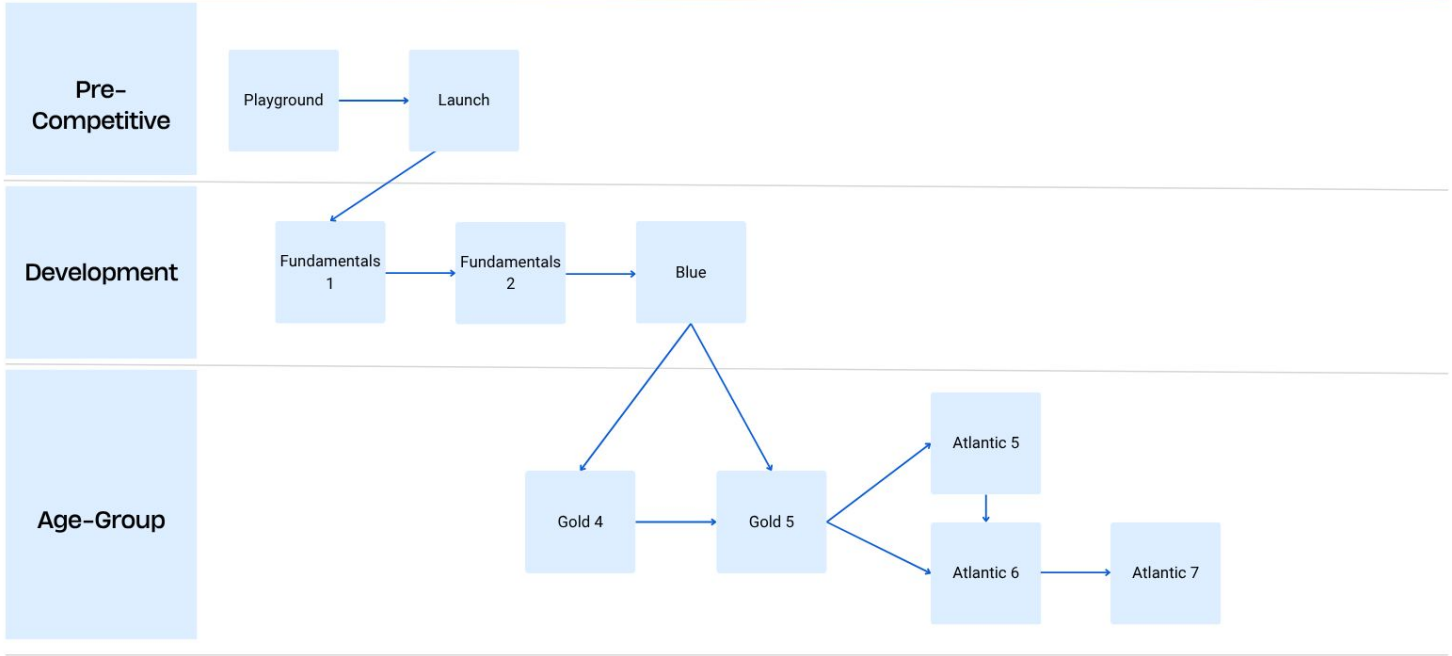
Group Structures & Competition Pathways

DCSC Groups


Pre-Competitive
Playground
Launch
Development
Fundamentals 1
Fundamentals 2
Blue
Age-Group
Gold 4
Gold 5
Atlantic 5
Atlantic 6
Atlantic 7

