



NS Long Course Championships

June 11th – 14th, 2026

Hosted By: Swim Nova Scotia

Sanctioned By: Swim Nova Scotia

Location: Dalplex Pool, 6260 South St. Halifax, N.S. 8 lane 50m pool with Quantum Electronic Timing and OBL2 Pro Backstroke ledges.

Technical Meet Managers:

Bette El-Hawary & Angela MacAlpine:
swimming@sportnovascotia.ca &
sportdevelopmentcoordinator@swimnovascotia.com

Meet Referee: Maureen Nolan:

memejejedede@gmail.com
Timers and Senior Officials, send your club affiliation and preferred positions to Maureen.

Entries: Hytek entries should be uploaded to the SNC National Database (REMS) **Friday June 5th, 2026.**

There will be no deck entries. Exhibition relay does not count toward individual entry limits.

Entry Fee: \$150.00 flat fee per swimmer relays no charge. Each swimmer may enter a maximum of six (6) individual events (maximum 2 events per session) and 3 relays.

Entry fees must be paid no later than 12:00pm Tuesday June 9th via e-transfer: swimming@sportnovascotia.ca (use password 'swimming'). Cheques can be made out to Swim Nova Scotia and brought to the first session.

Eligibility: All registered Nova Scotia swimmers who meet the following criteria:

12 & Under swimmers must meet the East Coast Championship standards, that can be found at the following [URL](#).

13 & Over swimmers who are AAA qualified will enter AAA (001) series events.

13 & Over swimmers who are AA qualified will enter AA (101) series events.

Coaches of 15-18 year-old AAA swimmers must declare their swimmer's intent to swim in the OPEN category by event before the entry deadline.

AAA age groups subject to change at the entry deadline based on the subscription of swimmers in the OPEN age group to change to 15 & Over with an A & B final.

Note this meet is closed to Nova Scotia swimmers only. Events may be combined at meet managements discretion.

Format: [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 400/800/1500m Freestyle will be swum fastest to slowest, alternating gender.
Sunday Distance events; Top 8 swim in Finals

Relays: All swimmers must be entered in the meet (no relay only swimmers).

Scratches: The first scratch deadline following each preliminary session shall be 30 minutes following the conclusion of the session. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the final's session. A \$20 penalty (to be paid immediately) will be enforced during



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Finals. The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet will be run cardless, however, for the 400/800/1500 Freestyle events, all swimmers will be required to do a positive meet check-in.

During finals, once an alternate is called, the “no show” is final. Timers will use timecards for all relays and the 800 and 1500 Freestyle events.

Paralympic Swimmers:

- All Paralympic swimmers (Sport Class 1 to 14) must hold at least a Provincial Classification designation to be eligible to compete in the meet.
- Paralympic qualification standards can be found at the following [URL](#)
- Paralympic swimmers will be judged using the most current version of the [WPC Swimming Rules & Regulations](#) or the SNC Rulebook with the technical rules updates provided in SNC Paralympic Swimming Newsletters
- Sport Classes eligible for competition are 1-10, 11-13 and 14
- There are no age restrictions for Paralympic swimming
- All Paralympic swimmers' entries must include the swimmer's classification numbers (i.e., S7, SB6, SM7) as part of their name
- Swimmers may compete in integrated format heats and dedicated Paralympic Swimming finals; these swimmers can only compete in events they are classified in during the Paralympic Swimming finals session; however, they may swim in any event during prelims.
- Paralympic events will be scored using the SNC IPC Point system
- Paralympic swimmers may swim a maximum of six individual events; the four Paralympic events offered and two other Paralympic events. Note that they may swim the heats of the Paralympic events; if they are eligible to swim in an Olympic program event final they may do so, however they must indicate to the meet manager which final they will swim in by the conclusion of heats.

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.

Awards:

Medals 1-3rd place for all events and ribbons 4-8th place in all events for each AA/AAA level. Medals will be presented immediately following each finals event on the diving platform.

High Point Awards for 14 & under, 15-18, and Open age groups based on individual aggregate high points for the top male and female swimmer in each age group for AAA level. High Point Awards for the Top 3 male and female swimmers in 14 & Under and 15 & Over age groups for AA level.

Swim of the Meet: AAA Male and Female individual swim of the meet, (based on this year's World Aquatics Points).

Team Spirit Award: Awarded to the AA team showing the best team spirit all weekend!

