



As of March 9, 2016 v2

2016 Summer Swimming Meet Schedule

| DATES | HOST CLUB | TEMPLATE |
|---|-------------------------------------|-------------|
| Saturday, July 2 nd | | |
| Sunday, July 3 rd | | |
| Saturday, July 9 th | | |
| Sunday, July 10 th | | |
| Saturday, July 16 th | Lunenburg Mariners | A |
| Sunday, July 17 th | Waeg Waves | B |
| Saturday, July 23 rd | Colby Sailfish | A |
| Sunday, July 24 th | | |
| Saturday, July 30 th | Kentville Marlins | B |
| Sunday, July 31 st | Windsor Bluefins | A |
| Saturday, August 6 th | Bedford Beavers | B |
| Sunday, August 7 th | | |
| Saturday August 13 th | St-Margaret's Bay Breakers Fun Meet | |
| Friday, August 19 th - Sunday, August 21 st | PROVINCIALS- Bridgewater | Full Events |

2016 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 |
| Open Age Group Relay | Open Age Group Relay |
| 200m Medley Relay | 200m Freestyle Relay |



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
- Relays: Participation Fun Relays at break; mixed gender and age
- 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)
- 400 Free will be swum as 11 & over (scores and awards by multi-age group) and may 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.