



## **Nova Scotia Summer Swimming Competition Structure- 2017**

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### **Swim Nova Scotia Mission Statement:**

- Swim Nova Scotia will promote excellence in swimming

### **Goals of Summer Swimming:**

- Promote and develop a swimming program for youth that develops their swimming skills, and develops the swimmer as a person (increased self-confidence, self-esteem, physical fitness, etc.) while maintaining a fun, and social environment.

### **Aims of Program:**

- Promote a progression of skill level by introducing a learning stage for racing that progress to the execution stage of racing.
- Support Coach development
- Support Officials development

### **Measures/Evaluation:**

*How do we measure and evaluate the success of the program?*

- It takes a minimum of four years to measure success of an athlete.
- Ongoing feedback sessions with Summer Clubs and working committees.
- Tracking improvements of times at Provincial Championships
- Tracking the technical improvements of athletes- are athletes graduating to the Age Group level quicker over time?
- Tracking the number of graduates from the Participation level.
- Retention of swimmers- Are swimmers staying in the summer program longer? Are they moving to the year round program? Are they leaving the sport altogether?
- Ongoing review of the Invitational meet templates, Provincial Championships eligibility requirements and qualifying standards by the working group.
- Provincials qualifying times will be reviewed as needed by Swim Nova Scotia.

### **Participation Program:**

- No disqualifications at this level.
- Coaches shall distribute a 'Skills Report' to each of their swimmers in the Participation program.
- A certificate of recognition will be presented by Swim Nova Scotia for swimmers that graduate from the Participation Program. This presentation will take place on Saturday of Provincials during the awards presentation; swimmers that graduate from Participation at Provincials will receive their certificate of recognition following Provincials by their Home Club.
- Best time ribbons will be awarded for 50m Kick



## 2017 Summer Invitational Meet Templates

A	B
<b>Participation</b>	<b>Participation</b>
50 Kick	50 Free*
25 Free	25 Fly
25 Breast	25 Back
100 IM**	100 IM**
<b>10 &amp; Under</b>	<b>10 &amp; Under</b>
25 Free	25 Fly
25 Breast	25 Back
100 Free or 200 Free	100 IM
<b>11-12</b>	<b>11-12</b>
200 or 400 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
<b>13-14</b>	<b>13-14</b>
200 or 400 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
<b>15 &amp; Over</b>	<b>15 &amp; Over</b>
200 or 400 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back

### Notes:

- Allow Coaches on deck during competitions (full deck access).
- \*Swimmers must achieve the 50m Freestyle time standard of .55 in order to swim the 100m IM
- \*\*Swimmers must achieve the 100m IM time standard of 2:15 in order to move into the age group events. These times may be achieved at invitational meets or time trials using legal starts/strokes/turns- COACHES DISCRETION
- 11 & Over: mixed gender and age (scores and awards by multi-age group)
- 13+14 - must swim 200/400 Free and 200 IM; choice of 2 other events
- 15 + O - choice of 3 events
- 100m IM will be swum as 12 & Under (scores and awards by multi-age group)
- 200 IM, 200 Free and 400 Free will be swum as 11 & over (scores and awards by multi-age group); the 400 Free may be swum two per lane.
- 50m Kick will be swum as 12 & under, with the use of a flutter board, dolphin or flutter kick are acceptable, everyone will start in the water with one hand on their board and one hand on the wall with the flutter board touching the wall for the finish; will swim two per lane and as 'fighted' heats.
- Participation swimmers will receive a Skills Report from their Coach.
- Participation swimmers that graduate to the Age Group program will receive a graduation certificate.
- PARA swimmers are able to swim in the appropriate level; Coaches should follow up with Swim Nova Scotia on their level and classification.



## 2017 Summer Provincials Qualifying Criteria

2016 Summer Swimming Provincial Championships Qualifying Standards								
FEMALE				Event	MALE			
10 & Under	11-12	13-14	15 & Over		15 & Over	13-14	11-12	10 & Under
1:44.92		1:20.89	1:15.90	100 Free	1:12.85	1:19.41		1:44.79
3:58.57	3:29.72	3:01.56	3:03.07	200 Free	2:50.66	3:05.11	3:30.47	3:58.28
	7:56.14	7:03.03	7:01.06	400 Free	6:32.52	7:11.31	7:57.48	
		1:43.96	1:35.52	100 Back	1:28.79	1:43.55		
		1:50.96	1:46.43	100 Breast	1:34.85	1:50.86		
		1:38.65	1:35.14	100 Fly	1:27.24	1:37.68		
2:05.39				100 IM				2:07.64
	4:00.00	3:34.10	3:32.93	200 IM	3:22.82	3:42.22	4:05.81	

To be eligible for Provincials, a swimmer must have competed in at least one invitational meet prior to August 1<sup>st</sup>, 2017. The results must be published on the Swim Nova Scotia webpage and included in the rankings.

