

## VIKINGS NATIONAL SQUAD 2016

### Qualifying Time Standards

#### Male

#### Female

#### Free

50m	22.80	25.82
100m	50.34	56.06
200m	1:51.08	2:01.77
400m	3:55.59	4:16.10
800m		8:44.55
1500m	15:34.75	

#### Back

100m	55.74	1:02.05
200m	2:01.75	2:14.34

#### Breast

100m	1:02.00	1:09.88
200m	2:15.54	2:31.34

#### Fly

100m	53.85	1:00.40
200m	2:00.25	2:13.15

#### Medley

200m	2:03.11	2:18.54
400m	4:24.06	4:49.17

## Notes

- 1] Time Standards have been established from the Danish Olympic Qualifying Times for 2016 plus 3%.
- 2] Swimmers can qualify for the Vikings National Squad 2016 from any 'recognised' FINA or LEN long-course meet from June 2015 onwards.
- 3] Members of the Danish Vikings Nationals Squad are expected to participate in all squad activities. The only exceptions to this are junior qualifiers for the Squad; their activity programmes will be determined on an individual basis.

All members of the Danish National Vikings Squad 2016 must fill in the appropriate forms to be included in this group [that is 'Availability/Non-Availability' Forms, 'Proof of Fitness' Forms etc.]

- 4] Members of the Danish Vikings Squad 2016 can be transferred to the Olympic 'Hopefuls' group at any time up to the final Olympic selection should they hit the required time standards.

Nick Juba  
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