



Nova Scotia Summer Swimming Competition Structure- 2019

Swim Nova Scotia's Summer Swimming Program is available June 1st-August 31st annually. Refer to the Swim Nova Scotia Summer Swimming Program document for affiliation and training requirements.

Swim Nova Scotia Mission Statement:

- Swim Nova Scotia will promote excellence in swimming

Goals of Summer Swimming:

- Promote and develop a swimming program for youth that develops their swimming skills, and develops the swimmer as a person (increased self-confidence, self-esteem, physical fitness, etc.) while maintaining a fun, and social environment.

Aims of Program:

- Promote a progression of skill level by introducing a learning stage for racing that progress to the execution stage of racing.
- Support Coach development
- Support Officials development

Measures/Evaluation:

How do we measure and evaluate the success of the program?

- It takes a minimum of four years to measure success of an athlete.
- Ongoing feedback sessions with Summer Clubs and working committees.
- Tracking improvements of times at Provincial Championships
- Tracking the technical improvements of athletes- are athletes graduating to the Age Group level quicker over time?
- Tracking the number of graduates from the Participation level.
- Retention of swimmers- Are swimmers staying in the summer program longer? Are they moving to the year-round program? Are they leaving the sport altogether?
- Ongoing review of the Invitational meet templates, Provincial Championships eligibility requirements and qualifying standards by the working group.
- Provincials qualifying times will be reviewed as needed by Swim Nova Scotia.

Participation Program:

- No disqualifications at this level.
- Coaches shall distribute a 'Skills Report' to each of their swimmers in the Participation program.
- A certificate of recognition will be presented by Swim Nova Scotia for swimmers that graduate from the Participation Program. This presentation will take place on Saturday of Provincials during the awards presentation; swimmers that graduate from Participation at Provincials will receive their certificate of recognition following Provincials by their Home Club.
- Best time ribbons will be awarded for 50m Kick.

2019 Summer Invitational Meet Templates

A	B
Participation	Participation
50 Free* or 25 Free	50 Free*
50 Kick	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 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
13-14	13-14
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
15 & Over	15 & Over
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
Age Group Relays (2 templates will run medley & 1 template will run free) in the middle of the day	Open Relays (2 templates will run free & 1 template will run medley) at the end of the day

Notes:

- *Swimmers must achieve the 50m Freestyle time standard of .55 to swim the 100m IM
- **Swimmers must achieve the 100m IM time standard of 2:15 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 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 will be swum as 11 & over (scores and awards by multi-age group)
- Clubs are asked to organize in-house 400 Freestyle racing opportunities and email the results to Swim Nova Scotia. These will be included in the weekly rankings
- 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 can swim in the appropriate level; Coaches should follow up with Swim Nova Scotia on their level and classification.

2019 Summer Provincials Qualifying Criteria

2019 Summer Swimming Provincial Championships Qualifying Standards								
FEMALE				Event	MALE			
10 & Under	11-12	13-14	15 & Over		15 & Over	13-14	11-12	10 & Under
1:44.92		1:20.89	1:15.90	100 Free	1:12.85	1:19.41		1:44.79
3:58.57	3:29.72	3:01.56	3:03.07	200 Free	2:50.66	3:05.11	3:30.47	3:58.28
	7:56.14	7:03.03	7:01.06	400 Free	6:32.52	7:11.31	7:57.48	
		1:43.96	1:35.52	100 Back	1:28.79	1:43.55		
		1:50.96	1:46.43	100 Breast	1:34.85	1:50.86		
		1:38.65	1:35.14	100 Fly	1:27.24	1:37.68		
2:05.39	2:00.00			100 IM			2:02.00	2:07.64
	4:00.00	3:34.10	3:32.93	200 IM	3:22.82	3:42.22	4:05.81	

To be eligible for Provincials, a swimmer must have competed in at least one invitational meet prior to August 1st, 2019. The results must be published on the Swim Nova Scotia webpage and included in the rankings.

All times being submitted for entry to Provincials must be achieved between June 1st, 2019-August 5th, 2019 (rankings will be published on August 6th).

No time entries will not be accepted for Provincials, entry times must be published in the Swim Nova Scotia rankings as of the entry deadline.

PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependant on the classification of PARA swimmers.

