2018 Summer Swimming Meet Schedule

DATES	HOST CLUB	TEMPLATE
Saturday, June 30th	--	--
Sunday, July 1st	--	--
Saturday, July 7th	--	--
Sunday, July 8th	--	--
Saturday, July 14th	Windsor Bluefins	B
Sunday, July 15th	--	--
Saturday, July 21st	Bridgewater Barracudas	A
Sunday, July 22nd	Waeg Waves	B
Saturday, July 28th	Lunenburg Mariners	A
Sunday, July 29th	Colby Sailfish	B
Saturday, August 4th	Kentville Marlins	A
Sunday, August 5th	--	--
Saturday August 11th	St. Margaret's Bay Breakers	Fun Meet
Friday, August 17th- Sunday, August 19th	PROVINCIALS- Bedford Beavers	Full Meet Schedule

2018 Summer Invitational Meet Templates

A	B
Participation	**Participation**
50 Kick	50 Free*
25 Free	25 Fly
25 Breast	25 Back
100 IM**	100 IM**
10 & Under	**10 & Under**
25 Free	25 Fly
25 Breast	25 Back
100 Free or 200 Free	100 IM
11-12	**11-12**
200 or 400 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
13-14	**13-14**
200 or 400 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
15 & Over	**15 & Over**
200 or 400 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back

Notes:

- Allow Coaches on deck during competitions (full deck access).
- *Swimmers must achieve the 50m Freestyle time standard of .55 in order to swim the 100m IM
- **Swimmers must achieve the 100m IM time standard of 2:15 in order to move into the age group events. These times may be achieved at invitational meets or time trials using legal starts/strokes/turns
- 11 & Over: mixed gender and age (scores and awards by multi-age group)
- 13+14 - must swim 200/400 Free and 200 IM; choice of 2 other events
- 15 + O - choice of 3 events
- 100m IM will be swum as 12 & Under (scores and awards by multi-age group)
- 200 IM, 200 Free, 400 Free will be swum as 11 & over (scores and awards by multi-age group); 400 Free will be swum two per lane.
- 50m Kick will be swum as 12 & under, with the use of a flutter board, dolphin or flutter kick are acceptable, everyone will start in the water with one hand on their board and one hand on the wall with the flutter board touching the wall for the finish; will swim two per lane and as 'flighted' heats.
- Participation swimmers will receive a Skills Report from their Coach.
- Participation swimmers that graduate to the Age Group program will receive a graduation certificate.
- PARA swimmers are able to swim in the appropriate level; Coaches should follow up with Swim Nova Scotia on their level and classification.