

# 2025 – 2026 SWAT Parent Handbook



*Team Pride – Integrity – Dedication – Leadership*



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## **SWAT Team Goal: 2025 – 2026 Season:**

### **DEDICATION**

*Goals change. Groups change. Times change. The effort and engagement should be the same. Whether you are looking for your first AA Time or your first National time, you should be earnest and honest in your approach. No goal is bigger than another and we can all work together towards achieving those goals.*

## Welcome to SWAT!

Another year and another opportunity to take the next step in swimming. For some families and swimmers, it may be their first into the competitive swimming world. For others those steps may lead to higher levels of provincial swimming. Some may even be stepping on to the National stage. At SWAT we hope to help make those steps fun and rewarding. We hope all folks get the opportunity to be successful, whatever successful looks like.

It was a long and rewarding year last year at SWAT. We continued to see Novice swimmers taking the step into AA competition. They found success at the level as well with Championship finals and medals earned in June. A few Tidalwaves swimmers also made the jump to AA setting the bar higher for the group this year. Junior swimmers took to AAA and even ECC qualification, while dominating AA Championship events. The drive and language from these groups were super encouraging. Conversations about improving and requirements for the next levels of competition and training grew throughout the year. Senior swimmers had very good showing Provincially with increased numbers at AAA competitions and racing well out of province. We are happy to have our one graduating swimmer join their University swimming team. SWAT is also proud to celebrate 5 swimmers joining Team Nova Scotia at Canada Games in St. John's, NFLD.

It is a new year however, and there are new targets. While we don't have Canada Games looming this season there are still places to aim for this year and beyond. There are new schedules and group structures this year that maximize the pool time we have been offered. Swimmers and families are encouraged to get involved with instruction and meet hosting. Each group is set up with the next level of competition in sight. Go find the results from the last AA Champs or AAA Champs. Find out what it took to make finals at ECC or National meets. 12U swimmers could look at Canada Games results to see what they might need to be considered for the next Games in New Brunswick. USPORT and National standards and results are available to give a glimpse at what it will take to be a contributing member of University squads or consideration for National teams. There is always something to keep your eye on and something to make the season exciting. Goals are not always easy to achieve, but they are no fun if they are easy.

There are moments we get to see every year that surprise and fulfill us: a best time, an unexpected medal, a new standard met. There is so much joy in these moments. Not just for the swimmer experiencing them firsthand, but also the families, coaches, and other swimmers. Each are involved in making those moments happen. Those moments are the culmination of your efforts, your teammates efforts, and your coach's and family's efforts. Go train for yourself, race for yourself, achieve success for yourself. But also do those things for those people around you. Be able to look back and know that everyone is proud of what you did and how you did it.

The Parent Handbook is a tool for families to check on club expectations, standards, and policies for swimmers, families, and staff. It will give a preliminary look at meet procedures and structures, volunteering and officiating information, and communication procedures. It also provides Nova Tech graduation criteria, and qualification standards for Swim NS AAA qualification, East Coast Championships, and National level competitions. I would encourage each family to read and keep a copy of the handbook.

Welcome back. Or welcome for the very first time. I am happy you are here, and I hope you are



happy to be a part of SWAT. I hope we can have an exciting and successful year.

Matt Pedersen  
SWAT Head Coach

## President's Message

On behalf of Sackville Waves Aquatic Team, it gives me great pleasure to welcome you to our club; whether you are a returning member or new to the team.

Our club has always prided itself on being a family-oriented club with high expectations of performance and conduct, both in and out of the pool. We are committed to the further development of the sport of swimming as well as the development of our swimmers, coaches, and administrators. This past 2024-2025 season resulted in amazing successes across all levels within our club. Not only did we reach 100 members for the first time in SWAT's history, but group number are also swelling. What an amazing way to celebrate 30 YEARS.

### New Board

We have new and returning board members this year with an even representation of the club on the executive.

New and recently new from this past season to the Board this year are:

- Kristy Legge: President
- Jen Kershaw: Vice President
- Bundit Suewirotnjanakun: VP – Finance
- Sarah Mullins: Secretary
- Ashley Levy: Treasurer
- Amanda Connors: Equipment Manager
- Carolyn Brown: Recruitment Chair
- Patricia & Tom Strapps: Registrar
- Darren Hiltz: Fundraising Chair
- Vacant: Cost Recovery Chair
- Jen Kershaw: Officials Chair
- Mike Kerrivan: Member at Large

I would like to thank the outgoing Board members for their dedication, time, and effort that was put in through this past year.

It is important to remember that clubs like ours are run by volunteers. Therefore, if you can help in any way, please do not hesitate – your help will make a huge difference!!!

I look forward to another successful year for SWAT and ask all you to get involved in your club.

Yours in swimming,  
Kristy Legge  
President, Sackville Waves Aquatic Team

## Meet our Board of Directors

SWAT is run by a Volunteer Board of Directors. Each position is a 1 year term and is nominated & voted in during our Annual General Meeting each year. We have many positions on our board that highlight different skill sets each of our members have to offer. If swimming is something your children love to do, this is a great way to give back to your club.

### 2025-2026 Board of Directors

#### **President – Kristy Legge**

[kristylegge@swatswim.ca](mailto:kristylegge@swatswim.ca)

Kristy returns to the board as President for her fourth full year. Her son Eugene swims in the Senior National group and daughter Maria swims in Senior Atlantic. Previously a competitive swimmer with the Halifax Trojans and Dal Tigers, Kristy is excited to continue to help SWAT with a great upcoming season.

#### **Vice President/Officials Chair – Jennifer Kershaw**

[officials@swatswim.ca](mailto:officials@swatswim.ca)

Jen returns to the SWAT Board for her fourth year as Vice President and Meet Manager, and will also take on the role of Officials Chair for the 2025–2026 swim season. Her son, Ethan, is in his final year of age group swimming and trains with the Senior National group. Her daughter, Kaylee, is excited to join SWAT this year after swimming with the summer team. Jen's background as a competitive swimmer with the Wolfville Tritons and the University of New Brunswick has shaped her deep passion for the sport. She is committed to supporting the growth of swimming and looks forward to another great season with SWAT!

#### **VP Finance – Bundit Suewirotjanakun**

[vpfinance@swatswim.ca](mailto:vpfinance@swatswim.ca)

To follow.

#### **Treasurer – Ashely Levy**

[treasurer@swatswim.ca](mailto:treasurer@swatswim.ca)

To follow.

