14&U – Option 1: 200m IM OR 400m IM PLUS any 200m event or longer
Option 2: Any three 200m events or longer
No bonus swims, maximum of 8 (eight) individual swims

14 & Under 100’s/50’s are to swim event standards
No bonus swims, maximum of 8 (eight) individual swims

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.

15& Over - require one qualifying times to compete, no bonus swims, maximum of 8 (eight) individual swims

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at Nova Scotia Provincial Championships. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

Open- swimmers that are 15 & under may choose to swim in the Open Category; however, they must meet the qualifying times in their own age group.

Qualifying period: Times must be achieved on or after March 1st, 2019