Mini Meets	NovaTech 1&2	AA	AAA	East Coast Champs	National
Target Groups: FUN 1 & 2 **Location:** Zatzman Sportsplex **Goals:** Develop basic skills and a love for swimming, an introduction to competitive swimming and race skills in a fun environment Graduation standard: 100 IM under 2:15	**Target Groups**: FUN 2 & Blue **Location**: Centennial Pool (typically) **Goals**: Learn to race and explore multi-team competition **Graduation standard**: From Level 1 into Level 2: 100 IM under 2:00 From Level 2 into AA 100 IM under 1:50, 200 FR under 3:30, and 200 IM under 4:00 *dependant on	**Target Groups**: Blue - Atlantic 6 **Location**: Around NS **Goals**: Introduction to age-group competition and province-wide racing, learning to race **Graduation standard**: Swim NS AAA standards (varies based on age see AAA standards)	**Target Groups**: Gold 4 - Atlantic 7 **Location**: Around NS **Goals**: Race similarly skilled swimmers based on entry times and achieve their own personal best times and higher qualification standards. Accurately applying race strategy **Graduation standard**: East Coast Champs standards (varies based on age see East Coast Standards)	**Target Groups**: Gold 4 - Atlantic 7 **Location**: Around Atlantic Canada **Goals:** Learn to perform on demand at different times of the year, both in season and out. **Graduation Standard**: Swimmers will begin seeking national standards	**Target Groups**: Atlantic 7+ **Location**: Around Canada Goals: Learn to compete and succeed at a national level Includes Senior Open, Trials, and Nationals* *Swimmers may attend one or more events dependant on development demands and individual goals

This is meant as a general guideline regarding competition level, and may not reflect every scenario.

NovaTech Aims

- focus on technique, short duration speed
- support a learning curve for sport rules
- keep kids moving, just play the game
- progressive events

NovaTech Standards

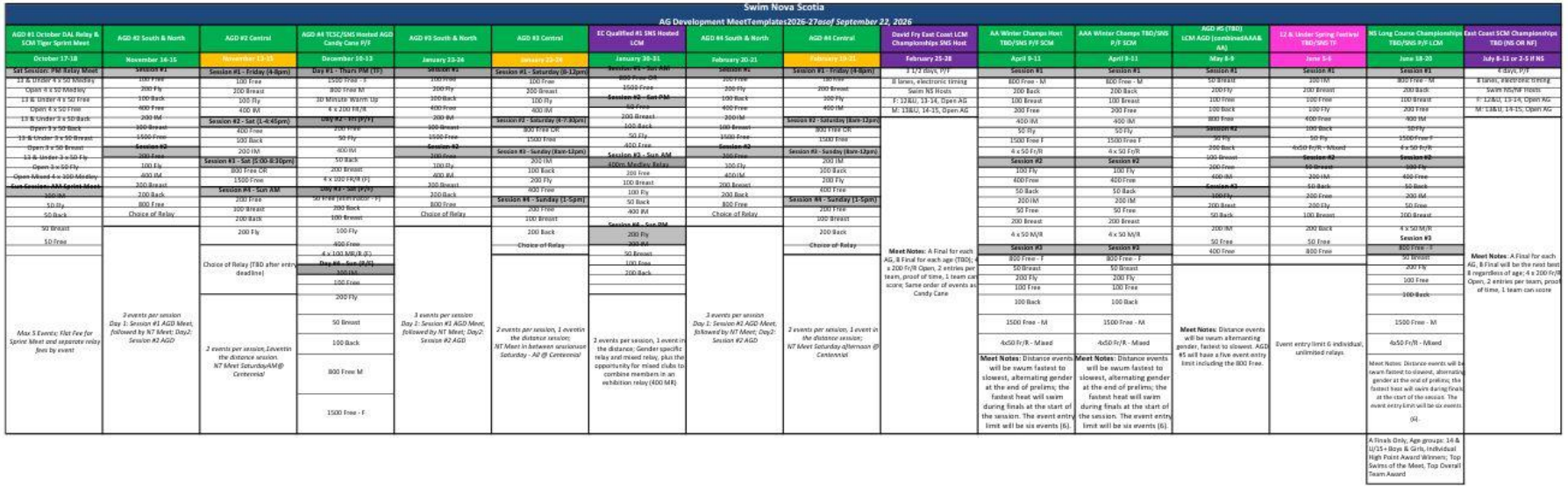
NOVA TECH ACTIVE KIDS	Events	Graduation
PARTICIPATION Level (Club Organized Mini Meets)	- 25's all strokes - 100 IM - no DQ, learning	100 IM under 2:15 With relatively legal strokes
LEVEL ONE (Regional Competitions)	- 50's all strokes - 100 IM - no DQ, warnings issued	100 IM under 2:00 With legal strokes
LEVEL TWO (Regional Competitions)	- 50's all strokes - 200 IM - 200 free - DQs begin	200 IM under 3:55 200 Free under 3:40 With consistently legal strokes

