

Main International Competitions for the 2024/25 Season

Name	Venue/Date	Age Group
World SC Championships	Budapest, Hungary 10 th to 15 th December 2024	Open
GSSE 2025	Andorra 27 th to 29 th May 2025	Open
COMEN Swimming Cup 2025	Belgrade 20 th to 22 nd June 2025	Girls born 2010 - 2012 Boys born 2009 - 2011
European Aquatics U23 Swimming Championships	Samorin 26 th to 28 th June 2025	Men & Women born 2002 to 2006
European Junior Championships	Samorin 1 st to 6 th July 2025	Boys & Girls born 2007 - 2011
European Youth Olympic Festival – EYOF (MOC Event)	Skopje 19 th to 27 th July 2025	Boys & Girls born 2010 - 2011
World LC Championships	Singapore 23 rd July to 3 rd August 2025	Open

Other Competitions might be added once they are announced and evaluated to fit within the ASA’s short and long-term plans

World Aquatic Short Course Championships 2024

10th to 15th December 2024 - Budapest

Selection policy

1. **The objective for this event** is to provide a meaningful and beneficial competitive opportunity to further the long-term development of Maltese swimmers towards senior international success at GSSE 2025, Continental & World Championships of the following years and Olympics 2028.

2. **Selection Period** Selections will be made from individual event performances at ASA approved competitions between the 1st August 2024 to 3rd November 2024. Athletes will be notified of their selections in the week following the end of the selection period.

3. Athletes Selection

The top 2 female and top 2 male ranked athletes who achieve a minimum of 700 World Aquatics Points at either a Long Course or a Short Course event during the selection period will be eligible for selection.

Should any of the top 2 athletes from each gender not accept the selection, the ASA reserves the right to consider the next ranked athletes irrespective of gender.

4. **Team size** Up to a maximum of 2 female and 2 male athletes will be selected for the WASSC 2024. Should there be more than 2 female or 2 male athletes who achieve the minimum number of World Aquatics Points, the top 2 athletes from each gender will be selected for participation. There is no obligation on the ASA to select 4 athletes and the total Team Size will be subject to available funding.

5. **To be eligible for selection**, swimmers must achieve their points in the Heat or Final of the respective event at the ASA approved competitions during the selection period.

6. Athletes eligibility

- be a Maltese citizen
- be a registered ASA member of the 2024-2025 seasons
- be available to fulfil National Team commitments
- following a consistent training programme endorsed by the Swimming Technical Director

Rev: 25th July 2024



ANDORRA
2025



Jocs dels
Petits
Estats
d'Europa

GAMES OF THE SMALL STATES ANDORRA 2025

Selection Criteria




TEAM MALTA

26TH MAY TO 31ST MAY 2025
MALTESE OLYMPIC COMMITTEE

GSSE ANDORRA 2025

MINIMUM QUALIFICATION STANDARDS Conditions of Selection

Athletes, and their coaches, wishing to be considered for selection for this high-level competition are required to:

- 1) Fill in the following form found at: <https://forms.office.com/e/Y5t6y8h2vq> by 31st December 2024. This information will be used for the long list and logistics purposes. Each member of Team Malta is required to sign the code of conduct found on the website: <https://nocmalta.org/resources-for-athletes/documentation/> and send it by email with other documents as indicated in the Ms Teams Form 
- 2) Coaches and athletes are obliged to discuss the yearly training program (with regular updates as required) starting from September 2024 up to May 2025 with the Association Technical Committee who in turn shall relay such information to the MOC technical commission. Overseas-based athletes will have their respective coaches send bi-monthly reports with possible virtual meetings with coaches as deemed necessary both with Association & MOC Technical Commission.
- 3) All athletes aspiring to participate in the Games will be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee FDL Lab. These tests are obligatory and failure to attend without a valid reason and / or notification, will result in an automatic exclusion from the Games.
- 4) Athletes are required to attend training camps with the National Team, both locally and abroad as requested by Technical Committee of the Association. It is expected that athletes follow the direction / training of the national coach during such training camps / sessions.
- 5) Any member of the MOC and /or technical commission shall have the right to visit in person the training being carried out.
- 6) Any injury or sickness is to be reported **immediately** to the Director of Sport and Medical Commission of the MOC and also to the Medical Team of the Association. No athlete will be permitted to take part in the Games with any illness or injury which may hinder the athlete's performance and/or the team's performance. The MOC Medical Team reserves the right to certify each and every athlete for these games.
- 7) Athletes are to follow instructions by the medical team of the association and MOC for fast recovery from injury.

