

HALIFAX TROJAN AQUATIC CLUB



2026 SWIM-A-THON

Please read the event details carefully and in their entirety. Contact office@htac.ca with any questions.

EVENT OVERVIEW

DATE: Thursday, June 04, 2026

LOCATION: Halifax Centennial Pool

TIME: 4:00 PM - 8:00 PM

IMPORTANT NOTES

ATTENDANCE: All swimmers are expected to participate in Swim-a-Thon.

PRACTICE CANCELLATIONS: This is a full team event, all regular afternoon practices are cancelled.

VOLUNTEERS: Junior & Senior groups will need to bring 1 volunteer (details below).

DONATIONS: Help feed the swimmers! Sign-up to donate a snack by Thursday, May 28 (details below).

TIMELINE

ARRIVAL: 4:00 PM

TEAM MEETING, LYSFORT RAFFLES, TEAM PHOTO: 4:10 PM

ACTIVATION: 4:30 PM

ACADEMY SWIMMERS (1.5KM): 4:45 PM - 6:00 PM

JUNIOR (3KM) & SENIOR (5KM): 6:00 PM - 7:30 PM

SNACKS + PRIZE PICK UP: 6:00 - 8:00 PM

ACADEMY 1.5 KM

DISTANCE: 1.5 KM

SQUADS: Bronze, Silver, Gold, Competitive Development

PERMITTED EQUIPMENT: Fins (Bronze only), Kickboard

LAP COUNTERS: Provided

JUNIOR 3.0 KM

DISTANCE: 3.0 KM

SQUADS: Junior Provincial, Junior Atlantic, Junior Elite

PERMITTED EQUIPMENT: Kickboard, Snorkel

LAP COUNTERS: Volunteer Required, Arrival at 5:50 PM

SENIOR 5.0 KM

DISTANCE: 5.0 KM

SQUADS: Senior Provincial, Senior Atlantic, Elite

PERMITTED EQUIPMENT: Snorkel

LAP COUNTERS: Volunteer Required, Arrival at 5:50 PM

LAP COUNTERS

Every swimmer requires a lap counter during their event. The lap counter is responsible for tracking the swimmer's total laps and notifying them when they have completed the required distance. Counting sheets, clipboards, and pencils will be provided.

ACADEMY COUNTERS (4:45 – 6:00 PM): Elite, Senior Provincial, Junior Elite, Junior Provincial. Depending on the total number, swimmers in Junior squads may be paired with swimmers in a Senior squad.

JUNIOR + SENIOR COUNTERS (5:50 - 8:00 PM): Junior & Senior squad swimmers must provide a volunteer lap counter. This may be a parent, guardian, relative, friend, sibling etc. Lap counters for these squads must arrive no later than 5:50 PM.

SNACKS & PRIZES

As swimmers finish their assigned distance, they can make their way to the upstairs classroom to enjoy some snacks and pick-up their prize packs (please refer to the [Swim-a-Thon Info Sheet](#) for more information).

SNACK & PRIZE VOLUNTEERS: Senior Atlantic, Junior Atlantic (4:45 PM - 6:00 PM)

Junior & Senior swimmers will have an opportunity to enjoy snacks ahead of their swim during the Academy time slot. Our snack volunteers will help circulate food to swimmers acting as lap counters.

Swimmers are otherwise encouraged to pack additional food for themselves.

Please note that snacks are intended for swimmers only. This is to ensure they are fuelled for their swim. If there are leftover snacks at the conclusion of the event snacks will be open to other volunteers.

DONATIONS REQUEST

We are looking for snack donations to help feed our hardworking swimmers!

Please view the sign-up sheet here:

<https://docs.google.com/spreadsheets/d/1AyRCSCSqBujT4trGZIFwZogxl6G4vzWETx0jLJLVAig/edit?usp=sharing>

Please sign up

For questions about donations, please email Natalie Rosen & Office (natrosen@yahoo.ca and office@htac.ca).

START FUNDRAISING

It's not too late to start fundraising!

Visit the [HTAC Swim-a-Thon Hub](#) and help us towards our end goal of \$20,000 by May 31, 2026.