



JUNIOR NATIONAL TEAM TRIALS

JAN 18TH, 2025 / PHASE 1 & 2

SCHEDULE AS OF
DEC, 2024

7:30 a.m.	Doors Open
7:45 a.m.	Athletes check-in
8:00 - 8:15 a.m.	Coaches briefing meeting
8:00 - 8:15 a.m.	Warm-up / Open Pool
8:30 - 11:00 a.m.	Swimming & Conditioning Test (1A)
11:00 - 12:00 p.m.	Lunch Break
12:00 - 12:30 p.m.	Warm-up
12:30 - 4:00 p.m.	Technical Skills Test (1B)
3:30 - 5:00 p.m.	Open Pool

All athletes from Phase 1A shall advance to Phase 1B and 1C.



JUNIOR NATIONAL TEAM TRIALS

JAN 19TH, 2025 / PHASE 1 & 2

SCHEDULE AS OF
DEC, 2024

7:30 a.m.	Doors Open
8:00 - 8:15 a.m.	Athletes check-in / Coaches briefing meeting
8:00 - 8:30 a.m.	Land Skill Warm-up
8:30 - 11:30 a.m.	Strength & Flexibility tests (1C)
11:30 - 12:30 p.m.	Lunch Break
12:30 - 12:45 p.m.	Warm-up / Open Pool
12:45 - 2:30 p.m.	Stationary Water Skill Test (2A)
2:30 - 2:45 p.m.	Warm-up / Open Pool
2:45 - 3:00 p.m.	Routine practice with music - Play through 6 times
3:00 - 6:00 p.m.	Routine Test (2B)

Results of Phase 1 posted by 12:00 p.m.

Up to 40 athletes, in rank order, shall advance to Phase 2A.

All athletes from Phase 2A shall advance to Phases 2B & 2C.



JUNIOR NATIONAL TEAM TRIALS

JAN 20TH, 2025 / PHASE 1 & 2

SCHEDULE AS OF
DEC, 2024

7:00 a.m.	Doors Open
7:30 a.m.	Athletes check-in
7:45 - 8:00 a.m.	Coaches briefing meeting
8:00 - 8:15 a.m.	ACRO Skills Test Warm-up
8:30 - 11:00 a.m.	ACRO Skills Test (2C)

Results of Phase 2 posted by Friday 24th

Up to a maximum of 30 registered Trials athletes, in rank order, shall advance to Phase 3A.

NOTE: To ensure that Phase 3A has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the 30th ranked registered Trials athlete(s) in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the Phase 3 participants.