



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.

Special notice, any Junior who does qualify him or herself individually for the European or World Championship and does go into the seniors, will be taken into the squad for 3 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 12th 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 12th 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.

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).

Juniors

Individual:

Pool: we will take the 12th 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 12th 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 16th 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.

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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 timespan 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.



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.



Annual plans and support from the staff

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

Training camps:

- 1 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 of 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 of Senior and Junior athletes (number of 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 club teams 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 training camp or race to go to, but to be judged during the year.

The staff advises 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.



The Norwegian Life Saving team 2020

For 2020, we start with the team from 2019 and will most likely add athletes to this from the Norwegian Pool and Ocean Championships.

The following athletes are selected to represent the Norwegian national team:

Male Senior	Female Senior	Male Junior	Female junior
Gard Overgaard	Renate Knutsen	Jørgen Engeseth	Ine Aasum
Jonas Molander	Ane Lillebo Sletten	Matias Kildal Braaten	Helene Marie Østmo
Celestin Alfonso	Mia Louise Gjermundsen	Jonah Haug Vandenhove	Ida Lillebo Sletten
Nicolai Nossum			Susanna Hakonsen
Andreas Boye			Ida Foss
Mats Kamnes			

Pool

Pre-Qualifying times

Individually

(times considered from European Championships 2019 Riccione till 20th July 2020, 50m pools only)

Event	Male Senior	Female Senior	Male Junior 17-18	Female junior 17-18	Male Junior 15-16	Female Junior 15-16
200 obs	1.59.76	2.13.20	2.09.94	2.22.52	2.14.51	2.27.92
50 carry	0.31.14	0.36.95	0.33.98	0.40.24	0.36.16	0.41.78
100 Rescue	1.04.61	1.14.46	1.11.93	1.22.82	1.16.67	1.28.42
100 carry	0.48.60	0.55.48	0.55.86	1.04.84	1.00.32	1.09.08
100 tow	0.53.64	1.01.40	1.01.75	1.09.39	1.05.68	1.13.96
200 sls	2.15.66	2.33.63	2.28.91	2.49.31	2.36.60	2.54.55



Relay team times

(times taken as a sum of individual split-times at 2020 NW Pool, Swe Pool, previous Champs or at the National Team pool event*)

Event	Male Senior	Female Senior
4x 50 obs relay	1.43.92	1.59.17
4x 25 manikin relay	1.15.33	1.33.21
4x 50 medley relay	1.35.50	1.48.03
4x 50 mixed relay	2.00.86	2.00.86
Line throw	0.14.07	0.17.99

*Line throw is an exemption, the time done at an event counts only for the thrower.

Only 1 (Line Throw) or 4 athletes can qualify per relay, so the fastest based on time are pre-qualified.

Junior Relay teams

Teams will be made and sent. 4 to 6 male and female athletes will be selected and sent, depending on the money and added value between 4 and 6 athletes will qualify.

The idea is to go with a team as strong as possible, so for the overall team selection we will look at the accumulated times and compare them to the results off the 2018 World Junior Championships.



Ocean

Pre-qualifying criteria

Individually

Top 12 at previous World Championships

Top 6 at previous European Championships

Top 3 at a European Elite event in 2019/2020 (before July 20th 2020)

Team

Top 12 at previous World Championships

Top 8 at previous European Championships

Pre-qualified

(at Europeans 2019 and/or Orange Cup 2019)

Male Open

Gard Overgaard, 50 Carry

Celestin Alfonso, Beach Flags

Line Throw (Celestin Alfonso)

4x90 Beach Relay (Celestin Alfonso, Nicolai Nossun, Andreas Boye & Gard Overgaard)

Female Open

Line throw (Ane Lillebo Sletten)

Male Junior

Jonah Haug, 100 carry

Female Junior

Ine Aasum, 100 carry



Events and Activities

Event	Date	Location
Development Camp	28 feb-1 st March	Oslo
Norwegian Pool Champs	17-19 April	Hamar
Britta/ Swedish Pool Champs	8-9 Mai	Jonkoping, Sweden
France Rescue (POOL TEAM)	21-24 Mai*	Tarbes/st Jean de Luz, France
FILCOW (OCEAN TEAM)	4-5 July*	Ostend, Belgium
WORLD CHAMP TEAM ANNOUNCEMENT	25 JULY	
Norwegian Ocean Championships	??	??
Pre-Championship Camp	4-6 September	Oslo
World Championships	19-29 September *	Riccione

**dates might change a bit due to travel arrangements*



Finances

Due to the fact that the NLS does not have unlimited financial possibilities, we ask you as athletes to pay a little fee per event you might participate in.

For 2020 we set it up accordingly:

France Rescue athletes

2500 NOK

FILCOW athletes

2500 NOK

World Championship athletes,

prequalified athletes 0 NOK,

added based on team events 2500NOK