- 8) All athletes must take part in national competitions (and National Championships if applicable) and International Competitions and at those events for which the Technical Committee of the Association and MOC requests participation. This need to be approved by the DoS and the federation/association. All results and technical report are to be communicated to the DoS and to the federation/association not later than 7 days from the date of competition.
- 9) The Director of Sport reserves the right to communicate and meet up with any athlete coach and technical team per sport, and association/federation representative and the technical commission at any time from October 2024 till the end of the June 2025.
- 10) All athletes, coaches and appointed representatives of federation/association are required to accept, abide by the rules and regulations as well as sign a contract of code of Conduct of the MOC. Team Malta members are required to attend the press conferences, and any activities organised by MOC as regards GSSE2025 and the MOC athletes' commission. Funded Athletes breaching these conditions could also be asked to refund any funds already approved and/or paid as per athlete's contract.
- 11) As part of the ongoing learning and safeguarding of our athletes and entourage, the following courses are a requirement for the selection:

Athletes:

- a) International-Level Athletes Education Program (English)
<https://adel.wada-ama.org/learn/learning-plans/1/international-level-athletes-education-program-english>
- b) Certification of Preventing Competition Manipulation:
<https://olympics.com/athlete365/learning>

Coaches:

- a) Coaches of High Performance Education Program (English) Certificate -
<https://adel.wada-ama.org/learn/learning-plans/7/coaches-of-high-performance-education-program-english>
- b) Certificate of Safeguarding Athletes from Harassment and Abuse
- <https://olympics.com/athlete365/learning>

Entourage:

- a) Certificate of Safeguarding Athletes from Harassment and Abuse
- <https://olympics.com/athlete365/learning>

- 12) According to the rules and regulations of the GSSE, if any event does not have the required number of entries, the event will be removed from the programme. MOC will inform the national federation as soon as possible. The list of events in this document is not final yet.

- 13) **The maximum number of athletes allowed to be selected does not mean that Team Malta will make use of all of them.**
- 14) All decisions taken by the DoS and MOC pertaining to the GSSE2025 will be deemed as final. **Reaching the MQS does not secure a place in the selected team.** Apart from reaching the MQS, international and national ranking, skill and fitness level, a positive inclusion to the team and the need for Team Malta are taken in consideration.
- 15) Unless otherwise stated in the sports conditions below, the **final day** to be considered for selection to be part of Team Malta is **2nd May 2025 at NOON**. This means that any athlete competing abroad needs to send official result to their association and MOC director of sport by noon of the 2nd May 2025.
- 16) No athlete, personal coaches or members of the federation are to post/publish the selected team before it is officially confirmed by the Maltese Olympic Committee

Team Malta will be published the following week.

Version 1

All information is valid and correct as at 1st November 2024



SWIMMING

Conditions:

- Swimmers are to achieve MQS A in 2024 or in 2025 **and** MQS B in 2025.
- If no athlete achieves the MQS as per condition A, MOC **may** opt to send an under 18 athlete (born 1st January 2008 or later) if the junior athlete achieves MQS B in 2025.
- Maximum number of athletes selected in individual events is: 2 (Two)
- Only one relay team is allowed per country.
- Achieving the MQS does not guarantee the selection. Athletes are to show consistent results during the season.
- All MQS times need to be achieved in a 50m Olympic size pool during an official competition meet.
- Proximity to the MQS could also be considered in exceptional cases at the sole discretion of the MOC. Only in exceptional cases, shall the MOC accept (and has the right) to deviate from the above, and this particularly if it is clear that such deviation could result in better performances at the Games.
- The Final Team Selection will be concluded by *26th April 2025*.

