



## 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.

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

*Approved January 23, 2019*

(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.