Scoring: 50-30-20-15-14-13-12-11 points for individual events (no scoring for relays) for each AA/AAA level.



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ORDER OF EVENTS

TIMED FINALS – Thursday, June 11th, 2026

Warm-Ups: 3:00pm			Heats Start: 4:00pm	
Female	Age Group	Event	Age Group	Male
1	Open	1500m Freestyle*	--	--
101	Open	AA 1500m Freestyle*	--	--
--	--	800m Freestyle*	Open	4
--	--	AA 800m Freestyle*	Open	104
30 Minute Warm-Up Break				
5	Open - AAA	4 x 200m Freestyle Relay	Open - AAA	6
105	Open - AA	4 x 200m Freestyle Relay	Open - AA	106
145	Exhibition	4 x 200m Mixed Free Relay	--	--
<i>* Will be swum fastest to slowest, alternating gender</i>				



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PRELIMS: Friday June 12, 2026 – 7:30am Warm-Up 8:30am Meet Start			
Women's Event #	Age Group	Event	Men's Event #
7	Open AAA	200m Freestyle	8
107	Open AA	200m Freestyle	108
9	Open AAA	50m Butterfly	10
109	Open AA	50m Butterfly	110
11	Open AAA	400m Individual Medley	12
111	Open AA	400m Individual Medley	112
13	Open AAA	50m Backstroke	14
113	Open AA	50m Backstroke	114
15	Open AAA	200m Breaststroke	16
115	Open AA	200m Breaststroke	116
FINALS: Friday June 12, 2026 – 4:00pm Warm-Up 5:00pm Meet Start			
7	14 & Under AAA	200m Freestyle	8
7	15 - 18 AAA	200m Freestyle	8
7	OPEN AAA	200m Freestyle	8
107	14 & Under AA	200m Freestyle	108
107	15 & Over AA	200m Freestyle	108
9	14 & Under AAA	50m Butterfly	10
9	15 - 18 AAA	50m Butterfly	10
9	OPEN AAA	50m Butterfly	10
109	14 & Under AA	50m Butterfly	110
109	15 & Over AA	50m Butterfly	110
209	Mixed PARA	50m Butterfly PARALYMPIC	--
11	14 & Under AAA	400m Individual Medley	12
11	15 -18 AAA	400m Individual Medley	12
11	OPEN AAA	400m Individual Medley	12
111	14 & Under AA	400m Individual Medley	112
111	15 & Over AA	400m Individual Medley	112
213	Mixed PARA	50m Backstroke PARALYMPIC	--
13	14 & Under AAA	50m Backstroke	14
13	15 & Over AAA	50m Backstroke	14
13	OPEN AAA	50m Backstroke	14
113	14 & Under AA	50m Backstroke	114
113	15 & Over AA	50m Backstroke	114
15	14 & Under AAA	200m Breaststroke	16
15	15 -18 AAA	200m Breaststroke	16
15	OPEN AAA	200m Breaststroke	16
115	14 & Under AA	200m Breaststroke	116
115	15 & Over AA	200m Breaststroke	116
5 Minute Warm-Up Break			
17	14 & Under AAA	4 x 100m Freestyle Relay	18
19	15 & Over AAA	4 x 100m Freestyle Relay	20
117	14 & Under AA	4 x 100m Freestyle Relay	118
119	15 & Over AA	4 x 100m Freestyle Relay	120