#### **Team Manager/Registrar – Patricia Laws & Tom Strapps**

[patricialaws@swatswim.ca](mailto:patricialaws@swatswim.ca)

Patricia and Tom are in their 3rd year as team registrar. Patricia and Tom have three swimmers, Megan (Miniwaves), Matt (Junior Provincial) and Sam (Senior Provincial). When they are not at the pool, they enjoy spending time at the cottage with their family. They are looking forward to another great year with SWAT!

#### **Secretary – Sarah Mullins**

[secretary@swatswim.ca](mailto:secretary@swatswim.ca)

This is Sarah's third season as a board member, this year taking on the role of Secretary. She is also a member of the board of directors for CBDC Bluewater, sitting on both the personnel and governance committees. She has volunteered with Sackville Minor Hockey, the Canadian Progress Club and was the Chair of the HRH School Advisory council for the last 3 years. Sarah is passionate about all sports, having played AAA level basketball, volleyball and softball. While she has zero swimming ability, she loves watching her son Ethan swim. This is Ethan's 6th season with the club, and he currently swims Junior AA.

**Recruitment Chair – Carolyn Brown**

[recruitment@swatswim.ca](mailto:recruitment@swatswim.ca)

Carolyn was introduced to the world of competitive swimming about three years ago when her daughter, Erica, joined the sport. Now training with the Junior Atlantic group, her daughter's dedication has sparked Carolyn's own appreciation for the sport and the supportive community at SWAT. Carolyn loves being part of a team that values growth, positivity, and connection. When she's not at the pool, she enjoys spending time with her golden retriever. She looks forward to welcoming new families and helping SWAT continue to thrive in the Nova Scotia swimming scene.

**Equipment Manager – Amanda Connors**

[equipment@swatswim.ca](mailto:equipment@swatswim.ca)

Amanda has one swimmer, Addison, who is currently in Senior Atlantic. Her love for swimming began as a competitive swimmer in Newfoundland and Labrador, and she is excited to stay connected to the sport through SWAT. Amanda also brings experience working with not-for-profit organizations and boards. In her spare time, she enjoys baking and spending time outdoors with her family.

**Fundraising Char – Darren Hiltz**

[darrenhiltz@yahoo.ca](mailto:darrenhiltz@yahoo.ca)

Darren returns to the Board of Directors for his third year as the Fundraising Chair. His son Angus will join the Senior Provincial group for the 2025-2026 SWAT season. Darren has an extreme passion for sports, winning two Senior Men's Baseball National Championships. Darren is looking forward to another successful SWAT season.

**Member at Large – Mike Kerrivan**

[mikekerrivan@gmail.com](mailto:mikekerrivan@gmail.com)

This is my second year as a Member at Large, and I look forward to becoming more involved and supporting the board's efforts this year. Currently, I serve as the Provincial Sport Lead for Spring Canoe/Kayak with Sport NS, CSIA & ADCKC and have worked with grassroots to Olympic level sport for over 25 years.

My son Wyatt is in his 4th year of swimming, and we've enjoyed watching his progress and the positive environment Swat has provided him.

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## SWAT Mission

The Sackville Waves Aquatic Team commits to develop each swimmer to achieve their highest personal level of excellence. We will do this through Leadership, Integrity, Dedication, and Team Pride.

## SWAT Vision

Our vision is to create a supportive and unparalleled environment that will fully encourage all swimmers to recognize their highest potential. We commit to be a provincial leader who continually produces champions; athletically, academically and in our community.

## SWAT Values

We aim to have our Core Values irrefutably modeled at every level of our club by our coaches, swimmers, board of directors and parents.

**LEADERSHIP:** provide the leadership and means that will ensure sustained excellence across all levels of our program.

- Innovation & Skill Development: We commit to be proactive in the growth and design of quality programming to promote and ensure the highest level of skill teaching and development.
- Coach Education: We commit to continually invest in coach education to ensure our coaches are equipped to provide the highest quality of coaching to allow our athletes to improve at all levels.

**INTEGRITY:** promote respect, honesty, transparency and growth across all levels of our program.

- Respect: We commit to show respect for our coaches, facilities, ourselves, teammates and our sport on a daily basis. Honest and sincere behaviors and intentions characterize all respectful relationships in our program.
- Accountability: We commit to be accountable for all things we have control over to create an atmosphere with the desire to work consistently to achieve all individual and club goals and objectives.

**DEDICATION:** instill traits of commitment and discipline to strive to achieve excellence across all aspects of the swimmers life.

- Commitment: Model commitment to your training, to your team, to time management and to maintain a balance between sport and life to be able to fully succeed both in and out of the pool.
- Discipline: We commit to encourage a strong work ethic daily through the philosophy of “train and prepare how you want to compete”, which is the simplest form of discipline.

**TEAM PRIDE:** promote an inherent sense of community through athlete-centric actions to build a strong base of team culture and team support across all levels of our program.

- Athlete-Centered: We commit to support the different needs of all athletes to become competitive, intrinsically motivated and confident individuals; and teach the tools to believe in their ability to set goals and commit to these goals even in the face of obstacles.
- Community: We commit to create and develop a community environment that allows our program to achieve sustained success. Individual achievements reach greater heights when shared together with a group of people who care and share a similar vision. We strive to maintain a parent volunteer support base with participation in team events, and an active on deck presence in officiating roles at meets for the betterment of our sport.

# SWAT 101

*"Come with a dream, train like an athlete, leave like a role model" ~ Dhruvi Joshi*

- Every action made reflects upon SWAT as a whole, so approach everything you do as a respectful and responsible athlete – be a role model.
- Arrive on time to all scheduled workouts (prior to activation). If this is un-achievable email the lead coach of your specific program.
- Arrive prepared to all workouts; this includes having the required gear, water bottle, towel, bathing suit, and appropriate land training attire (when applicable).
- If maltreatment of any kind (verbal or physical) occurs during training hours report the incident to a coach immediately.
- When a coach is talking, all athletes must listen and remain quiet. If a question presents itself, wait until the coach has finished speaking and raise your hand to ask the question.
- Strive to always do better; there are always areas for improvement!!!! (in regard to pool training, land training and mental training. We can do this through goal setting, positivity etc.)
- Concentrate on the focus of the set and aim to maintain technique throughout the entire practice. Bring your best self each day!
- Be flexible with the leader of the lane and the athletes whom you are sharing a lane with.
- Acquire ability to read pace clock (this skill should be 'mastered' by the Junior level with minimal to no help from a coach).
- Always ask before leaving the pool during training times (bathroom, water, appointments, adjustments to set). Swimmers must not leave during the main set for the bathroom.
- Stay hydrated and remember to properly fuel your body! **FUEL FOR RECOVERY & PERFORMANCE.**
- Come prepared to swim meets with ALL equipment, water bottle, healthy snacks, SWAT clothing, towels etc. Arrive prior to (~5 minutes) pre-determined check-in time.
- Exhibit team spirit both on and off of the pool deck! If there is an athlete competing in the pool it is expected that teammates are at the end of their lane cheering if they are not preparing for their own race.
- *(Junior and Senior athletes)* If you have obtained rehabilitation exercises, the athlete must take accountability to ensure the exercises are being completed. This is not the responsibility of the coach.
- Have FUN, work HARD, be SUPPORTIVE and learn to embody SWAT's 4 Team values on a daily basis: Team Pride, Integrity, Dedication & Leadership.

