



# JUNIOR NATIONAL TEAM TRIALS

## JAN 17TH, 2026 / PHASE 1 & 2

SCHEDULE AS OF  
01/09/26

10:00 a.m.	Doors Open
10:00 a.m.	Athletes check-in
10:30 a.m.	Coaches & Athletes Meeting
11:00 a.m.	Warm-up / Open Pool
11:30 - 1:15 - p.m.	Phase 1A & 1B - Swimming & Technical Skill Test
1:15 - 2:15 p.m.	Lunch Break
2:15 - 2:45 p.m.	Warm-up
2:45 - 4:15 p.m.	Phase 1C - Strength & Flexibility Tests
4:15 - 5:00 p.m.	Open Pool

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

Up to a maximum of 40 registered Trials athletes\*, in rank order, shall advance to Phase 2A



# JUNIOR NATIONAL TEAM TRIALS

## JAN 18TH, 2026 / PHASE 1 & 2

SCHEDULE AS OF  
DEC, 2024

7:45 a.m.	Doors Open
8:00 - 8:30 a.m.	Athletes check-in / Coaches Briefing meeting
8:30 a.m.	Learn Phase2Aa hybrid
8:45 a.m.	Water W-Up
9:15 - 10:00 a.m.	Phase 2Aa Test
9:45 - 10:30 a.m.	Phase 2Ab Test
10:30 - 12:00 p.m.	Lunch
12:00 - 12:30 p.m.	Routine W-Up
12:30 - 2:15 p.m.	Phase 2B - Routine Test
2:15 - 2:45 p.m.	Break
2:45 - 3:45 p.m.	Phase 2Ca & 2Cb - ACRO Test

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

Results of Phase 2 posted by Friday 23rd (online)