MEN		WOMEN		
MQS A	MQS B	Event	MQS A	MQS B
		Freestyle		
23:30	23.77	50m	26.70	27.03
51:60	52.60	100m	57.70	58.14
1:55.30	1:57.30	200m	2:06.00	2:07.5
4:04.00	4:09.0	400m	4:25.00	4.28.2
8:35.00	8:45.30	800m	9:10.00	9:15.8
16:22.90	16:40.02	1500m	17:15.00	17:25.4
		Backstroke		
27.20	27.54	50m	30.50	31.11
59.00	1:00.18	100m	1:05.50	1:06.81
2:09.50	2:11.07	200m	2:24.00	2:25.90
		Breaststroke		
28.80	29.38	50m	34.15	34.63
1:03.50	1:05.00	100m	1:14.00	1:15.48
2:21.00	2:23.00	200m	2:40:00	2:42.18
		Butterfly		
24.70	25.30	50m	28.50	29.07
56:20	56.92	100m	1:04.50	1:05.80
2:10.00	2:12.56	200m	2:25.00	2:26:84
		Medley		
2:09.50	2:10.56	200m	2:25.00	2:26.88
4:37.50	4:41.01	400m	5:10.00	5:13.10
		Relay		
3:29.00	3:33.18	4 *100m Fr	4:00.00	4:04.8
7:48.00	7:57.36	4*200m Fr	8:33.00	8:43.26
3:45.00	3:50.62	4*100m Medley	4:25.00	4:30.30

DIA 1 - 27 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 10:00
50m Backstroke	W	2	01:15	02:30	10:02
50m Backstroke	M	2	01:15	02:30	10:05
50 Fly	W	2	01:20	02:40	10:07
50 Fly	M	2	01:20	02:40	10:10
200 Medley	W	2	03:15	06:30	10:16
200 Medley	M	2	03:05	06:10	10:23
200m Breaststroke	W	2	03:30	07:00	10:30
200m Breaststroke	M	2	03:15	06:30	10:36
1500m Freestyle	W	2	18:40	37:20	11:13
1500m Freestyle	M	2	17:40	35:20	11:49

DIA 1 - 26 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 18:00
1 50m Backstroke	W	1	01:15	01:15	18:01
2 50m Backstroke	M	1	01:15	01:15	18:02
3 50 Fly	W	1	01:20	01:20	18:03
4 50 Fly	M	1	01:20	01:20	18:05
Medal ceremony 1 to 4		4	04:00	16:00	18:21
5 200 Medley	W	1	03:15	03:15	18:24
6 200 Medley	M	1	03:05	03:05	18:27
7 200m Breaststroke	W	1	03:30	03:30	18:31
8 200m Breaststroke	M	1	03:15	03:15	18:34
9 1500m Freestyle	W	1	18:40	18:40	18:52
10 1500m Freestyle	M	1	17:40	17:40	19:10
Medal ceremony 5 to 9		5	04:00	20:00	19:30
11 4x100m Freestyle	W	1	06:00	06:00	19:36
12 4x100m Freestyle	M	1	06:00	06:00	19:42
Medal ceremony 10 to 12		3	04:00	12:00	19:54

DIA 2- 28 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 10:00
400m Freestyle	W	2	05:25	10:50	10:10
400m Freestyle	M	2	05:00	10:00	10:20
100m Backstroke	W	2	02:40	05:20	10:26
100m Backstroke	M	2	02:35	05:10	10:31
100 Breaststroke	W	2	02:05	04:10	10:35
100 Breaststroke	M	2	01:55	03:50	10:39
100m FLY	W	2	01:55	03:50	10:43
100m FLY	M	2	01:45	03:30	10:46