## Funding Opportunities for SWAT Athletes

### Kid Sport – Sport Nova Scotia

#### **Eligibility Requirements:**

Total household income cannot exceed the following:

2-person family - \$32,899

3-person family - \$40,455

4-person family - \$49,106

5-person family - \$55,695

6-person family - \$62,814

7-person family or more - \$69,953

#### **How to apply:**

1. Find a sport program your kid would like to join and sign up. Let the program's administrators know you will be applying for KidSport funding.
2. Find your local KidSport Nova Scotia Chapter, or if you are unsure you may apply through the provincial fund
3. Apply online or use the paper application form - be sure to complete all sections of the application, as incomplete applications take much longer to process, and can cause delays in receiving your grant.
4. Your completed application will be processed within 30 days of the deadline you're applying for.
5. Our application deadline dates are the first working day in the month of January, March, May, July, September, October and November.
6. If you qualify for KidSport funding, the grant will be sent directly to the sport program your kid has signed up for.

You may submit a paper application by mail, fax or email:

Kidsport Nova Scotia

5516 Spring Garden Rd, 4<sup>th</sup> floor

Halifax, NS B3J 1G6 Fax (902) 425 5606

[Kidsport@sportnovascotia.ca](mailto:Kidsport@sportnovascotia.ca)

Apply here! [https://kidsport.smartsimple.ca/s\\_Login.jsp](https://kidsport.smartsimple.ca/s_Login.jsp)

## Canadian Tire – Jump Start

### **Eligibility Requirements:**

Only available for households with one or more children whose total income does not exceed the following amount:

- 1 Person: \$26,426
- 2 persons: \$32,899
- 3 Persons: \$40,445
- 4 Persons: \$49,106
- 5 Persons: \$55,696
- 6 Persons: \$62,814
- 7 Persons or More: \$69,935

- Children must fall between ages of 4-18 years old
- Funding is allocated to sustained programs that involve a sport or physical activity
- Programs should be a minimum of five weeks in duration and include at least one session per week. In the case of sports camps, the program must last at least five consecutive days for consideration

### **Funding Details**

- Applications must be submitted prior to the program's start date
- Applications must include proof of financial need. A clear, legible and current copy of anyone of the following will suffice as proof of need:
  - Income assessment
  - Canada Revenue Agency Notice of Assessment showing Line 150 – Total Gross Income
  - Most recent, three consecutive pay stubs
  - Canadian Child Benefit (CCB) Statement
  - Canada Emergency Response Benefit (CERB)
- Funding is up to \$300 per activity, subject to Chapter discretion and/or local demands.
- Children can be funded for successive seasons in an activity, up to a maximum of \$300 per activity
- The annual maximum amount a child is eligible to receive is up to \$600, subject to Chapter discretion and/or local demands.
- Cheques are made payable to the service organization, identified as the “payee” in the application. A payee can be a local hockey association, gymnastics club, etc. that coordinates the sports or physical activity on behalf of the qualifying youth/child.
- All approvals will be determined by the local Jumpstart Chapter and designated Canadian Tire Jumpstart Regional Manager, and are subject to local demands and Chapter budgets.

### **Funding Timelines**

The Individual Child grant application opens in January and closes when the funds have been depleted for the year.

Apply Here! <https://jumpstart.canadiantire.ca/pages/apply>

## About Competitive Swimming

Swimming is a fantastic sport to get your kids involved in. The provincial programming is designed to make sure that all athletes have developmentally and age-appropriate events each season. It is built so that as your swimmers progressively become stronger swimmers, your commitment level and opportunities available to you also grow. Swimming is the only sport that teaches lifesaving skills, and in a province like NS, where there is likely to be a large body of water within 30mins of wherever you are, I believe it is vital for children to have strong swim skills.

Below is a description of the progressive nature of competitive swimming, with a detailed account of each level from Nova Tech Meets all the way up to National Level Competitions. At SWAT, we have athletes aged 6 – 18, who compete yearly at every level below!

Swimmers who reach the AA & AAA Level of our sport, begin to have the opportunity to participate in Provincial Team Trips and Initiatives as part of Team Nova Scotia. It is an honor to represent your province, and something that many swimmers on SWAT are able to do each season.

### **Nova Tech (Regional Competitions – All HRM)**

The Swim NS Nova Tech Aqua Kids Program (NT) is our Provincial Sport Organization's introduction program for competitive swimming. The aim of NT is to focus on technique, support a learning curve for the rules of swimming, and create a progressive introduction to the various events offered throughout our sport. At this level, all of the Swim Meets take place usually on Saturday afternoons (usually 3-4h in length) in a regional setting, which means during the majority of the season, you never have to travel outside of HRM. All NT athletes will compete in their Championship Meet towards the end of May, which usually takes place in Truro. This is a 1.5 day Swim Meet and is our NT athlete's first exposure to a Championship Swim Meet.

All NT athletes receive Best Time Ribbons from their home club after the completion of each swim meet, a results card, and receive Graduation Medals at the completion of the season based upon their movement through the NT Program.

There are three progressive levels through NT. In each level, events are added, and expectation to know the competitive swimming rules and complete legal strokes / skills is increased and further enforced.

#### Participation

Every new swimmer starts in the Participation Level. In this level, swimmers compete in the 100 IM 25m races of each stroke. To graduate swimmers must complete the 100 IM under 2:15. In Participation there are no disqualifications, meaning swimmers are able to compete and LEARN without the pressure of having all their new skills learned to 100%.

#### Level 1

Once a swimmer graduates from participation, they will participate in Level 1 Events. In this level, swimmers compete in 100 IM and 50m races of each stroke. To graduate swimmers must complete the 100 IM under 2:00. In Level 1 there are no disqualifications. Swimmers continue their development of skills and legal stroke/skills, but now are given the knowledge of which aspects of their race could result in a DQ if not perfected!

