

**AAA/AA #5 LCM Invitational Swim Meet**  
Hosted by: Dartmouth Crusaders Swim Club  
April 25<sup>th</sup> – 26<sup>th</sup>, 2026

---

**Sanctioned by:** Swim Nova Scotia

**Meet Managers:** Tanya Zawislak: [tanyazawislak@gmail.com](mailto:tanyazawislak@gmail.com)

**Head Official:** Maureen Nolan: [memejejedede@gmail.com](mailto:memejejedede@gmail.com)  
Timers and Senior Officials can send availability and preferred positions to Maureen.

**Entry Fees:** \$45.00 flat fee, swimmers may enter up to five individual events.  
E-transfers can be sent to: [dcsctreasurer2022@gmail.com](mailto:dcsctreasurer2022@gmail.com) or by cheque to Dartmouth Crusaders.

**Entries:** Hy-Tek entry files should be uploaded via REMS by the entry deadline, Friday April 17<sup>th</sup> at midnight. Late entries are not accepted and no deck entries.

**Scoring:** There will be no scoring.

**Facilities:** Centennial Pool, 1970 Gottingen St, Halifax, NS. Competition Pool: 6 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 their respective AAA or AA category and be fully registered with Swim Nova Scotia or their respective provincial swimming office.

800m Freestyle will require positive check-in due by 8:30am on April 25<sup>th</sup> and will swim fastest to slowest.

400m Freestyle will require positive check-in due by 8:30am on April 26<sup>th</sup> and will swim fastest to slowest.

The meet will be swum as mixed gender, open events, timed finals, AAA / AA combined.

- 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/AA #5 LCM Invitational Swim Meet  
ORDER OF EVENTS**

SESSION I WARM-UPS: 8:00am MEET START: 9:00am SATURDAY APRIL 25 <sup>th</sup> , 2026		
Event #	Age Group	Event
1	Open	50m Breaststroke
2	Open	200m Butterfly
3	Open	100m Freestyle
4	Open	100m Backstroke
5	Open	800m Freestyle*
SESSION II WARM-UPS: 3:00pm MEET START: 4:00pm SATURDAY APRIL 25 <sup>th</sup> , 2026		
6	Open	50m Butterfly
7	Open	200m Backstroke
8	Open	100m Breaststroke
9	Open	200m Freestyle
10	Open	400 IM*
SESSION III WARM-UPS: 8:00am MEET START: 9:00am SUNDAY APRIL 26 <sup>th</sup> , 2026		
11	Open	100m Butterfly
12	Open	200m Breaststroke
13	Open	50m Backstroke
14	Open	200m IM
15	Open	50m Freestyle
16	Open	400 Freestyle*

*\*400m IM, 400m & 800m Freestyle will be swum fastest to slowest*