

2026 Female Duet Trials Criteria Friday December 5, 2025

There will be a total of three athletes selected for the 2025-2026 Female Duet including Jamie Czarkowski & Ghizal Akhbar, who are already pre-selected to the squad.

The first step will be to select four athletes, two pre-selected athletes plus the two top-ranked athletes not already pre-selected, based on performance of Duet Technical Required Elements and an Individual routine swim. For the individual swim, the athletes will swim the Technical Team routine transitions and hybrids.

The areas the athletes will be judged on are as follows:

1. Upright Swimming: Eggbeater height, range of motion, use of body, clarity of movement, and performance/ facial expressions.
2. Upside Down Movements: Height of all non-TRE leg movements, extension through knees, toes, ankles and quads, and clarity of movement. Clarity of movement includes precise and distinguishable positions, stability of positions, and precision between movements.
3. *Base Marks: Base Marks during the routine swims will be evaluated by the coaching staff for feedback. They will **not** be factored into the scoring criteria for this event.

The next step will be to conduct swims in pairs to determine the three athletes who will be named to the Senior Duet squad. The athletes will swim the Technical Team routine, but the Team TREs will be substituted with the Duet TREs for these swims. These swims will be evaluated to compare how different pairings might score in relation to one other.

The areas the athletes will be judged on are as follows:

1. Upright Swimming: Eggbeater height, range of motion, use of body, clarity of movement, and facial expression.
2. Technical Elements: The duet technical elements will be judged per AQUA judging criteria.

If needed for a tie break, one additional category will be included:

1. Compatibility: Similar height (upright transitions & upside-down vertical height), similar style of swimming, artistry & facial expressions, performance and complimentary qualities to each other will be considered.

Once the top three athletes have been selected for the Duet squad, we will continue to evaluate the athletes throughout the season to determine the two participants entering each competition. Entries will be decided upon by the coaching staff two weeks to one month prior to each competition. The three athletes may be entered in different combinations based on competition performances and daily practice

habits. For competition, areas to be considered in addition to the criteria evaluated above include:

1. Performing in high-pressure situations including at competition and competition simulations.
2. Element improvement and performance throughout the season.
3. Base Mark improvement and performance throughout the season.
4. Consistent effort, preparedness for and performance at practice.
Preparedness includes ability to absorb and retain new information, attention to detail, and ability to balance responsibilities for duet in addition to team.
5. Drive, determination, work ethic, open communication throughout the season.