See Online [Here]

Swim Nova Scotia
Nova Tech Aqua Kids Meet Templates 2026-2027 as of May 13, 2026

#1	#2	#3	#4	#5	Nova Tech Explosion *(8-lane pool)*
OCT TBD	NOV TBD	JAN TBD	FEB TBD	APR TBD	MAY TBD
100 IM – LEVEL 1	200 FREE LEVEL 2	100 IM – LEVEL 1	200 FREE LEVEL 2	100 IM – LEVEL 1	DAY 1- SESSION I
200 IM – LEVEL 2	50 FREE – LEVEL 1	200 IM – LEVEL 2	50 FREE – LEVEL 1	200 IM – LEVEL 2	**20 MINUTE WARM-UP PARTICIPATION**
100 IM - P	50 FREE – LEVEL 2	100 IM - P	50 FREE – LEVEL 2	100 IM - P	25 FLY OR 50 FLY
50 FREE – LEVEL 1	25 FREE - P	50 FREE – LEVEL 1	25 FREE - P	50 FREE – LEVEL 1	25 BACK OR 50 BACK
50 FREE – LEVEL 2	50 FLY - LEVEL 1	50 FREE – LEVEL 2	50 FLY - LEVEL 1	50 FREE – LEVEL 2	25 BREAST OR 50 BREAST
25 FREE - P	100 FLY LEVEL 2	25 FREE - P	100 FLY LEVEL 2	25 OR 50 FREE - P	25 FREE OR 50 FREE
50 FLY - LEVEL 1	25 FLY - P	50 FLY - LEVEL 1	25 FLY - P	50 FLY - LEVEL 1	100 IM
50 FLY - LEVEL 2	100 IM – LEVEL 1	50 FLY - LEVEL 2	100 IM – LEVEL 1	50 FLY - LEVEL 2	**OPEN POOL**
25 FLY - P	200 IM – LEVEL 2	25 FLY - P	200 IM – LEVEL 2	100 FLY LEVEL 2	DAY 1- SESSION II
50 BREAST LEVEL 1	100 IM - P	50 BREAST LEVEL 1	100 IM - P	25 FLY - P	200 IM LEVEL 2
100 BREAST LEVEL 2	50 BREAST LEVEL 1	100 BREAST LEVEL 2	50 BREAST LEVEL 1	50 BACK LEVEL 1	50 FREE LEVEL 2
25 BREAST - P	50 BREAST LEVEL 2	25 BREAST - P	50 BREAST LEVEL 2	50 BACK LEVEL 2	50 BREAST LEVEL 1
200 FREE LEVEL 2	25 BREAST - P	200 FREE LEVEL 2	25 BREAST - P	100 BACK LEVEL 2	100 FLY LEVEL 2
50 BACK LEVEL 1	50 BACK LEVEL 1	50 BACK LEVEL 1	50 BACK LEVEL 1	100 FREE LEVEL 1	50 FLY LEVEL 1
50 BACK LEVEL 2	100 BACK LEVEL 2	50 BACK LEVEL 2	100 BACK LEVEL 2	25 BACK - P	50 BACK LEVEL 2
25 BACK - P	25 BACK - P	25 BACK - P	25 BACK - P	200 FREE LEVEL 2	100 FREE LEVEL 1
100 FREE LEVEL 2	100 FREE LEVEL 1	100 FREE LEVEL 2	100 FREE LEVEL 1	50 BREAST LEVEL 1	**OPEN POOL**
8 x 25 Mixed Free Relay	50 FREE - P	8 x 25 Mixed Free Relay	50 FREE - P	50 BREAST LEVEL 2	DAY 2- SESSION III
	8 x 25 Mixed Medley Relay		4 x 50 Mixed Free Relay	100 BREAST LEVEL 2	**30 MINUTE WARM-UP LEVEL 2**
				25 BREAST - P	200 FREE LEVEL 2
				100 FREE LEVEL 2	**20 MINUTE WARM-UP LEVEL 1**
				4 x 50 Mixed Medley Relay	50 BREAST LEVEL 2
Maximum 4 events					100 IM- LEVEL 1
Relays may be added at the discretion of meet management - these may be deck entered					100 BACK LEVEL 2
Breaks are not required, but should be utilized if the swimmers are not getting enough rest between events					50 BACK LEVEL 1
Warm-ups will be 30 minutes, sprint lanes will be open at Coaches & Meet Management discretion					100 BREAST LEVEL 2
All NT Meets will run events based on a 45 second interval					50 FLY LEVEL 2
When marshalling all event/heats Meet Management must display them on a board (white board or chalk board)					50 FREE LEVEL 1
The host club may provide each Club with their personal best time labels					100 FREE LEVEL 2
Participation (P) events will take place in-house for the Central Region					***6 event entry limit***
MEET FORMATS ARE SUBJECT TO CHANGE BY SWIM NOVA SCOTIA					

