

## **EUROPEAN LONG-COURSE CHAMPIONSHIPS 2016**

London, May 16 – 22

### **Selection Policy**

The purpose of the team for the European Long-Course Championships 2016 is two-fold:

[1] To offer Olympic team qualifiers the opportunity, if they wish, to race at the European Championships as part of their Olympic Games preparation.

[2] To 'top up' the Olympic team, as per the Olympic selection policy, with new and additional qualifiers.

To be eligible for possible selection swimmers must have hit the time standards [detailed below] in a long-course meet between June 1, 2015 and April 17, 2016, the final day of the Danish Open. All qualifying times must have been recorded in a FINA or LEN recognised event.

Nick Juba  
May 2015

## Qualifying Time Standards

	<u>Male</u>	<u>Female</u>
<b>Free</b>		
50m	22.47	25.45
100m	49.61	55.24
200m	1:49.47	2:00.00
400m	3:52.16	4:12.38
800m		8:36.92
1500m	15:21.14	
<b>Back</b>		
100m	54.93	1:01.15
200m	1:59.98	2:12.39
<b>Breast</b>		
100m	1:01.10	1:08.87
200m	2:13.57	2:29.14
<b>Fly</b>		
100m	53.07	59.53
200m	1:58.50	2:11.22
<b>Medley</b>		
200m	2:01.32	2:15.18
400m	4:20.22	4:44.96