

Instructions for Junior National team trials 2024 (1st phase)

- The first phase of the trials will take place **after the figures competition on the 21st January at 18:00**.
- All the swimmers must be equipped with **black swimsuit** and **white cap**.
- Swimmers will have a **number code** written with a permanent marker on their arm in order to recognize them by a number (not by name or club). The number code will be given to the coaches by club together with the start list.
- Girls from **year 2011 to 2005 (Youth and Junior)** are allowed to participate on the trials. The national team will be composed by Youth and Junior swimmers, but competing in Junior category.
- Due to the number of swimmers participating in the trials, there will be 3 different groups moving through the three panels to speed up the process: A, B and C.

Sections A and C (swimming and drylands skills) **will be evaluated live**, meaning that the evaluator(s) will assess the swimmers on the moment, circling pass or fail on the evaluating chart.

Section B (individual choreography) **will be recorded and evaluated later on by the national team coaches**. This is due to the detailed and complexity of the task, that requires reviewing the movements and the execution of the swimmer performing.

It is very important that swimmers must make sure they move from section to section as it is written in the start list.

- Only the swimmers that pass the 1st phase of the trials will be invited to **move onto the second phase** that it's the trial training that **will take place in February**. Exact date and location is pending for approval.