*Relay event order: 17, 19, 117, 119, 18, 20, 118, 120



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PRELIMS: Saturday June 13, 2026 – 7:30am Warm-Up 8:30am Meet Start			
21	Open AAA	50m Freestyle	22
121	Open AA	50m Freestyle	122
23	Open AAA	200m Backstroke	24
123	Open AA	200m Backstroke	124
25	Open AAA	100m Breaststroke	26
125	Open AA	100m Breaststroke	126
27	Open AAA	100m Butterfly	28
127	Open AA	100m Butterfly	128
29	Open AAA	400m Freestyle*	30
129	Open AA	400m Freestyle*	130
<i>*Will be swum fastest to slowest, alternating gender</i>			
FINALS: Saturday June 13, 2026 – 4:00pm Warm-Up 5:00pm Meet Start			
21	14 & Under AAA	50m Freestyle	22
21	15 - 18 AAA	50m Freestyle	22
21	OPEN AAA	50m Freestyle	22
121	14 & Under AA	50m Freestyle	122
121	15 & Over AA	50m Freestyle	122
221	Mixed PARALYMPIC	50m Freestyle PARALYMPIC	--
23	14 & Under AAA	200m Backstroke	24
23	15 - 18 AAA	200m Backstroke	24
23	OPEN AAA	200m Backstroke	24
123	14 & Under AA	200m Backstroke	124
123	15 & Over AA	200m Backstroke	124
25	14 & Under AAA	100m Breaststroke	26
25	15 - 18 AAA	100m Breaststroke	26
25	OPEN AAA	100m Breaststroke	26
125	14 & Under AA	100m Breaststroke	126
125	15 & Over AA	100m Breaststroke	126
27	14 & Under AAA	100m Butterfly	28
27	15 - 18 AAA	100m Butterfly	28
27	OPEN AAA	100m Butterfly	28
127	14 & Under AA	100m Butterfly	128
127	15 & Over AA	100m Butterfly	128
29	14 & Under AAA	400m Freestyle	30
29	15 - 18 AAA	400m Freestyle	30
29	OPEN AAA	400m Freestyle	30
129	14 & Under AA	400m Freestyle	130
129	15 & Over AA	400m Freestyle	130
5 Minute Warm-Up Break			
31	14 & Under AAA	4 x 100m Medley Relay	32
33	15 & Over AAA	4 x 100m Medley Relay	34
131	14 & Under AA	4 x 100m Medley Relay	132
133	15 & Over AA	4 x 100m Medley Relay	134

*Relay event order: 31, 33, 131, 133, 32, 34, 132, 134



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PRELIMS: Sunday June 14, 2026 – 7:30am Warm-Up 8:30am Meet Start			
35	Open AAA	200m Individual Medley	36
135	Open AA	200m Individual Medley	136
37	Open AAA	100m Freestyle	38
137	Open AA	100m Freestyle	138
39	Open AAA	200m Butterfly	40
139	Open AA	200m Butterfly	140
41	Open AAA	50m Breaststroke	42
141	Open AA	50m Breaststroke	142
43	Open AAA	100m Backstroke	44
143	Open AA	100m Backstroke	144
3	Open AAA	800m Freestyle*	--
103	Open AA	800m Freestyle*	--
--	Open AAA	1500m Freestyle*	2
--	Open AA	1500m Freestyle*	102
FINALS: Sunday June 14, 2026 – 3:00pm Warm-Up 4:00pm Meet Start			
3	Open - AAA	800m Freestyle- TOP EIGHT AAA	--
103	Open - AA	800m Freestyle- TOP EIGHT AA	--
--	Open - AAA	1500m Freestyle- TOP EIGHT AAA	2
--	Open - AA	1500m Freestyle- TOP EIGHT AA	102
10 Minute Break OPEN POOL			
35	14 & Under AAA	200m Individual Medley	36
35	15 - 18 AAA	200m Individual Medley	36
35	OPEN AAA	200m Individual Medley	36
135	14 & Under AA	200m Individual Medley	136
135	15 & Over AA	200m Individual Medley	136
37	14 & Under AAA	100m Freestyle	38
37	15 - 18 AAA	100m Freestyle	38
37	OPEN AAA	100m Freestyle	38
137	14 & Under AA	100m Freestyle	138
137	15 & Over AA	100m Freestyle	138
237	MIXED PARALYMPIC	100m Freestyle PARALYMPIC	--
39	14 & Under AAA	200m Butterfly	40
39	15 - 18 AAA	200m Butterfly	40
39	OPEN AAA	200m Butterfly	40
139	14 & Under AA	200m Butterfly	140
139	15 & Over AA	200m Butterfly	140
41	14 & Under AAA	50m Breaststroke	42
41	15 - 18 AAA	50m Breaststroke	42
41	OPEN AAA	50m Breaststroke	42
141	14 & Under AA	50m Breaststroke	142
141	15 & Over AA	50m Breaststroke	142
241	MIXED PARALYMPIC	50m Breaststroke PARALYMPIC	--
43	14 & Under AAA	100m Backstroke	44
43	15 - 18 AAA	100m Backstroke	44
43	OPEN AAA	100m Backstroke	44
143	14 & Under AA	100m Backstroke	144
143	15 & Over AA	100m Backstroke	144