



As of May 1, 2017

2017 Summer Swimming Meet Schedule

DATES	HOST CLUB	TEMPLATE
Saturday, July 1 st		
Sunday, July 2 nd		
Saturday, July 8 th		
Sunday, July 9 th		
Saturday, July 15 th	Lunenburg	A
Sunday, July 16 th		
Saturday, July 22 nd	Bridgewater	B
Sunday, July 23 rd		
Saturday, July 29 th	Colby	A
Sunday, July 30 th	Waeg	B
Saturday, August 5 th	Kentville	B
Sunday, August 6 th	Bedford	A
Saturday August 12 th	St Margaret's Bay	Fun Meet
Friday, August 18 th - Sunday, August 20 th	PROVINCIALS- Windsor/Cole Harbour (hosted in Windsor)	Full Meet Schedule

2017 Summer Invitational Meet Templates

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



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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
- 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, 400 Free will be swum as 11 & over (scores and awards by multi-age group); 400 Free will 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 'flighted' 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.