



Truro Centurions Swim Club

Nova Tech Explosion

May 23rd – 24th, 2026

Hosted By: Truro Centurions Swim Club

Sanctioned By: Swim Nova Scotia

Meet Manager: Angela Hickox: tscspresident1977@gmail.com

Head Official: Gerry Doucet salmondoucet@gmail.com

Location:

Rath Eastlink Community Centre (RECC) – 625 Abenaki Road, Truro, Nova Scotia, NS B2N 0G6

Eligibility:

All registered swimmers with Swim Nova Scotia that are in the Nova Tech program (Participation, Levels 1 & 2)

Entry Fees:

\$40.00 flat fee per swimmer.

Level 1 & 2 swimmers may enter six (6) individual events

Participation level swimmers may enter five (5) individual events

Please make cheque payable to the

Truro Centurions Swim Club OR e-transfer:

centuriontreasurer@gmail.com Entry fees are non-refundable.

Entry Deadline:

Hytek entries should be uploaded to the SNC National Database (REMS) **by Friday May 15th, 2026**

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.

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.**

There will be **NO DECK ENTRIES** and **NO EXHIBITION SWIMS** for individual events.

There will be a 200m OPEN (8x25m) exhibition relay added to session II Saturday for LEVEL 1 & 2 swimmers.

- Teams can combine to make a relay.
- Teams will deck enter at admin desk **Saturday by 5:00pm.**

Meet management reserves the right to combine heats and events.

Deck Access/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.

Parents may spectate from the designated areas.

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](#)

Scratch Procedure:

All scratches are to be submitted to the meet office in writing 30 minutes before the start of each session.

Officials:

Clubs sending more than three swimmers are asked to provide at least one official per session, clubs sending more than twenty swimmers are asked to provide at least two officials per session. Please email Genevieve: chestico@hotmail.com with preferred positions and availability.

Canteen & Merchandise:

The RECC provides a canteen onsite.

Information regarding merchandise will be shared in a separate communication

Nova Tech Explosion

ORDER OF EVENTS

NOVA TECH PARTICIPATION

SATURDAY MAY 23 rd , 2026	
WARM-UPS 2:00-2:20pm	
MEET START: 2:25pm	
Event #	Event
1	25m Butterfly
2	50m Butterfly
3	25m Backstroke
4	50m Backstroke
5	25m Breaststroke
6	50m Breaststroke
7	25m Freestyle
8	50m Freestyle
9	100m Individual Medley
OPEN SWIM IN LEISURE POOL (30 MINUTES)	
<i>Swimmers may choose either a 25m or 50m of each stroke</i>	

NOVA TECH LEVELS 1 & 2 SWIMMERS ONLY

SATURDAY MAY 23 rd , 2026		
LEVEL 1 & 2 SWIMMERS WARM-UPS 4:30-4:55pm		
MEET START: 5:00pm		
201	Level 2	100m Individual Medley
202	Level 2	50m Freestyle
103	Level 1	50m Breaststroke
204	Level 2	100m Butterfly
105	Level 1	50m Butterfly
206	Level 2	50m Backstroke
107	Level 1	100m Freestyle
211	OPEN	200m Freestyle Relay (8x25m) EXH
OPEN SWIM IN LEISURE POOL (30 MINUTES)		
SUNDAY MAY 24 th , 2026		
LEVEL 2 SWIMMERS WARM-UPS 9:00-9:30am		
MEET START: 9:30am		
207	Level 2	200m Freestyle
LEVEL 1 SWIMMERS WARM-UPS 10:30-10:55am		
MEET START: 11:00am (<i>approximate</i>)		
203	Level 2	50m Breaststroke
101	Level 1	100m Individual Medley
208	Level 2	100m Backstroke
106	Level 1	50m Backstroke
209	Level 2	100m Breaststroke
205	Level 2	50m Butterfly
102	Level 1	50m Freestyle
210	Level 2	100m Freestyle
OPEN SWIM IN LEISURE POOL (30 MINUTES)		

