qualify themselves based on the set standards for 1 event, we will take the 2 best performers over all events.

4. Due to financial reasons sometimes we will not be able to bring all the athletes we want and even if they might have pre-qualified.

# Norges Livredningselskap

- Vi skal lære alle å ferdes trygt i, på og ved vann

## **FINAL QUALIFICATION!**

The final qualification for a Norwegian Team to be send out to a Championship is done by the staff. The staff aims to announce and communicate the team and their set up for events 2 months previous to the championship, so the qualified athletes can prepare themselves. This might result into the fact potentially high-level events might be out of the timespan to be used to pre-qualify individually for a championship. We are aware off this fact and sometimes we will therefore adjust the 2 months' timeframe.

### *Pandemic amendment*

For any championship or NLS organised trip to an event will have a final decision date. The team will be announced well in time, however recent experiences with the circumstances concerning Covid-19, have giving us the insight to set a final cancellation date about 2 weeks out from the event start.

## Annualplans and support from the staff

In order to develop the sport and help the athletes grow we aim to do the following activities.

### Trainingcamps:

- 2 Development Training Camp, open to everyone interested to join, goal is to spread knowledge and the love for the sport.
- 1 Pre Championship Training camp, as a preparation for the team to go to the championship

### National team races\*:

- Annual big international Championship
- 1 High level European international Pool event\*\*
- 1 High level European International Ocean event\*\*

Under the flag off Norway we will be attending these events, so coaching and everything around the event is with the National Team/ National selection for this event.

\* An athlete fee might be asked

\*\* Any teams will be selected based on the potential to pre-qualify and use this event as a preparation for the big championship in a mix off Senior and Junior athletes (number off athletes depending on financials)

### Have staff present at:

- Norwegian Pool Championships
- Norwegian Ocean Championships
- Britta Memorial/ Swedish Pool Championships

All athletes are expected to participate under their own clubteams and coaching, the National team staff will be attending these events and is available for help and support.

Depending on the budget we might add a trainingcamp or race to go to, but to be judged during the year.

The staff advices to attend the athletes to attend more international events, a calendar with these will be announced and is also available on different Social Media channels.

But due to financial restrictions the Norwegian federation is not able to send any (coaching) staff to these events.