## Level 2

Once a swimmer graduates from Level 1, they will participate in Level 2 Events. In this level, swimmers compete in 100IM, 200Free, 50m and 100m races of each stroke. To graduate swimmers must complete the 100 IM under 1:50 and the 200 Free under 3:30. In level 2 Disqualifications are introduced, meaning if a swimmer has not perfected their legal strokes and skills, they will be disqualified by an official in their race. It is very important that swimmers work hard and learn to swim with excellent skills to avoid the possibility of disqualifications.

For new and very young swimmers, it is common to spend at least 1-2 swim seasons in the NT program. Once a swimmer has achieved the Level 2 Graduation Standards, they move into the “Age Group” stream of competitions.

## **Age Group (Provincial Competitions – Across NS)**

The Swim NS Age Group (AG) Program is our Provincial Sport Organization’s main competition structure. This stream of competition encompasses ALL athletes who have graduated from the NT program. Within the AG Program, there are two levels of competitions. Each of these competitions have minimum standards associated with them to compete in Provincial Championships.

## AA Stream

All swimmers who have graduated from NT will compete in the AA competitions throughout the season. Sometimes there are combined AA and AAA meets, or they are separated into stand-alone competitions. Swimmers are NOT required to be fully “AA” Qualified in every event to compete in regular season AA Competitions. However, to compete in events 400m and above at AA Junior Provincial Championships in February and June, swimmers MUST have the AA standard in those events. Swimmers will compete in several development meets each season.

To be AA Qualified and compete in AA Age Group Meets, swimmers must graduate out of the Swim NS Nova Tech Level 2 Program.

## AAA Stream

Swimmers must achieve their respective age requirements to be AAA qualified and attend that level of Swim NS Meets. This is the highest level of provincial competition offered in Nova Scotia. Swimmers at this level will compete in up to 8 dev meets per season, as well as the David Fry Provincial Championships in March and the Ken Dunn Provincial Championships in July. Swimmers typically compete against other swimmers in the Atlantic Region who travel to NS to attend these Championships.

## **12&U Swimmers**

Option 1: 200m IM OR 400m IM PLUS any 200m event or longer

Option 2: Any three 200m events or longer

## **13-14 Swimmers**

Any 2 (two) qualifying times

## **15&O Swimmers**

Must achieve any 1 “AAA” Time Standards to compete.

Swimmers must qualify in ALL of their events that they want to swim at AAA Provincial Championships if they would like to swim a full event schedule. Swimmers are eligible to race up to 6 events at those meets, if qualified.

## **National (National Competitions – Across Canada)**

Swimming Canada hosts all Junior National and Senior National level competitions for our sport. This is the next step of competition above Provincial Level Meets. Swimmers must be 13&O (Females) and 14&O (Males) to compete at this level. Swimmers can only qualify for SNC National Standards in the Long Course pool, and then are eligible to race those events only at each level of competition qualified.

### Canadian Swimming Championships (Canadian Trials & Summer Nationals)

Canadian Swimming Championships take place two times per season, once in the spring (usually as an International Trials Meet) and once in August. These meets are the highest level of competition in our country. Swimmers must qualify for the August Canadian Swimming Championships by achieving the CSC Standard, regardless of your age. For the Trials meet in April, swimmers may qualify by either achieving the “Youth Standards” (Swimmers born 2002 – 2006), or the open Trials Standards. The purpose for the Trials Meets is to qualify for the Canadian Senior and Junior National Teams each Summer.

### Canada Summer Games

Every 4 years, there is the Canada Summer Games. This is a multi-sport event, that each province sends a team to. The age group for this season’s Canada Games is:

Many of Canada’s top Junior and Senior National Swimmers have made their start through Canada Games. This is something that all athletes should aspire to participate in.

## **Long Course VS. Short Course.**

Throughout the season you may hear different terms about racing and swim meets thrown around by the swimmers. Our sport is split into two different pools; the short course pool (SCM) is 25m in length, and the long course pool (LCM) is 50m in length. Our pool in Sackville is SCM, and that is where all our swimmers start racing. Mini-Waves & Novice Swimmers swim exclusively in the SCM Pool. All of their swim meets over the season are raced in 25m pools. Once they graduate out of Nova Tech, there is the possibility that they may qualify to swim in a LCM pool. LCM season starts in January, and goes through to July or August, depending on the meet you are qualified for. All of the world’s biggest swim meets (Olympics, World Championships, Junior Worlds, etc.) are held in the LCM pool. Once swimmers in Nova Scotia are AAA qualified, they then begin to race in LCM competitions each season. As a general rule, this is how competitions work:

Nova Tech Level Meets – all SCM

AA Level Meets – mostly all SCM, with the exception of one LCM in the spring

AAA Level Meets – SCM from Sept – Dec, LCM from Jan – July

National Level Meets – all LCM

Once your swimmers qualify for a LCM competition, it is important to remember that these are two very different pools, and thus, swimmers have 2 sets of best times. It’s like comparing apples to oranges, their SCM and LCM times! This means that a time swum might be a little bit slower in the LCM pool than SCM pool, but is still celebrated as their LCM best time!

## Info About Attending Swim Meets

Attending swim meets is one of the fun experiences associated with being on a swim team. We encourage all swimmers to attend as many swim meets as possible throughout the season! It is a great way to showcase what you are learning in the pool, and a very rewarding experience for the swimmers to realize how their hard work in training directly translates into their results at the meets.

### How to Sign-Up on PoolQ

On our website ([www.swat.poolq.net](http://www.swat.poolq.net)) there is a list of all the swim meets that are coming up for our entire team. Each of these swim meets have been created into an event online which is your first stop for all the important information you might need for the meet. It is important to read through the meet information very carefully to see if this event is for your swimmer. Every swim meet has an “Entry Deadline” which is the date where the coaches need to submit the races your athlete will swim to the Host Club. Before the “Entry Deadline” is the “Meet Sign-Up Deadline”. This date is VERY IMPORTANT for you! If your swimmer is not signed up on or before the “Meet Sign-Up Deadline”, they will not be able to be entered in the swim meet. The “Meet Sign-Up Deadline” is generally a few weeks before the actual competition to give the coaches time to properly do the swimmers Meet Entries. You will receive an automated email from our website reminding you to sign-up 1 week before the set sign up deadline to help make sure that your swimmer does not miss any competition opportunities!

