

Approved October 4, 2016



## Sanctioned Time Trials Guidelines

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Sanctioned time trials should be run for development opportunities and not for last chance opportunities to qualify for meets.

Sanctioned time trials can take place during the following windows:  
March 1-April 30 and July 1-August 31.

Time trials will not be offered during sanctioned swim meets.

### Class One Sanctioned Time Trial (Sanctioned Record attempts)

- i. A Class One Time Trial is reserved for sanctioned record attempts. Such time trials shall be advertised at least three days prior to the attempt in order for a record to be recognized or accepted;
- ii. No advertising is necessary for record attempts at sanctioned meets;
- iii. The Time Trial shall be held in public and shall meet the minimum requirement of a Provincial Section (PS)\*;
- iv. No coaching is permitted during the record attempt.

#### *\*Minimum requirements for Swim Nova Scotia Class One Sanctioned Time Trials:*

- *Notification must be given to Provincial Office no less than three (3) days prior to the event.*
- *Certified Officials must be in place, including at least one Level IV*
- *For records to be official there must three registered times*

### Class Two Sanctioned Time Trial

- ii. A Class Two Time Trial is a swimmer's attempt to achieve a time which may qualify the swimmer for entry into future meets;
  - iii. Class Two Time Trials may be conducted on a less stringent basis than other sanctioned meets. For example, several swimmers may swim at the same time, they need not be doing the same event; they need not be the same sex, and two timekeepers per lane are sufficient;
  - iv. Individual freestyle events of 800m or longer may be conducted with more than one swimmer per lane;
  - v. Records shall not be accepted from Class Two Time Trials.
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- In order for Class One and Two Time Trials to be sanctioned clubs must submit a complete sanction form to the Provincial Office no less than one week (7 days) from the event, including the name of the Head Official (Level IV for Class One Time Trials and a certified Referee for Class Two). *(No fee required)*
- Pre-competitive swimmers may participate in the meet; however, they must be designated as “Exhibition” in the meet results. All other competitors shall be registered with Swim Nova Scotia.
- Meet results (must be in hy-tek format) must be emailed to the Provincial office no less than 48 hours following the event.