Age Group Development Meets



Swim Nova Scotia

AG Development MeetTemplates2026-27*asof September 22, 2026*

AGD #1 October DAL Relay & SCM Tiger Sprint Meet	AGD #2 South & North	AGD #2 Central	AGD #4 TCSC/SNS Hosted AGD Candy Cane P/F	AGD #3 South & North	AGD #3 Central	EC Qualified #1 SNS Hosted LCM	AGD #4 South & North	AGD #4 Central	David Fry East Coast LCM Championships SNS Host	AA Winter Champs Host TBD/SNS P/F SCM	AAA Winter Champs TBD/SNS P/F SCM	AGD #5 (TBD) LCM AGD (combined AAA & AA)	12 & Under Spring Fastest TBD/SNS TT	NS Long Course Championships TBD/SNS P/F LCM	East Coast SCM Championships TBD (NS OR NF)
October 17-18	November 14-15	November 13-15	December 10-13	January 23-24	January 23-24	January 30-31	February 20-21	February 19-21	February 25-28	April 9-11	April 9-11	May 8-9	June 5-6	June 18-20	July 8-11 or 2-5 if NS
Sessions #1 - Friday (4-8pm)	Session #1	Session #1 - Friday (4-8pm)	Day #1 - Thurs PM (TP)	Session #1	Session #1 - Saturday (8-12pm)	Session #1 - Sat AM	Session #1	Session #1 - Friday (4-8pm)	8 LCM Events, F/P	Session #1	Session #1	Session #1	Session #1	Session #1	4 Days, F/P
11 & Under 4 x 50 Medley	100 Free	100 Free	1500 Free - F	100 Free	100 Free	800 Free GR	200 Free	100 Free	8 lanes, electronic timing	800 Free - M	800 Free - M	50 Breast	200 IM	800 Free - M	8 Under, Fastest time timing
Open 4 x 50 Medley	200 Fly	200 Breast	800 Free M	200 Fly	200 Breast	1500 Free	200 Fly	200 Breast	Swim NS Hosts	200 Back	200 Back	200 Fly	200 Breast	200 Back	Swim NS/NF Hosts
13 & Under 4 x 50 Free	100 Back	100 Fly	3D Minute Warm Up	100 Back	100 Fly	Session #2 - Sat PM	100 Back	200 Fly	F: 12&U, 13-14, Open AG	100 Breast	100 Breast	100 Back	100 Fly	100 Breast	F: 12&U, 13-14, Open AG
Open 4 x 50 Free	400 IM	400 IM	4 x 200 Fr/R	400 Free	400 IM	400 Free	400 Free	400 IM	M: 13&U, 14-15, Open AG	200 Free	200 Free	100 Back	200 Fly	200 Free	M: 13&U, 14-15, Open AG
13 & Under 3 x 50 Back	200 IM	Session #2 - Sat (1-4:45pm)	Day #2 - Fri (P/F)	200 IM	Session #2 - Saturday (8-7:30pm)	200 Breast	200 IM	Session #2 - Saturday (8am-12pm)		400 IM	400 IM	800 Free	400 Free	400 IM	
Open 3 x 50 Back	100 Breast	400 Free	200 Free	100 Breast	800 Free GR	100 Back	100 Breast	1500 Free GR		50 Fly	50 Fly	Session #2	50 Fly	50 Fly	
13 & Under 3 x 50 Breast	1500 Free	100 Back	50 Fly	1500 Free	1500 Free	50 Fly	1500 Free	1500 Free		1500 Free F	1500 Free F	50 Fly	100 Back	1500 Free F	
Open 3 x 50 Breast	Session #2	200 IM	400 IM	Session #2	Session #3 - Sunday (8am-12pm)	400 Free	Session #2	Session #3 - Sunday (8am-12pm)		4 x 50 Fr/R	4 x 50 Fr/R	200 Back	4x50 Fr/R - Mixed	4 x 50 Fr/R	
13 & Under 3 x 50 Fly	200 Free	Session #3 - Sat (5:00-8:30pm)	50 Back	200 IM	200 IM	Session #3 - Sun AM	100 Free	200 IM		Session #2	Session #2	100 Breast	Session #2	Session #2	
Open 3 x 50 Fly	100 Fly	800 Free OR	200 Breast	100 Back	100 Back	400m Medley Relay	100 Fly	100 Back		100 Fly	100 Fly	200 Free	50 Breast	100 Fly	
Open Mixed 4 x 100 Medley	400 IM	1500 Free	4 x 100 FR/R (F)	200 Fly	200 Fly	200 Free	400 IM	200 Fly		400 Free	400 Free	400 IM	200 IM	400 Free	
Fun Session: AM Sprint Meet	200 Breast	Session #4 - Sun AM	Day #3 - Sat (P/F)	400 Free	400 Free	100 Fly	200 Breast	400 Free		50 Back	50 Back	Session #3	50 Back	50 Back	
100 IM	200 Back	200 Free	50 Free (Intermixed - F)	Session #4 - Sunday (1-5pm)	Session #4 - Sunday (1-5pm)	100 Back	200 Breast	Session #4 - Sunday (1-5pm)		200 IM	200 IM	100 Fly	200 Free	200 IM	