All athletes who fulfill the above criteria are eligible to attend Provincials*, following the event entry eligibility determined as follows:

** Individual club policies will determine which eligible athletes are entered in the meet*

PARTICIPATION LEVEL swimmers are eligible to swim any 3 PARTICIPATION LEVEL events. As per regular season rules, Participation Level athletes are eligible to swim the 100 IM if they have met the 50 free graduation standard. *If swimmers qualifying for the 100 IM after the 50m Free, they may contact meet management and enter the 100 IM. Participation swimmers may only score points for 3 events. If a swimmer graduates on Saturday and deck enters the 100 IM, they will not score that event (if they have swum 3 events already).*

AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.

10-and-under AGE GROUP swimmers achieving qualifying times in **100 OR 200 free AND 100 IM** are eligible to swim any **5** individual events in their age group.

11-12 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free AND 100 IM OR 200 IM** are eligible to swim any **5** individual events in their age group.

13-14 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free OR 200 IM AND any other** eligible events to swim any **5** individual events in their age group.

15-and-over AGE GROUP swimmers achieving a qualifying time in **ANY** event are eligible to swim any **5** individual events in their age group.

AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any **2** individual events in their age group.

ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of **2 relays** in addition to individual events.

RELAYS:

-Athletes participating only in relays must be entered in the club roster submitted for provincials (there is no minimum number that must qualify for Provincials). This can be accomplished by entering the athlete's name in at least one relay event. At the beginning of each session, relay teams will need to be confirmed.

-If a Participation swimmer graduates, they are eligible to join an age group relay (that is pre-entered in the meet).

-Relays are available for Age Group level swimmers only.

-All 'A' relays will be seeded ahead of 'B' relays. Only 'A' relays will score.

-At least two (2) of the four (4) members swim in that age group.

-Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.

- For relay events please use the following formula if you do not have a relay time in the 13 & over events: take 45% of the 100m time to calculate the 50m time.



2019 Summer Provincials Order of Events

Friday			Saturday			Sunday					
12:30-1:00pm	Warm Up	Participation	7:00-8:40am	Warm Up	All	7:00-8:40am	Warm Up	All			
1:00-3:30pm	25m Free	Participation	9:00am-	50m Free	Participation	9:00am-	50m Breast	13-14			
	25m Breast	Participation		Participation Awards (10-Minute Break)			50m Breast	15 & Over			
	25m Back	Participation		50m Free	15 & Over		100m Free	10 & Under			
	25m Fly	Participation		50m Free	13-14		100m Free	13-14			
50m Free				11-12	100m Free		15 & Over				
3:30-4:30pm	Warm Up	Age Group		25m Free	10 & under		25m Back	10 & Under			
				100m Breast	15 & O		50m Back	11-12			
4:30-7:30pm	200m Free	<i>Open (to be swum together, scored/awarded by age group)</i>		100m Breast	13-14		100m Back	13-14			
	100m Medley Relay			50m Breast	11-12		100m Back	15 & Over			
				25m Breast	10 & Under		100m IM	Participation *if qualified			
	200m Medley Relay			11-12	50m Back		15 & O	50m Fly	13-14		
	200m Medley Relay			13-14	50m Back		13-14	50m Fly	15 & Over		
	200m Medley Relay			15 & O	100m IM		11-12	100m IM	10 & Under		
<p><i>Note that the 15 & Overs will be swum together, scored/awarded by age group (15-16 & 17-18).</i></p> <p><i>10-minute marshalling break will take place in between all Participation events.</i></p>				25m Fly	10 & Under		200m IM	11-12			
				50m Fly	11-12		200m IM	13-14			
				100m Fly	13-14		200m IM	15 & Over			
			100m Fly	15 & Over	100m Free Relay	10 & Under					
			10-Minute Break		200m Free Relay	11-12					
			400m Free	<i>11 & Over (to be swum alternating gender, scored/awarded by age group)</i>	200m Free Relay	13-14					
			200m Free Relay			15 & O					

Provincials Scoring: Participation scores 5 points per splash at Provincials



All Star Team Selection:

The Summer Swimming All Star Team will be selected at the completion of Provincials based on the top aggregate scores in each age of the following age group categories: 10 & Under (top 5 of each gender); 11-12 (top 5 of each gender); 13-14 (top 5 of each gender); 15-16 (top 4 of each gender); 17-18 (top 4 of each gender).

Results/Rankings:

Meet results will be posted by age group during the regular season invitational meets and Summer Provincials. The following age group categories will be used: 10 & Under, 11-12, 13-14, 15 & Over.

Swim Nova Scotia will endeavour to post rankings every Monday following the regular season invitational meets in the following age group categories: 11-12, 13-14, 15 & Over.