DIA 2- 27 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 18:00
13 400m Freestyle	W	2	05:25	10:50	18:10
14 400m Freestyle	M	2	05:00	10:00	18:20
15 100m Backstroke	W	2	02:40	05:20	18:26
16 100m Backstroke	M	2	02:35	05:10	18:31
Medal Ceremony 13 to 16		4	04:00	16:00	18:47
17 100 Breaststroke	W	2	02:05	04:10	18:51
18 100 Breaststroke	M	2	01:55	03:50	18:55
19 100m FLY	W	2	01:55	03:50	18:59
20 100m FLY	M	2	01:45	03:30	19:02
Medal Ceremony 17 to 20		4	04:00	16:00	19:18
21 4x200m freestyle	W	1	09:30	09:30	19:28
22 4x200m freestyle	M	1	09:00	09:00	19:37
Medal ceremony 21 to 22		2	04:00	08:00	19:45

DIA 3- 29 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 10:00
200m Backstroke	W	2	03:10	06:20	10:06
200m Backstroke	M	2	03:00	06:00	10:12
50m Breaststroke	W	2	01:20	02:40	10:15
50m Breaststroke	M	2	01:20	02:40	10:17
100 Freestyle	W	2	01:45	03:30	10:21
100 Freestyle	M	2	01:40	03:20	10:24
800 Freestyle	W	1	10:20	10:20	10:34
800 Freestyle	M	1	09:35	09:35	10:44

DIA 3- 28 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 18:00
23 200m Backstroke	W	2	03:10	06:20	18:06
24 200m Backstroke	M	2	03:00	06:00	18:12
25 50m Breaststroke	W	2	01:20	02:40	18:15
26 50m Breaststroke	M	2	01:20	02:40	18:17
Medal Ceremony 23 to 26		4	04:00	16:00	18:33
27 100 Freestyle	W	2	01:45	03:30	18:37
28 100 Freestyle	M	2	01:40	03:20	18:40
29 800 Freestyle	W	1	10:20	10:20	18:50
30 800 Freestyle	M	1	09:35	09:35	19:00
Medal ceremony 27 to 29		3	04:00	12:00	19:12
31 4x100m Medley	Mixed	1	00:00	00:00	19:12
Medal ceremony 30 to 31		2	04:00	08:00	19:20

DIA 4- 30 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 10:00
400m Medley	W	2	06:00	12:00	10:12
400m Medley	M	2	05:40	11:20	10:23
50m Freestyle	W	2	01:20	02:40	10:26
50m Freestyle	M	2	01:20	02:40	10:28
200m Fly	W	2	03:10	06:20	10:35
200m Fly	M	2	03:00	06:00	10:41
200m Freestyle	W	2	02:55	05:50	10:46
200m Freestyle	M	2	02:45	05:30	10:52

DIA 4- 29 MAY 2025		# heats	Time/ heat	Tot time/event	Start Meet 17:30
32 400m Medley	W	2	06:00	12:00	17:42
33 400m Medley	M	2	05:40	11:20	17:53
34 50m Freestyle	W	2	01:20	02:40	17:56
35 50m Freestyle	M	2	01:20	02:40	17:58
Medal Ceremony 32 to 35		4	04:00	16:00	18:14
36 200m Fly	W	2	03:10	06:20	18:21
37 200m Fly	M	2	03:00	06:00	18:27
38 200m Freestyle	W	2	02:55	05:50	18:32
39 200m Freestyle	M	2	02:45	05:30	18:38
Medal ceremony 36 to 39		4	04:00	16:00	18:54
40 4x100m Medley	W	1	06:00	06:00	19:00
41 4x100m Medley	M	1	06:00	06:00	19:06
Medal ceremony 40 to 41		2	04:00	08:00	19:14



*Forming part of Team Malta is an **honour** for each one of us.*

*Competing at the best of our abilities is our **duty**.*

*Flying the Maltese flag high is our **responsibility** to make sure we live and promote the Olympic Values to our nation and to the next generation.*



“Our Home Is Water”

EUROPEAN
AQUATICS.