50 Fly	800 Free	100 Breast	200 Back	200 Free	200 Free	200 Back	800 Free	200 Free		50 Free	50 Free	200 Breast	200 Fly	50 Free	
50 Back	Choice of Relay	200 Back	100 Breast	100 Breast	100 Breast	800 Free	Choice of Relay	100 Breast		200 Breast	200 Breast	50 Back	100 Breast	200 Breast	
50 Breast		200 Fly	100 Fly	200 Back	200 Back	200 Fly		200 Back		4 x 50 M/R	4 x 50 M/R	200 IM		100 Breast	
50 Free			400 Free	Choice of Relay	Choice of Relay	200 IM		Choice of Relay		Session #3	Session #3	50 Free	200 Back	4 x 50 M/R	
		Choice of Relay (TBD after entry deadline)	4 x 100 M/R (F)			50 Breast				800 Free - F	800 Free - F	400 Free	50 Free	Session #3	
			Day #4 - Sun (P/F)			100 Free				50 Breast	50 Breast		800 Free	800 Free - F	
			100 IM			200 Back				200 Fly	200 Fly			50 Breast	
			100 Free							100 Free	100 Free			200 Fly	
			200 Fly							100 Back	100 Back			100 Free	
			50 Breast							1500 Free - M	1500 Free - M			100 Back	
			100 Back							4x50 Fr/R - Mixed	4x50 Fr/R - Mixed			1500 Free - M	
			800 Free M											4x50 Fr/R - Mixed	
			1500 Free - F												
Max 5 Events; Flat Fee for Sprint Meet and separate relay fees by event	3 events per session Day 1: Session #1 AGD Meet, followed by NT Meet; Day2: Session #2 AGD	2 events per session, 1 event in the distance session. NT Meet Saturday AM @ Centennial		3 events per session Day 1: Session #1 AGD Meet, followed by NT Meet; Day2: Session #2 AGD	2 events per session, 1 event in the distance session; NT Meet in between sessions on Saturday - All @ Centennial	3 events per session, 1 event in the distance; Gender specific relay and mixed relay, plus the opportunity for mixed clubs to combine members in an exhibition relay (400 MR)	3 events per session Day 1: Session #2 AGD Meet, followed by NT Meet; Day2: Session #2 AGD	2 events per session, 1 event in the distance session; NT Meet Saturday afternoon @ Centennial	**Meet Notes:** A Final for each AG, B Final for each age (TBD); 4 x 200 Fr/R Open, 2 entries per team, proof of time, 1 team can score; Same order of events as Candy Cane	**Meet Notes:** Distance events will be swum alternating gender, fastest to slowest, alternating gender at the end of prelims; the fastest heat will swim during finals at the start of the session. The event entry limit will be six events (6).	**Meet Notes:** Distance events will be swum fastest to slowest, alternating gender at the end of prelims; the fastest heat will swim during finals at the start of the session. The event entry limit will be six events (6).	**Meet Notes:** Distance events will be swum alternating gender, fastest to slowest. AGD #5 will have a five event entry limit including the 800 Free.	Event entry limit 6 individual, unlimited relays.	Meet Notes: Distance events will be swum fastest to slowest, alternating gender at the end of prelims; the fastest heat will swim during finals at the start of the session. The event entry limit will be six events (6). A Finals Only, Age groups: 14 & U/15 + Boys & Girls, Individual High Point Award Winners; Top Swims of the Meet, Top Overall Team Award	**Meet Notes:** A Final for each AG, B Final will be the next best 8 regardless of age; 4 x 200 Fr/R Open, 2 entries per team, proof of time, 1 team can score