In order to sign up for an event, follow these easy steps:

1. Sign into your SWAT Team Unify Account in the upper right of our home page ([www.swat.poolq.net](http://www.swat.poolq.net))
2. Click on the Swim Meet (Under “Upcoming Events” on the home page) that you wish to sign up for.
3. Read all of the meet information carefully under “Eligibility” in the pop-up window for your event. *\*\*Note: Make sure this is a swim meet your swimmer is qualified for! If you aren't sure, contact your group coach!*
4. Click on the green “Accept / Decline” button at the top of the window.
5. Click on the button “Accepted: or “Declined”.  
*\*\*Note: it is important to declare “ACCEPTED” or “DECLINED” for every meet your swimmer is eligible for, so that coaches know how many athletes to expect and enter.*
6. Under the “Declaration notes” section, you may have a note for the coach, EX: “please note that “swimmer” has Hockey on Saturday AM and cannot attend that session”
7. Click “Submit” at the bottom of the page. This will generate an email that will confirm you have submitted your swimmer’s intentions.

### Swim Meet Entries

All Swim Meets have different entry rules. Sometimes there is a maximum number of events you’re allowed to enter, and sometimes there are restrictions on events you’re allowed to enter due to qualifying times. Throughout the season, coaches try to make sure that each swimmer is able to grow as an athlete. We take this into consideration as we pick meet entries. We want to make sure that we spread out the events in a way that promotes success at every competition. One of our SWAT coaching philosophies is that we want our swimmers to race every event they are eligible for throughout the season. We want to make sure that we promote well rounded athletes, and avoid any early specialization. It is inevitable that some athletes will develop favorite events, or events which that feel most successful. This is awesome! But we still need to make sure that we are racing every event, stroke, and distance that we can. For these reasons, all meet entries will be left up to the discretion of group coaches. If your swimmers feel VERY strongly about an event they want to race at a certain meet, we encourage our athletes to talk to their group coaches. It is not a guarantee that they will get to be entered in that event, or choose an event every meet, but it is great to start that dialogue between coach and swimmer.

# SWAT Group Structure: 2025 – 2026

## SWAT Group Descriptions

**Mini Waves Program – Discovery Stream** This program falls into our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner swimmers they will experience the FUN and enjoyment competitive swimming has to offer. Practice groups are structured so swimmers will learn all four competitive strokes and have an introduction to all competitive skills and race rules. Swimmers are introduced to our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

### Quick Facts

Target Age: 11&U Swimmers

Commitment: 2x per week (2h pool time, 2x15min land & learn time)

SWAT Value: Team Pride

SWAT Theme: Fun, Fundamentals.

Pre-Assessment: Community Lessons Level Swimmer 5 or equivalent. Comfortable in the water on front and back with ears and face in the water

Swim Meets: This group attends Nova Tech Swim Meets. .

**Tidal Waves Program – Discovery Stream** This program falls into our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner swimmers they will experience the FUN and enjoyment competitive swimming has to offer. Practice groups are structured so swimmers will learn all four competitive strokes and have an introduction to all competitive skills and race rules. Swimmers are introduced to our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

### Quick Facts

Target Age: 11&U Swimmers

Commitment: 3x per week (3h pool time, 3x15min land & learn time)

SWAT Value: Team Pride

SWAT Theme: Fun, Fundamentals.

Swim Meets: This group attends Nova Tech swim meets.

### **Novice Group – Discovery Stream**

The SWAT Novice Group is the third stage of our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner to intermediate swimmers they will continue to experience the FUN and enjoyment competitive swimming offers while also being introduced to more of a “training atmosphere”. This practice group is structured to increase swimmer competency across all four competitive strokes and solidify competitive skills and race rules. Swimmers continue to build on our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

### Quick Facts

Target Age: 12&U Swimmers

Commitment: 4x per week (4h pool time, 1h dryland, 4x15min land activations)

SWAT Value: Team Pride

SWAT Theme: Strengthen Skills, Fundamentals. Pre-Assessment: Basic knowledge of 3 out of 4 competitive strokes (Freestyle, Backstroke, Breaststroke, Butterfly), or completion of Swim Kids Level 8.

Swim Meets: This group attends Nova Tech &/or Age Group Meets.

### **Junior Groups – Development Stream**

The SWAT Junior Groups are the first stage of our Development Stream, which is the “Learn to Train” stage of our team. Geared toward young intermediate swimmers, they will build on the fundamentals learned from the Discovery Stream. Swimmers should have a new level of commitment to the sport, which will help take their swimming to the next level. This practice group is structured to teach swimmers the basic skills of how competitive swimmers need to learn to train to achieve their goals. Swimmers build “Team Pride” and are introduced to the second team value “Integrity”, where the focus is to promote accountability, respect, and honest and transparent behaviors on a daily basis.

Junior Provincial swimmers are AA qualified swimmers looking to excel at the level and qualify for AAA Age Group competition.

Junior Atlantic swimmers are AAA qualified swimmers looking to excel at the level and qualify for East Coast Championships.

#### Quick Facts

Target Age: 11 – 13 years old

Commitment: 5x per week (both pool and land training)

SWAT Values: Integrity, Team Pride

SWAT Theme: Learn Training Skills, Identify as a Competitive Swimmer

Pre-Assessment: Graduation from Swim NS Nova Tech Aqua Kids Program.

Swim Meets: This group attends Age Group Meets (Age Group is AA and AAA)

### **Senior Provincial Group – Development Stream**

The SWAT Senior 2 Group is the second stage of our Development Stream, which is the “Learn to Train” stage of our team. Geared toward older intermediate swimmers, they will build on the training principles taught in the Junior Group. Swimmers should have a good grasp on training skills and focus to learn how to become tough and dedicated athletes. This practice group is structured to increase pool time and dryland time to continue athlete development as swimmers age. Swimmers model our first two team values “Team Pride” and “Integrity” daily, while being taught the third team value “Dedication” - instilling traits of commitment and discipline to achieve greatness in all aspects of life.

Quick Facts Target Age: 13&O

Commitment 6x per week (both pool and land training)

SWAT Values: Dedication, Integrity, Team Pride SWAT Theme: Solidify Training Skills, Continue Athlete Development

Pre-Assessment: Swim NS AA Qualified or above.

Swim Meets: This group attends Age Group Meets

### **Senior Atlantic Group – Performance Stream**

The SWAT Senior 1 Group is the first stage of our Performance Stream, which is the “Train to Train” stage of our team. Geared toward advanced athletes who have shown the desire and commitment to have swimming be their focus sport. Swimmers will be pushed to reach their highest level of swimming potential through intensive training programs. This practice group is structured to allow all swimmers the opportunity to strive to be junior nationally qualified. Swimmers model our first three team values “Team Pride”, “Integrity” and “Dedication” in all they do, both in and out of the pool.

#### Quick Facts

Target Age: 14&O Swimmers

Commitment: 7x per week (both pool and land training)

SWAT Values: Dedication, Integrity, Team Pride SWAT Theme: Strive to Reach Individual Potential, Train how you want to race.

Pre-Assessment: Swim NS AAA Qualified or above.