WORLD
AQUATICS



COMEN Mediterranean Swimming Cup 2025 Belgrade – 20th to 22nd June 2025

Selection policy

1. **The objective for this event** is to provide a meaningful and beneficial competitive opportunity to further the long-term development of Maltese swimmers towards senior international success at GSSE 2027 and Olympics 2028 levels.

2. **Eligibility**

Boys born 2009-2011 (14-16 years old)

Girls born 2010-2012 (13-15 years old)

Additionally, Swimmers must:

- be a Maltese citizen.
- be a registered ASA member of the 2024-2025 season.
- be available to fulfil National Team commitments.

3. **Team size:** 4 male and 4 female athletes will be selected for the COMEN Cup 2025.

4. **Selection Trials:** Selections will be made from individual event performances at the 32nd Easter International Swim Meet which will be held between the 23rd and 26th April 2025. This event will be known as the ‘Selection Trials’. Athletes will be notified of their selections in the following week.

5. **Athletes Selection (Individual Events)**

The top 4 male and top 4 female ranked athletes by World Aquatics Points achieved during the Selection Trials who are eligible for participation will be selected. Should



any of the top 4 swimmers from each gender not accept the selection, the ASA reserves the right to consider the next ranked swimmers irrespective of gender.

6. Funding

The ASA will fund up to 2 coaches who will be accompanying the swimmers and €375 for each swimmer. Swimmers who are included in the MOC Youth Scheme will be eligible to claim the remaining funds for expenses used to participate in this competition.

7. Coach selection.

The ASA will nominate up to 2 accompanying Coaches. Selection will be made according to the following priority:

1. coaches having the most number of **qualified swimmers**.
2. coaches having swimmers obtaining the highest number of LC World Aquatics points 2024 in one race at the Selection Trials.

IMPORTANT – Participation to this competition will be based on the confirmation that 2 Coaches will be available to travel with the swimmers to the competition.

Rev: 07th February 2025

European Aquatics U23 Swimming Championships 2025

26th to 28th June 2025 - Samorin

Selection policy

1. **The objective for this event** is to provide a meaningful and beneficial competitive opportunity to further the long-term development of Maltese swimmers towards senior international success at Continental & World Championships of the following years, GSSE 2027 and Olympics 2028.

2. **Selection Period** Selections will be made from individual event performances at ASA approved competitions between the 1st January 2025 to 26th April 2025. Athletes will be notified of their selections in the week following the end of the selection period.

3. Athletes Selection

The top 2 female and top 2 male ranked athletes who achieve a minimum of 700 World Aquatics Points at either a Long Course or a Short Course event during the selection period will be eligible for selection.

Should any of the top 2 athletes from each gender not accept the selection, the ASA reserves the right to consider the next ranked athletes irrespective of gender.

4. **Team size** Up to a maximum of 2 female and 2 male athletes will be selected for the WAC 2025. Should there be more than 2 female or 2 male athletes who achieve the minimum number of World Aquatics Points, the top 2 athletes from each gender will be selected for participation. There is no obligation on the ASA to select 4 athletes and the total Team Size will be subject to available funding.

5. **To be eligible for selection**, swimmers must achieve their points in the Heat or Final of the respective event at the ASA approved competitions during the selection period.

6. Athletes eligibility

- be a Maltese citizen
- be a registered ASA member of the 2024-2025 seasons
- be available to fulfil National Team commitments
- following a consistent training programme endorsed by the Swimming Technical Director

Rev: 25th July 2024

European Junior Championships 2025

1st to 6th July 2025 – Samorin

Selection policy

- 1. The objective for this event** is to provide a meaningful and beneficial competitive opportunity to further the long-term development of Maltese swimmers (boys and girls born 2007 – 2011) towards senior international success at GSSE 2027 and Olympics 2028 levels.
- 2. Selection Period** Selections will be made from individual event performances at ASA approved competitions between the 1st January 2025 to 26th April 2025. Athletes will be notified of their selections in the week following the end of the selection period.