All times being submitted for entry to Provincials must be achieved between June 1<sup>st</sup>, 2017-August 6<sup>th</sup>, 2017

No time entries will not be accepted for Provincials, entry times must be published in the Swim Nova Scotia rankings as of the entry deadline.

PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependant on the classification of PARA swimmers.

All athletes who fulfill the above criteria are eligible to attend Provincials\*, following the event entry eligibility determined as follows:

PARTICIPATION LEVEL swimmers are eligible to swim any 3 PARTICIPATION LEVEL events. As per regular season rules, Participation Level athletes are eligible to swim the 100 IM if they have met the 50 free graduation standard. *If swimmers qualifying for the 100 IM after the 50m Free, they may contact meet management and enter the 100 IM. Participation swimmers may only score points for 3 events.*

AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.

10-and-under AGE GROUP swimmers achieving qualifying times in **100 OR 200 free AND 100 IM** are eligible to swim any **5** individual events in their age group.

11-12 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free AND 200 IM** are eligible to swim any **5** individual events in their age group.

13-14 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free OR 200 IM AND any other** eligible events to swim any **5** individual events in their age group.

15-and-over AGE GROUP swimmers achieving a qualifying time in **ANY** event are eligible to swim any **5** individual events in their age group.

AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any **2** individual events in their age group.

ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of **2 relays** in addition to individual events.

Bonus event: 50m Kick. Swimmers may choose to swim in the 50m Kick, it does not count as one of the individual events. Swimmers must have an entry time to swim the 50m Kick.

\* Individual club policies will determine which eligible athletes are entered in the meet



## 2017 Summer Provincials Order of Events

Friday			Saturday			Sunday				
12:30-1:00pm	Warm Up	Participation	7:00-8:40am	Warm Up	All	7:00-8:40am	Warm Up	All		
1:00-3:30pm	25m Free	Participation	9:00am-	50m Free	15 & Over	9:00am-	50m Breast	13-14		
	25m Breast	Participation		50m Free	13-14		50m Breast	15 & Over		
	25m Back	Participation		50m Free	11-12		100m Free	10 & Under		
	25m Fly	Participation		25m Free	10 & under		100m Free	13-14		
3:30-4:30pm	Warm Up	Age Group		100m Breast	15 & O		100m Free	15 & Over		
4:30-7:30pm	200m Free	Open (to be swum together, scored/awarded by age group)		100m Breast	13-14		25m Back	10 & Under		
	100m Medley Relay	10 & Under		50m Breast	11-12		50m Back	11-12		
	200m Medley Relay	11-12		25m Breast	10 & Under		100m Back	13-14		
	200m Medley Relay	13-14		50m Back	15 & O		100m Back	15 & Over		
	200m Medley Relay	15 & O		50m Back	13-14		100m IM	Participation *if qualified		
	200m Medley Relay	15 & O		25m Fly	10 & Under		50m Fly	13-14		
<p>Note that the 15 &amp; Overs will be swum together, scored/awarded by age group (15-16 &amp; 17-18). 10 minute marshalling break will take place in between all Participation events.</p>				50m Fly	11-12		50m Fly	15 & Over		
				100m Fly	13-14		100m IM	10 & Under		
				100m Fly	15 & Over		200m IM	11-12		
			50m Kick	Mixed Open (2 per lane)	200m IM	13-14				
			400m Free	11 & Over (to be swum together, scored/awarded by age group)	200m IM	15 & Over				
									100m Free Relay	10 & Under
									200m Free Relay	11-12
									200m Free Relay	13-14
									200m Free Relay	15 & O

Provincials Scoring: Participation scores 5 points per splash at Provincials; 50m Kick scores 5 points per splash



### **All Star Team Selection:**

The Summer Swimming All Star Team will be selected at the completion of Provincials based on the top aggregate scores in each age of the following age group categories: 10 & Under (top 5 of each gender); 11-12 (top 5 of each gender); 13-14 (top 5 of each gender); 15-16 (top 4 of each gender); 17-18 (top 4 of each gender). The 50m Kick will not be included in the top aggregate scores.

### **Results/Rankings:**

Meet results will be posted by age group during the regular season invitational meets and Summer Provincials. The following age group categories will be used: 10 & Under, 11-12, 13-14, 15 & Over.

Swim Nova Scotia will endeavour to post rankings every Monday following the regular season invitational meets in the following age group categories: 11-12, 13-14, 15 & Over.