See online here

AAA Standards

See Online here

Updated June 12, 2024

2026-2027 Nova Scotia AAA Championships - Female Qualifying Standards						
Long Course			Event	Short Course		
12 & U	13-14	15 & O		15 & O	13-14	12 & U
		0:31.16	50 Free	0:30.54		
		1:07.39	100 Free	1:06.04		
2:48.80	2:37.91	2:25.86	200 Free	2:22.94	2:33.95	2:45.42
5:57.23	5:35.28	5:09.33	400 Free	5:01.67	5:27.79	5:50.09
12:23.61	11:36.63	10:41.94	800 Free	10:28.11	11:19.30	12:08.74
24:20.13	22:47.44	20:58.83	1500 Free	20:32.33	22:13.26	23:50.84
		0:36.67	50 Back	0:35.94		
		1:15.83	100 Back	1:14.31		
3:10.18	2:57.98	2:43.86	200 Back	2:40.58	2:54.42	3:06.38
		0:40.63	50 Breast	0:39.82		
		1:27.36	100 Breast	1:25.61		
3:36.33	3:22.45	3:07.69	200 Breast	3:03.94	3:18.40	3:32.00
		0:34.36	50 Fly	0:33.67		
		1:14.11	100 Fly	1:12.33		
3:15.24	3:02.71	2:45.44	200 Fly	2:41.33	2:59.06	3:11.34
3:13.01	2:59.48	2:46.03	200 IM	2:42.71	2:55.89	3:08.19
6:50.24	6:21.44	5:52.62	400 IM	5:45.57	6:13.81	6:40.00

2026-2027 Nova Scotia AAA Championships - Male Qualifying Standards						
Long Course			Event	Short Course		
12 & U	13-14	15 & O		15 & O	13-14	12 & U
		0:28.84	50 Free	0:28.25		
		1:02.51	100 Free	1:01.25		
2:53.34	2:38.98	2:16.71	200 Free	2:13.98	2:35.79	2:49.87
6:07.74	5:37.28	4:53.22	400 Free	4:47.35	5:28.88	5:58.58
12:51.50	11:47.58	10:02.45	800 Free	9:50.41	11:33.02	12:35.61
24:33.41	22:31.35	19:35.08	1500 Free	19:11.58	22:04.32	24:03.61
		0:33.82	50 Back	0:33.15		
		1:11.25	100 Back	1:09.89		
3:15.95	2:59.72	2:34.93	200 Back	2:31.12	2:56.13	3:12.03
		0:37.09	50 Breast	0:36.34		
		1:20.84	100 Breast	1:19.22		
3:42.76	3:24.31	2:56.04	200 Breast	2:52.52	3:20.22	3:38.30
		0:31.12	50 Fly	0:30.50		
		1:08.49	100 Fly	1:07.13		
3:21.27	3:01.60	2:35.75	200 Fly	2:32.64	2:57.97	3:17.24
3:17.02	3:00.70	2:35.76	200 IM	2:32.65	2:57.09	3:13.09
7:00.11	6:25.31	5:33.09	400 IM	5:26.42	6:17.60	6:51.70

Swimmers may qualify using either short OR long course times.