Swim Meets: This group attends Age Group &/or National Level Meets.

### **Senior Performance Group – Performance Stream**

The SWAT Senior Performance Group is the final stage of our Performance Stream. Swimmers at this level have 100% committed to the sport of swimming and are performing on the National Stage.

Swimmers will be exposed to elite level training and coaches and be provided with the skills and tools to be contenders on the national scene. This practice group is structured with increased water and land training to create top level athletes. Athletes in the Senior Performance Group are expected to intrinsically model our four team values “Team Pride”, “Integrity”, “Dedication” and “Leadership” as they are the foremost leaders of our team.

#### Quick Facts

Target Age: 14&O Swimmers

Commitment: 8x per week (both pool and land training)

SWAT Values: Leadership, Dedication, Integrity, Team Pride

SWAT Theme: Commit to Whatever It Takes, Be Your Best Everyday

Pre-Assessment: SNC Eastern Canadian qualified or above.

Swim Meets: This group attends Age Group &/or National Level Meets.

*\*\*Coach Discretion or Nationally Qualified Athletes*

## **SWAT Group Placements and Group Moves**

### **Start of Season Placements & Early Season Group Movements**

A swimmer's initial group placement is determined by our coaching staff based on many factors, such as training ability, best times, skill development, coachability, dedication, etc. As coaches we try to place each swimmer in a group that will give them the best possible chance to reach their goals, have fun, and learn throughout the season. Factors such as age, peer group, worth ethic, attendance and qualification standards are all other considerations used to determine the initial group placement.

The first month of the season is a very fluid time as we start to see each new group come together as a whole. As training begins, it may be apparent that a swimmer is not in the most appropriate group for their development. As coaches, we do our best with the initial placements, but it is sometimes difficult to predict exactly what the right fit is for each swimmer after the summer off.

If the coaching staff determine that there is a more appropriate training group for a specific swimmer they may suggest to the athlete and the parents that a move be made early, while swimmers are still adapting to a new season and potentially a new coach. If you feel your child was placed in the wrong group, it is important to respectfully voice your concern to the correct people early in the season. Your first step should be to consult with your current group coach. If the group coach agrees a more suitable group placement should be considered, the next step would be a meeting with the Head Coach, Group Coach and Family to discuss where to place the swimmer.

### **Mid-Season Group Movements**

Sometimes in the middle of the season athletes have achieved new standards, and there could be the possibility of a group move. Many factors need to be considered in this: the new group schedule, available space in the next training group, ability to successfully train at the higher level, achievement of new standards, coach recommendation, etc. There are two times that group movements may be done: January & April.

All mid-season group movements will be carefully considered by both the current and new group coach to make sure that we are providing a seamless transition and allowing our athletes the best possible environment to achieve their personal goals. Any mid-season movements would also result in the swimmer family taking on the new group fee scale for the remainder of the season.

## Fundraising / Volunteer / Officiating Info

Additional information on all 3 of these topics can be found online on our website under the “Member Info”. Please ensure you are signed into your account to access this info.

### Fundraising Information

As a board, we will work hard to ensure that there are Team Fundraisers throughout the 2025-2026 season.

These team fundraisers are critical to keep our sport as affordable as possible to our membership.

### Volunteer Information

Our club would not run without the help of volunteers. We have many different ways you can earn volunteer points and get involved with the club. Each Season SWAT Families have certain levels of Volunteer Points they need to achieve for the team. These points correspond to dollar amounts, should your family choose not to participate in volunteer activities. However, as we all know, it takes a lot of hands to make our team successful, so we encourage everyone to get involved and volunteer. There are tons of jobs that highlight all of the different skill sets people can bring to our team.

Gabriel Mercier, tracks the Volunteer Points throughout the season. It is your responsibility as a family to submit your volunteer points to Gabriel, by the 7th of each month so he can track them. Once you have met your quota of points, then your family will not be charged for the Volunteer Fee in July. Please email [volunteerpoints@swatswim.ca](mailto:volunteerpoints@swatswim.ca) to have your volunteer points logged .

For an extensive list of how to earn Volunteer Points, please see

<https://swat.poolq.net/menu/swat-volunteering>

Note you need to be signed into your account to access this information.

### Officiating Information

All of our swim meets throughout the season are run by Volunteer Officials. Getting involved with officiating is a great way to give back to the sport your children love, and a great way to earn you volunteer points! Most of the time you’re going to be at the swim meets anyways, so being engaged and on deck helps you to learn the sport and gives you a front row seat to all the action.

Our Officials Chair, Jennifer Kershaw ([officials@swatswim.ca](mailto:officials@swatswim.ca)), is your first stop when you’re ready to learn about officiating. I would strongly encourage at least 1 member of all SWAT families to take your Level 1 Clinic (We host it in club), so that you can start with Timing on pool deck.

Once you’ve passed your Level 1 Certification, there are 4 more Levels you can work your way through. As you increase your Officials Certification, you can take on more roles on the pool deck. Check our Website under Member Info → Officiating to learn more about getting involved. Note you need to be signed into your account to access this page.

## SWAT Team Policies

All of our SWAT Team Policies are available on our team website throughout the season for reference. Click on “Member Information” on the home page drop down menu, and then “Team Policies” to access hard copies of each document. In addition, SWAT follows policies as published by Swim Nova Scotia.

### **Swimmer Code of Conduct**

All swimmers and parents/guardians need to sign the Swimmer Code of Conduct at the beginning of the season, and a copy must be kept on file with SWAT. Swimmers will be held to the Code of Conduct Agreement at all SWAT Events, such as workouts, swim meets, team events and team travel events.

### **Mandatory Fundraising Requirement Policy**

To ensure a positive experience for our Club athletes, SWAT has implemented an enhanced mandatory fundraising requirement policy. Swimmers are assigned a fundraising point requirement, based on group placement. Details are found within the policy online.

### **Mandatory Volunteer Requirement Policy**

To ensure a positive experience for our Club athletes, SWAT has implemented an enhanced mandatory volunteer requirement policy. Swimmers are assigned a volunteer point requirement, based on group placement. Details are found within the policy online.

### **Team Travel Policy**

The Team Travel Policy is an additional commitment swimmers and parents/guardians sign before an athlete is allowed to participate in a SWAT designated Team Travel Event. By signing this, swimmers and parents understand the behavioral expectation of the swimmers on this trip, and accept the disciplinary actions outlined in the Swimmer Code of Conduct if swimmers are in breach of the agreement.

### **Chaperone Policy**

This policy outlines how chaperones are picked, as well as their responsibilities at the meet. It also outlines coach responsibility, and has various procedures that all swimmers / parents should be familiar with before a swimmer attends a team travel event.

