

## **Nordic Swimming Championships – Selection Criteria Bergen, Norway 11. - 13. December 2015**

### **Tour Date:**

Thursday December 10-14 2015

### **Competition Date:**

Friday December 11-13 2015

### **Swimmer:**

### **Eligibility:**

Vikings Two/ Great Danes Identified Swimmers (2016)

### **Team Size:**

Maximum 10 swimmers (minimum of 4 from Vikings Two/ 4 from < Great Danes/ 2 from swimmers Senior Age eligible regardless of Vikings Two or Great Dane designation)

### **Selection Meet:**

2015 Danish Short Course Championship—November 26-29 2015

### **Priority 1:**

Vikings Two: Top 4 Rank Swims based off the 2015 European SC Championship Time Standards

Great Danes: Top 4 Rank Swims based off the 2015 European SC Championship Time Standards

### **Priority 2:**

# 9&10 position based off the 2015 European SC Championship Time Standards  
Open to Senior Age eligible swimmers regardless Viking or Great Dane designation.

### **Coaches**

### **Eligibility:**

Coaches (Maximum of 2) who have swimmers selected to the Nordic Swimming Championships —best ranked coach from the Viking selection and one from the Great Dane selection.

**\*Note:**

If a coach is selected to the Senior section and also selected to Junior section, the Senior selection will be the priority.

**Additional Information:**

Swimmers and Coaches will notify National Coach Dean Boles their intent to be considered for this Tour Selection by Friday November 20 2015. [db@svoem.dk](mailto:db@svoem.dk)

Selection to be confirmed by National Coach, High Performance Manager and Head National Coach Monday November 30, 2015.

**Nordic Swimming Championships Selection Standards**

(based from the 2015 European SC Standards)

(Vikings Two/ Great Danes)  
Short Course Meters

Event	Men	Women
50 Free	21.85	24.74
100 Free	47.85	53.82
200 Free	1:45.01	1:56.91
400 Free	3:44.24	4:05.17
800 Free		8:25.86
1500 Free	14:55.97	
50 Back	24.00	27.57
100 Back	51.98	59.92
200 Back	1:54.78	2:10.93
50 Breast	26.99	30.76
100 Breast	58.52	1:06.59
200 Breast	2:06.92	2:24.77
50 Fly	23.26	26.27
100 Fly	51.47	58.37
200 Fly	1:54.62	2:09.56
200 IM	1:56.65	2:10.14
400 IM	4:11.26	4:39.78