12 & U – **Option 1:** 200m IM OR 400m IM PLUS any 200m event or longer
Option 2: Any three 200m events or longer
13-14 – Any 2 (two) qualifying times
15 & Over - Any 1 (one) qualifying time

Maximum of 6 (six) individual swims

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

Qualifying period: Times must be achieved on or after October 1st, 2025

If you are fully qualified in the meet you have the opportunity to swim up 6 individual events

2026-09-22

2026-2027 EAST COAST CHAMPIONSHIPS QUALIFYING TIMES

Girls						SCM	Boys					
12 & U	13	14	15	16	17 & O	EVENT	17 & O	16	15	14	13	12 & U
	32.60	31.21	29.96	29.42	28.98	50 FREE	26.64	27.52	28.25	29.74	32.22	
	1:11.08	1:07.99	1:05.17	1:03.33	1:02.64	100 FREE	57.72	59.59	1:01.25	1:05.15	1:09.27	
2:38.17	2:32.70	2:26.38	2:20.46	2:16.84	2:15.31	200 FREE	2:05.86	2:09.56	2:13.98	2:21.59	2:29.71	2:40.88
5:27.61	5:17.03	5:05.38	4:54.00	4:49.02	4:43.90	400 FREE	4:28.61	4:35.41	4:44.69	4:58.49	5:15.20	5:38.15
11:04.15	10:48.59	10:25.81	10:03.24	9:53.71	9:45.43	800 FREE	9:12.10	9:26.05	9:44.25	10:11.08	10:44.42	11:30.36
20:51.94	20:22.60	19:47.17	19:09.16	18:53.31	18:37.51	1500 FREE	17:31.97	17:57.23	18:32.92	19:28.44	20:32.18	22:00.05
			33.73	33.13	32.51	50 BACK	30.16	31.03	32.23			
	1:17.13	1:14.49	1:11.77	1:10.48	1:09.16	100 BACK	1:04.18	1:06.01	1:08.57	1:12.38	1:16.55	
2:55.08	2:48.28	2:41.52	2:35.22	2:32.52	2:29.78	200 BACK	2:17.80	2:21.00	2:25.52	2:33.52	2:43.62	2:58.61
			36.79	36.14	35.49	50 BREAST	33.02	33.88	34.98			
	1:27.02	1:23.34	1:19.98	1:18.57	1:17.14	100 BREAST	1:11.78	1:13.65	1:16.04	1:20.01	1:24.18	
3:12.03	3:06.25	2:59.13	2:52.51	2:49.83	2:47.08	200 BREAST	2:35.85	2:40.07	2:45.57	2:54.66	3:04.63	3:18.28
			31.76	31.12	30.54	50 FLY	27.62	28.35	29.35			
	1:15.80	1:13.38	1:10.58	1:09.16	1:07.88	100 FLY	1:01.38	1:02.99	1:05.22	1:09.03	1:12.55	
2:52.54	2:45.45	2:40.08	2:33.82	2:30.82	2:28.21	200 FLY	2:17.29	2:20.99	2:26.22	2:34.29	2:43.38	2:55.73
2:56.96	2:51.36	2:44.42	2:37.73	2:34.79	2:32.02	200 MEDLEY	2:20.51	2:24.12	2:29.28	2:37.14	2:45.31	2:56.69
6:10.33	5:59.30	5:45.64	5:32.46	5:26.73	5:20.86	400 MEDLEY	5:02.84	5:09.72	5:19.41	5:33.65	5:50.50	6:14.02