3. Athletes Selection

The top 3 girls and top 3 boys ranked athletes who achieve a minimum of World Aquatics Points at either a Long Course or a Short Course event during the selection period according to their age as per table below will be eligible for selection.

Age	Minimum WA Points for selection
14	420
15	530
16	600
17	625
18	650

Should any of the top 3 athletes from each gender not accept the selection, the ASA reserves the right to consider the next ranked athletes irrespective of gender.

- 4. Team size** Up to a maximum of 3 female and 3 male athletes irrespective of age will be selected for the EJC 2025. Should there be more than 3 female or 3 male athletes who achieve the minimum number of World Aquatics Points, the top 3 athletes from each gender irrespective of age will be selected for participation. There is no obligation on the ASA to select 6 athletes and the total Team Size will be subject to available funding.
- 5. To be eligible for selection**, swimmers must achieve their points in the Heat or Final of the respective event at the ASA approved competitions during the selection period. A Maximum of **two** swimmers can be selected in one event.
- 6. Athletes eligibility**
 - be a Maltese citizen
 - be a registered ASA member of the 2024-2025 seasons
 - be available to fulfil National Team commitments
 - following a consistent training programme endorsed by the Swimming Technical Director

Rev: 25th July 2024



EUROPEAN YOUTH OLYMPIC FESTIVAL SKOPJE 2025

Conditions for selection

TEAM MALTA

19TH TO 27TH JULY
MALTESE OLYMPIC COMMITTEE

EYOF MARIBOR 2025

Conditions of Selection

Overview

This selection policy outlines the selection process for athletes to represent Team Malta at the EYOF 2025

MOC recognizes the importance of competitive international championship experience for young developing athletes, who have the potential to Malta at Commonwealth Games, European Championships, World Championship and the Olympic Games.

This selection policy has been created to nominate a team to achieve the best possible results at the 2023 EYOF in Maribor. The Selection Panel ("the Panel") therefore aim to select a competitive team of athletes, which they believe have the realistic potential to finish in **the top 20 if direct final or pass the first round** at the EYOF.

Eligibility

To be considered for selection, athletes must satisfy the following:

- Holds a Maltese passport
- have achieved the MQS within the relevant period.
- sign the MOC Malta Athlete Agreement and abide by its Terms and Conditions. Any athlete failing to do so prior to the first date of competition, will result in their selection being withdrawn.

The final selection will be determined by the numbers of places available and the relative prospects of each athlete achieving the best possible results at the games.

Therefore, no athlete can assume that they will be selected having achieved the qualifying standards set out herein.

Selection Process

1. Qualification performances must be achieved between 1st October 2024 and 1st June 2025.
2. Athletes will be selected based on the consideration of a combination of the following criteria (which are not listed in priority order), in addition to any other factors that may be deemed relevant:
 - 2024 and 2025 Performance record and consistency;
 - 2024 and 2025 European Youth ranking;
 - Current form especially if athlete qualifies before February and in there is a performance dip up to June;
 - Previous National & International championship performance;

- Head-to-heads within the qualification period; and
 - Injury/illness status.
 - Future individual medal potential at indoor or outdoor major events;
3. Athletes aspiring to participate in the Games may be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee FDL Lab. These tests are obligatory and failure to attend without a valid reason and / or notification, will result in an automatic exclusion from the Games.
 4. MOC reserves the right to make value judgments on situations that they consider to be exceptional circumstances within the reference framework and the spirit of the general policy
 5. MOC reserves the right to amend this Selection Policy at its sole discretion and will make any amended version publicly available (including the date on which any amendment was made) at www.nocmalta.org.
 6. Any member of the MOC technical commission shall have the right to visit in person the training being carried out.
 7. Any injury or sickness is to be reported immediately to the Technical and Medical Commissions of the MOC and also to the Medical Team of the Association. No athlete will be permitted to take part in the Games with any illness or injury which may hinder the athlete's performance and/or the team's performance. The MOC Medical Team reserves the right to certify each and every athlete for these games. Athletes are to follow instructions by the medical team of the association and MOC for fast recovery from injury.
 8. The Director of Sport reserves the right to communicate and meet up with any athlete coach and technical team per sport, and association/federation representative and the technical commission at any time from October 2024 till the end of the August 2024.
 9. All athletes must take part in national competitions (and National Championships if applicable) and International Competitions and at those events for which the Technical Committee of the Association and MOC requests participation. This need to be approved by the DoS and the federation/association. All results and technical report are to be communicated to the DoS and to the federation/association not later than 7 days from the date of competition.

