



AAA #3 Pentathlon Championship

Hosted by: Dalhousie University Swim Team

May 22nd – 23rd, 2026

Sanctioned By: Swim Nova Scotia

Meet Manager: Angela MacAlpine:
sportdevelopmentcoordinator@swimnovascotia.com

Head Official: Diane MacKenzie: Diane.Mackenzie@Dal.ca
Officials from all teams are invited to help as timers or Senior officials, please send availability and preferred position to Diane.

Entry Fees:
\$65.00 (flat fee); 5 individual entries

Entries:
Hy-Tek entries should be uploaded directly to the SNC database (REMS) by the entry deadline Friday May 15th at midnight. Late entries will not be accepted.

Scoring:
The Pentathlon Champion is based on an aggregate score of 100 IM + 50 FR + 50 BR + 50 FLY + 50 BK

Awards: Pentathlon Champions will be awarded by gender and Age Group broken into the following categories; 12 & Under, 13-14, 15 & Over.

Facilities:
Dalplex Pool 6260 South St.
8 lane 25m Pool with Quantum Electronic Timing.
No outdoor footwear.
Please park in designated legal parking spots.

Meet Rules:
SNC rules and [warm-up procedures](#) will be in effect.

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.

100m Individual Medley Eliminator - Instructions

- All swimmers compete in the Preliminary Round.
- The top 8 fastest swimmers advance to Semifinal A (gender specific).
- The Top 9-16 swimmers advance to Semifinal B.
- From the Semifinal A, the top 4 swimmers move on to the Finals.
- The Final determines the overall Eliminator Champion based on fastest time.
- Each round will swim in the session order as outlined in the Event List.
- *In the event of a tie for advancement, a swim-off will be conducted immediately.*

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 Meet Manager by the entry deadline** 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.

Deck Access/Safe Sport:

Registered swimmers, coaches and officials participating in the meet are allowed on deck. Parents may spectate from the designated areas.

Photographers must be pre-approved in advance by contacting [Swim Nova Scotia in advance of the meet](#).

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](#)

Results: Unofficial live results will be available on meet mobile. Each swimmer entered must meet the Age Group Development Level AAA qualifications and be fully registered with Swimming Canada through their respective Provincial Swimming Office.

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ORDER OF EVENTS

SESSION I		
WARM-UPS: 4:00pm		
MEET START: 5:00pm		
FRIDAY MAY 22 nd , 2026		
Event #	Age Group	Event
1	Open	100m IM Eliminator
2	Open	50m Freestyle
3	Open	50m Breaststroke
4	Open	4 x 50m Freestyle Mixed Relay
SESSION 2		
WARM-UPS: 8:00am		
MEET START: 9:00am		
SATURDAY MAY 23 rd , 2026		
1	Semi – Final A	100m IM Eliminator - Top 8
1	Semi – Final B	100m IM Eliminator - Top 9-16
5	Open	50m Butterfly
6	Open	50m Backstroke
1	Final	100m IM Eliminator - Top 4

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- From the Semifinal A, the top 4 swimmers move on to the Finals.
- The Final determines the overall Eliminator Champion based on fastest time.
- Each round will swim in the session order as outlined in the Event List.
- *In the event of a tie for advancement, a swim-off will be conducted immediately.*

Pentathlon Champion is awarded by gender & age group 12&U, 13-14, 15&O, based on aggregate score of: 100m IM Eliminator + 50m FR + 50m BR + 50m FLY + 50m BK