Girls						LCM	Boys					
12 & U	13	14	15	16	17 & O	EVENT	17 & O	16	15	14	13	12 & U
	33.25	31.84	30.56	30.02	29.55	50 FREE	27.19	28.07	28.84	30.23	32.75	
	1:12.50	1:09.16	1:06.47	1:04.62	1:03.92	100 FREE	58.89	1:00.79	1:02.51	1:06.18	1:10.65	
2:41.33	2:35.75	2:29.31	2:23.27	2:19.63	2:18.01	200 FREE	2:08.43	2:12.15	2:16.68	2:24.43	2:32.71	2:44.09
5:34.16	5:23.38	5:11.49	4:59.87	4:54.80	4:49.58	400 FREE	4:33.98	4:40.92	4:50.39	5:04.45	5:21.50	5:44.91
11:17.43	11:01.56	10:38.33	10:15.31	10:05.59	9:57.14	800 FREE	9:23.14	9:37.37	9:55.94	10:23.30	10:57.31	11:44.17
21:16.97	20:47.06	20:10.91	19:32.15	19:15.98	18:59.86	1500 FREE	17:53.02	18:18.77	18:55.19	19:51.81	20:56.83	22:26.46
			34.41	33.79	33.15	50 BACK	30.77	31.65	32.88			
	1:18.67	1:15.98	1:13.21	1:11.90	1:10.54	100 BACK	1:05.47	1:07.33	1:09.94	1:13.83	1:18.08	
2:58.58	2:51.65	2:44.74	2:38.32	2:35.57	2:32.77	200 BACK	2:20.56	2:23.82	2:28.43	2:36.60	2:46.90	3:02.18
			37.52	36.87	36.19	50 BREAST	33.68	34.56	35.67			
	1:28.77	1:25.01	1:21.58	1:20.14	1:18.68	100 BREAST	1:13.22	1:15.12	1:17.56	1:21.60	1:25.86	
3:15.87	3:09.97	3:02.72	2:55.96	2:53.22	2:50.43	200 BREAST	2:38.96	2:43.27	2:48.88	2:58.15	3:08.33	3:22.25
			32.40	31.74	31.15	50 FLY	28.17	28.91	29.93			
	1:17.31	1:14.85	1:11.99	1:10.54	1:09.24	100 FLY	1:02.61	1:04.25	1:06.52	1:10.40	1:14.01	
2:55.99	2:48.75	2:43.28	2:36.91	2:33.84	2:31.18	200 FLY	2:20.04	2:23.81	2:29.14	2:37.38	2:46.64	2:59.24
3:00.51	2:54.78	2:47.70	2:40.88	2:37.88	2:35.05	200 MEDLEY	2:23.31	2:27.00	2:32.27	2:40.28	2:48.62	3:00.23
6:17.73	6:06.48	5:52.55	5:39.11	5:33.26	5:27.28	400 MEDLEY	5:08.90	5:15.92	5:25.81	5:40.33	5:57.50	6:21.51

12 & U – Option 1: 200m IM OR 400m IM PLUS any 200m event or longer **(1 IM event + any other event that is 200m or longer)**
Option 2: Any three 200m events or longer
13-14 – Any 2 (two) qualifying times
15 & Over - Any 1 (one) qualifying time
Maximum of 6 (six) individual swims
All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at the meet. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.
Qualifying period: Times must be achieved on or after October 1st, 2025
All qualified swimmers may enter up to **6** individual events

East Coast Champs Standards

See online here

Additional Meet Opportunities

2027 Maine Development Travel meet

- Swimmers compete as part of Team NS
- When: March 18-22, 2027
- Where: Bowdoin College, Maine
- Eligibility: 11-14 year old, that meet qualifying standard (not yet available)
- Additional info sent this weekend, also available on the Swim NS Website

PEI Fast and Furious 2027

- DCSC Team Travel event
- When: May 28 - 30, 2027
- Where: Charlottetown, PEI
- Eligibility: AGD swimmers AA qualified and above
- Swimmers 13+ travel with the team
- 12 and under may travel with the team, but parents MUST also travel to the meet and be present and available all weekend
- Additional details to follow soon

Additional Resources

Swim NS Website events info and time standards

Maine Tour Team Information

Swim Canada Website