Team Management

Chef De Mission: TBC

Team Malta will be published on 5th June 2024

*Version 1
All information is valid and correct as of 31st January 2025
Technical Commission*

SWIMMING

Conditions:

- 1) Maximum number of athletes selected for each event is: 2
- 2) Achieving the MQS does **not** guarantee the selection. Athletes are to show consistent results during the season. By consistency, it is meant that the athlete who achieved the MQS needs to be at 98% of the MQS at the day of selection.
- 3) Proximity to the MQS could also be considered in exceptional cases at the sole discretion of the MOC. Only in exceptional cases, shall the MOC accept (and has the right) to deviate from the above, and this particularly if it is clear that such deviation could result in better performances at the Games.
- 4) Only official events in the long course are accepted.
- 5) Age category: 2010/2011
- 6) The aim of the MOC is to have a swimmer pass to the second round.

	Boys	Girls
Freestyle		
50m	24:20	27.40
100m	52:90	59.45
200m	1:56.00	2:10.0
400m	4:03.50	4:28.80
800m	-----	9:10.80
1500m	16:17.00	-----
Backstroke		
100m	59.25	1:06.75
200m	2:10.20	2:25.00
Butterfly		
100m	57:15	1:04.50
200m	2:09.00	2:29.00
Breaststroke		
100m	1:05.85	1:14.60
200m	2:28.20	2:44.00
Medley		
200m	2:11.30	2:26.50
400m	4:38.50	5:00.00
Relay		
4 *100m Fr	3:34.00	3:59.00
4*100m Medley	3:58.00	4:23.00
4*100m Mixed free		3:42.00
4*100m mixed medley		4:06.00



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*Competing in a fair way at the best of our abilities is our **duty**.*

*Flying the Maltese flag high is our **responsibility** to make sure we live and promote the Olympic Values to our nation and to the next generation.*

World Aquatic Long Course Championships 2025

23rd July to 3rd August 2025 – Singapore

Selection policy

- 1. The objective for this event** is to provide a meaningful and beneficial competitive opportunity to further the long-term development of Maltese swimmers towards senior international success at Continental & World Championships of the following years, GSSE 2027 and Olympics 2028.
- 2. Selection Period** Selections will be made from individual event performances at ASA approved competitions between the 1st January 2025 to 26th April 2025. Athletes will be notified of their selections in the week following the end of the selection period.
- 3. Athletes Selection**

The top 2 female and top 2 male ranked athletes who achieve a minimum of 700 World Aquatics Points at either a Long Course or a Short Course event during the selection period will be eligible for selection.

Should any of the top 2 athletes from each gender not accept the selection, the ASA reserves the right to consider the next ranked athletes irrespective of gender.
- 4. Team size** Up to a maximum of 2 female and 2 male athletes will be selected for the WAC 2025. Should there be more than 2 female or 2 male athletes who achieve the minimum number of World Aquatics Points, the top 2 athletes from each gender will be selected for participation. There is no obligation on the ASA to select 4 athletes and the total Team Size will be subject to available funding.
- 5. To be eligible for selection**, swimmers must achieve their points in the Heat or Final of the respective event at the ASA approved competitions during the selection period.
- 6. Athletes eligibility**
 - be a Maltese citizen
 - be a registered ASA member of the 2024-2025 seasons
 - be available to fulfil National Team commitments
 - following a consistent training programme endorsed by the Swimming Technical Director

Rev: 25th July 2024