### **Winter Weather Policy**

This policy outlines the course of action taken if poor weather conditions should impact a scheduled workout time.

### **SWAT Coaching Policy**

By registering with SWAT, swimmers agree that SWAT coaches will be the primary providers of coaching direction to the athletes. Any other coaches providing swim coaching to athletes must be discussed with and approved by the head coach.

### **Swim NS / Swimming Canada Assumption of Risk**

This form is filled out online when you confirm your registration for your swimmer. It must be filled out by all Swimmers and Volunteers and is an annual form required. Parents will receive a link in their email (whatever email you provided on registration), to follow the steps to confirm your swimmers registration. This takes place in September each season.

These policies are available on the website for members who log in here:  
<https://swat.poolq.net/menu/team-policies>

## SWAT Communication

There are many different lines of communication through the swim club. Our goal is to make sure that parents are well informed about everything that is going on throughout the season. As a parent (or swimmer), your number one stop for information is our club's website <https://swat.poolq.net/>. You will find almost everything you need to know on here: Swim Meet Info, Training Schedules, Meet Results, Club Policies, Volunteer Info, Fundraising Initiatives, Team Updates, etc.

It is important that the club follow the correct communication pathways when looking for an answer or trying to solve a problem. Please note that all swimmer communication (meet entry questions, meet attendance questions, practice absences, behavioural inquiries, etc.) first go through the group coach. If a problem arises, and either the group coach or parent need further explanation, it then would go to the Head Coach. If you reach out to the Head Coach first, you will be asked to speak with your group coach first. If you have any questions about things pertaining to the club, outside of the pool (officiating, volunteer, fundraising, monthly fees, etc.), please contact the correct board member in charge. By following this pathway, you will get the most complete answer, from the person most knowledgeable of your question!

### Communication Pathways

**Parent → Coach:** If you have questions pertaining to your swimmer, please reach out to your group coach. For any missed workouts or extended absences, please contact your group coach. This helps with daily practice planning and allows the coaches to keep better attendance records through the season.

**Swimmer → Coach:** As the swimmers get older, they are encouraged to take their sport on as their own. Coach communication is a great first step for this. Swimmers are encouraged to take over the responsibility of informing coaches about absences, asking questions about meet entries, swim meets or anything else about swimming.

**Coach → Club:** Each group coach is able to send emails to their individual groups. These often have important last minute changes, group calendars, or information important to just that group. You can also follow all of our SWAT Communication Platforms to make sure that you're always up to date.

### Fundraising / Cost Recovery Communication

Each time there is a new fundraising or cost recovery initiative, we will ensure our membership are aware. Cost recovery is run by different volunteers within our club, and fundraising will be communicated through our volunteers.

### SWAT Communication Platforms

SWAT Website: <https://swat.poolq.net/>

SWAT Facebook: Sackville Waves Aquatic Team

SWAT Family Forum: Facebook → you'll have to be added to this group by a current member! Need help? Reach out to Kristy at [kristylegge@swatswim.ca](mailto:kristylegge@swatswim.ca)

SWAT Instagram: [@swat.swim](https://www.instagram.com/swat.swim)

## SWAT Team Gear & Equipment

### Mini Waves

#### - Swim Suit

(one piece suit for girls is encouraged; a brief or jammer [knee length] training suit for boys is encouraged)

- Goggles (it is expected that all club members have functional goggles)

- Water bottle - Kickboard optional

### Tidal Waves

- Training Suit (one piece for girls; brief or jammer for boys)

- Goggles

- Water Bottle

- Kickboard

- Training Fins

### Novice

- Training Suit

- Goggles; Two Pairs minimum

- Water Bottle

- Kickboard

- Training Fins

- Training Snorkel

### Junior Groups

#### Wet

- Training Suit (brief or drag suit preferred for boys)

- Goggles; Two Pairs Minimum

- SWAT Cap; 2 Minimum

- Water Bottle

- Kickboard small

- Training Fins

- Training Snorkel

- Paddles (lean towards smaller size)

- Racing suit\*

#### Dry

- Yoga Mat

\*Racing suits are optional. Swim NS and Swimming Canada discourage their use for anyone not at National level competition. A slimmer cut of suit or a suit a size smaller than training will offer many of the same benefits at a fraction of the cost

## Senior Groups

### Wet

- Training Suit (brief or drag suit preferred for boys)
- Goggles; Two Pairs Minimum
- SWAT Cap; 2 Minimum
- Water Bottle
- Kickboard small
- Training Fins
- Training Snorkel
- Paddles (lean towards smaller size)
- Pull Bouy –
- Racing suit\*

### Dry

- Water bottle
- Light Looped resistance band\*\*
- Yoga Mat For the gym:
- Appropriate Gym attire
- Sneakers, trainers, running shoes
  - o Not slides, crocs, boots, etc.

\*Racing suits are optional. Swim NS and Swimming Canada discourage their use for anyone not at National level competition. A slimmer cut of suit or a suit a size smaller than training will offer many of the same benefits at a fraction of the cost

\*\*Like this. Red or Yellow resistance categories. <https://www.walmart.ca/en/ip/Latex-Resistance-BandsSet-Workout-Bands-Yoga-Pullup-Belt-Muscle-Strength-Training-Exercise-Fitness-Home-Gym-82-x02/1RESRPHW1PXQ>



**2025-2026 NOVA TECH AQUA KIDS PROGRAM SUMMARY**

**Aims**

- ✓ focus on technique, short duration speed as a skill
- ✓ support a learning curve for sportsmanship and swimming rules
- ✓ keep kids moving, just play the game
- ✓ progressive events
  - Entry to competition - focus on short speed bursts (25m) and rhythm (IM), just play the game, learn the rules but compliance not required
  - Once a level of performance is attained in 100 IM and add in 50m events to include all turn technique
  - Keep focus on short speed, add full range of turn tech, develop rhythm (100 IM) endurance (200m)
  - Once a level of performance is attained in 100 IM then add in 200 free
  - A swimmer graduates into Age Group and Invitational meets once he/she has attained a performance level in both the 100 IM and 200 free
- ✓ progressive incentive
  - graduation at each level is awarded
- ✓ progressive involvement of parents in time and resources
  - minimize travel and related cost commitment
  - minimize volunteer time commitment
  - keep focus on healthy, active kids

