

Competition	67th Malaysia Open Swimming Championships 24-27 April 2024, National Aquatic Centre, Bukit Jalil
Qualifying Period	1 December 2024 - 23 March 2025
Age Eligibility	There are no age restrictions for this meet
Consideration Eligibility	1. Registered as a Selangor swimmer and eligible to represent Selangor; 2. Registered swimmer of MAS and in good standing; 3. Available to fulfill Team Commitments as listed below and any additional commitments following selection; 4. Not used or administered any substance which would have constituted as doping or used any prohibited method or committed any other doping offense as defined in ADAMAS, WADA or WA's Anti-Doping By-Law.
Selection Consideration Criteria	1. Achieve the Qualifying Time Standard/s as shown below in Table 1, at designated selection meet/s during the Qualifying Period; 2. Selection meet/s are any local or international meets in Long Course Meters that comply and is officiated under World Aquatics rules; 3. Overseas-based swimmers who wish to be considered for selection, must submit their official times achieved in Long Course Meters to PRAS via email to selangoraquatics@gmail.com by the cut-off date; 4. Selection Priority: a. Category A (Automatic Selection) : Meets the "A" Qualifying Time Standards in an event; b. Category B (Automatic Selection) : Meets the "B" Qualifying Time Standards in an event; 5. Selection Criteria for Relay Events: a. Selection for relays will be done from within the total team selected; b. PRAS' philosophy is to ensure that the best possible relay team is on the blocks representing Selangor; c. Final composition of the relay will be determined by the coaching staff at the competition.
Funding Criteria	1. Category A (Automatic Selection) - fully funded by PRAS; 2. Category B (Automatic Selection) - self-funded; 3. Reimbursement - a percentage of the cost paid by the swimmer will be reimbursed should the swimmer win a medal in their single individual best performing event result; no relay results will be taken into account; 4. Fees returned will be as follows: i) Bronze medal : 25% refund ii) Silver medal : 50% refund iii) Gold medal : 75% refund iv) Gold medal with Meet or National record : 100%

Terms of Participation	- Each swimmer is required to participate in the event/s they have qualified/been selected for, and can participate in any other events; - Each swimmer is required to participate in a minimum of 1 individual event per day, or a minimum of 4 individual events for the entire meet;
Coaches Selection Consideration Criteria	- Selection of the Coaches for the meet will be at the discretion of PRAS; - The number of coaches on the team will depend on the number of swimmers selected, based on a ratio of 1:10; - Coaches selection will be based on the number of qualifiers to the team, with priority given to "A" qualifiers; - PRAS Selection Committee will have the discretion to add/remove coaches from the team.
Team Commitments	All Athletes and Team Officials must:: - Comply with the provisions of the PRAS Athlete/Team Officials Agreement and Letter of Indemnity at all times; - Comply with PRAS' requirements regarding team participation, which includes and is not limited to, attendance at a pre-competition camp, and wearing team uniform/attire as required; - Be available for all team activities as determined by PRAS; - Be able to appear at events or on platforms whereby their image, voice or presence are used for the promotion of PRAS and its objectives
Notes	- PRAS may amend these selection criteria at any time in its sole discretion by giving adequate notice to swimmers who meet the eligibility criteria; - If a swimmer is unable to satisfy PRAS' requirements after selection and needs to withdraw from the team, PRAS may at their discretion select the next swimmer who has met all the eligibility and selection consideration criteria; - The PRAS Selection Committee shall comprise of the following: - Selangor Head Coach - Selangor Technical Director - PRAS General Manager



MALE			FEMALE	
"A" Qualifying Time	"B" Qualifying Time		"A" Qualifying Time	"B" Qualifying Time
24.20	25.05	50 FREE	27.87	28.85
53.14	55.00	100 FREE	1:01.19	1:03.33
1:57.80	2:01.92	200 FREE	2:16.00	2:20.76
4:15.99	4:24.95	400 FREE	4:49.06	4:59.18
9:18.40	9:37.94	800 FREE	9:57.18	10:18.08
17:14.56	17:50.77	1500 FREE	19:24.57	20:05.33
28.31	29.30	50 BACK	33.22	34.38
1:02.85	1:05.05	100 BACK	1:12.46	1:15.00
2:21.47	2:26.42	200 BACK	2:38.67	2:44.22
30.14	31.19	50 BREAST	35.42	36.66
1:06.61	1:08.94	100 BREAST	1:18.45	1:21.20
2:27.23	2:32.38	200 BREAST	2:51.63	2:57.64
26.08	26.99	50 FLY	29.85	30.89
58.19	1:00.23	100 FLY	1:07.20	1:09.55
2:16.06	2:20.82	200 FLY	2:37.78	2:43.30
2:17.43	2:22.24	200 IM	2:36.86	2:42.35
5:01.65	5:12.21	400 IM	5:42.22	5:54.20

Table 1: Malaysia Open 2025 Qualifying Time Standards