



AAA #6 LCM Invitational Swim Meet

Hosted by: Dalhousie University Swim Team
May 23rd, 2026

- Sanctioned by:** Swim Nova Scotia
- Meet Managers:** Angela MacAlpine: sportdevelopmentcoordinator@swimnovascotia.com
- Head Official:** Diane MacKenzie: Diane.Mackenzie@Dal.ca
Timers and Senior Officials can send availability and preferred positions to Diane.
- Entries:** Hy-Tek entry files should be uploaded via REMS by the entry deadline, Friday May 15th at midnight. Late entries are not accepted and no deck entries. Once meet timelines have been reviewed, swimmers may enter a 2nd event if time allows. This will be communicated after the entry deadline.
- Scoring:** There will be no scoring.
- Facilities:** Dalplex Pool, 6260 South St, Halifax, NS. Competition Pool with Quantum Electronic Timing: 8 Lanes LCM.
- Meet Rules:** The meet has been sanctioned by Swim Nova Scotia and will follow SNC rules and [warm-up procedures](#). Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. During warm-up all swimmers must enter the pool with a controlled, feet-first entry.

Swim Wear: [SNC Swim Wear](#) rules in effect.

Each swimmer entered in the meet must be qualified in the AAA category and be fully registered with Swim Nova Scotia or their respective provincial swimming office.

The meet will be swum as mixed gender, open events, timed finals.

- An exemption from SNC rule SW 10.1 to swim events in gender separated events has been granted.
- In spite of this exemption, any swimmer who achieves a record time at this competition that recognizes records at any level (provincial, national etc.) will not be recognized for that record **unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.**

- Safe Sport:** Swim NS believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Details on Safe Sport during this event can be found here: [Swim NS Safe Sport](#)
Only registered swimmers, coaches, and officials in designated sessions of the meet are allowed on deck.

Photography/Videography: In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Nova Scotia sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found [HERE](#)



**AAA #6 LCM Invitational Swim Meet
ORDER OF EVENTS**

SESSION I		
WARM-UPS: 1:00pm		
MEET START: 1:20pm		
SATURDAY May 15 th , 2026		
Event #	Age Group	Event
1	Open	200m Butterfly
2	Open	200m Backstroke
3	Open	200m Breaststroke
4	Open	200m Freestyle
5	Open	200m Individual Medley

**swimmers may enter one 200m event. Once meet timelines have been confirmed swimmers may have the option to enter a 2nd event.*