NOVATECH ACTIVE KIDS	Events	Awards	Graduation
PARTICIPATION Level (Regional Competitions)	- 25's all strokes - 100 IM - no DQ, learning	- All participants receive a result card after each meet – club organized - Graduates to level One also receive an Active Kids Bronze medal.	100 IM under 2:15
LEVEL ONE (Regional Competitions)	- 50's all strokes - 100 IM - no DQ, learning	- All participants receive a result card after each meet – club organized - Graduates to level TWO also receive an Active Kids Silver medal	100 IM under 2:00
LEVEL TWO (Regional Competitions)	- 50's all strokes - 100 IM, 200 free - DQs begin	- All participants receive a result card after each meet - Graduation by ability not age - Graduates from level TWO to Age group and invitational meets also receive an Active Kids Gold medal and letter of recognition from PSO/MLA	100 IM under 1:50 200 Free under 3:30

Updated June 12, 2024

2024-2025 David Fry & Ken Dunn 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

2024-2025 David Fry & Ken Dunn 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, 2023  
**If you are fully qualified in the meet you have the opportunity to swim up 6 individual events**

**2024-2025 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
	32.64	31.48	30.33	29.42	29.11	50 FREE	26.64	27.53	28.25	29.74	32.22	
	1:11.28	1:08.33	1:05.61	1:03.33	1:02.64	100 FREE	57.72	59.73	1:01.25	1:05.65	1:09.98	
2:44.55	2:33.66	2:26.93	2:21.98	2:16.84	2:15.56	200 FREE	2:05.86	2:10.47	2:13.98	2:21.68	2:29.78	2:40.88
5:42.67	5:20.75	5:09.08	4:57.54	4:51.09	4:47.94	400 FREE	4:30.35	4:37.18	4:44.99	4:58.49	5:15.20	5:38.15
11:27.03	10:48.93	10:31.05	10:11.18	10:01.96	9:55.45	800 FREE	9:17.77	9:29.25	9:44.25	10:11.08	10:44.42	11:30.36
21:52.74	20:39.96	20:05.79	19:27.83	19:11.53	19:00.57	1500 FREE	17:46.53	18:08.44	18:37.14	19:28.44	20:32.18	22:00.05
		34.16	33.51	33.11		50 BACK	30.48	31.31	32.43			
	1:18.49	1:15.56	1:12.67	1:11.26	1:10.44	100 BACK	1:04.86	1:06.62	1:09.00	1:12.38	1:16.55	
3:01.47	2:48.72	2:42.68	2:36.63	2:33.80	2:32.01	200 BACK	2:19.13	2:22.46	2:27.20	2:35.57	2:45.78	2:59.45
		37.35	36.67	36.25		50 BREAST	33.41	34.24	35.28			
	1:27.69	1:24.40	1:21.19	1:19.70	1:18.81	100 BREAST	1:12.63	1:14.44	1:16.68	1:20.01	1:24.18	
3:19.27	3:06.94	3:00.54	2:54.17	2:51.38	2:49.71	200 BREAST	2:37.82	2:41.75	2:46.59	2:54.66	3:04.63	3:18.28
		31.85	31.26	30.82		50 FLY	27.99	28.74	29.78			
	1:15.80	1:13.38	1:10.78	1:09.47	1:08.50	100 FLY	1:02.20	1:03.87	1:06.18	1:09.45	1:13.49	
2:56.02	2:45.45	2:40.08	2:34.45	2:31.77	2:29.96	200 FLY	2:19.28	2:22.63	2:26.94	2:34.29	2:43.38	2:55.73
3:02.73	2:51.36	2:45.42	2:39.36	2:35.69	2:34.02	200 MEDLEY	2:22.76	2:26.17	2:30.58	2:37.14	2:45.31	2:56.69
6:25.26	6:01.53	5:49.27	5:35.60	5:30.59	5:26.52	400 MEDLEY	5:06.46	5:12.64	5:20.24	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
	33.27	31.99	30.94	30.02	29.70	50 FREE	27.19	28.09	28.84	30.23	32.75	
	1:12.71	1:09.16	1:06.92	1:04.62	1:03.92	100 FREE	58.89	1:00.95	1:02.51	1:06.18	1:11.39	
2:47.85	2:36.73	2:29.93	2:24.83	2:19.63	2:18.12	200 FREE	2:08.43	2:13.13	2:16.71	2:24.51	2:32.78	2:44.09
5:49.53	5:27.17	5:15.26	5:03.49	4:57.03	4:53.82	400 FREE	4:35.87	4:42.73	4:50.68	5:04.45	5:21.50	5:44.91
11:40.77	11:01.91	10:43.66	10:23.41	10:14.24	1:07.60	800 FREE	9:28.93	9:40.63	10:02.5	10:23.30	10:57.31	11:44.17
22:19.00	21:04.76	20:29.90	19:51.18	19:34.56	19:23.38	1500 FREE	18:07.86	18:30.21	18:59.48	19:51.81	20:56.83	22:26.46
		34.83	34.19	33.77		50 BACK	31.09	31.93	33.07			
	1:20.06	1:17.08	1:14.12	1:12.71	1:11.84	100 BACK	1:06.15	1:07.95	1:10.38	1:13.83	1:18.08	
3:05.10	2:52.09	2:45.93	2:39.77	2:36.88	2:35.05	200 BACK	2:21.91	2:25.31	2:30.15	2:38.68	2:49.09	3:03.04
		38.09	37.40	36.98		50 BREAST	34.08	34.93	35.97			
	1:29.44	1:26.09	1:22.81	1:21.29	1:20.39	100 BREAST	1:14.08	1:15.92	1:18.21	1:21.60	1:25.86	
3:23.26	3:10.68	3:04.15	2:57.65	2:54.80	2:53.11	200 BREAST	2:40.97	2:44.99	2:49.92	2:58.15	3:08.33	3:22.25
		32.49	31.89	31.44		50 FLY	28.55	29.31	30.38			
	1:17.31	1:14.85	1:12.20	1:10.86	1:09.87	100 FLY	1:03.44	1:05.15	1:07.50	1:10.84	1:14.95	
2:59.55	2:48.75	2:43.28	2:37.54	2:34.81	2:32.97	200 FLY	2:22.07	2:25.49	2:29.87	2:37.38	2:46.64	2:59.24
3:06.39	2:54.78	2:48.73	2:42.55	2:38.87	2:37.16	200 MEDLEY	2:25.61	2:29.09	2:33.60	2:40.28	2:48.62	3:00.23
6:32.97	6:08.76	5:56.26	5:42.32	5:37.20	5:33.05	400 MEDLEY	5:12.59	5:18.90	5:26.64	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 8 (eight) 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, 202

All qualified swimmers may enter up to 6 individual events

# SWIMMING CANADA NATATION



Swimming Canada 2025-2028 Female Standards							
Event	Trials		SC (25m) Champs		Canadian Open		Event
	Senior	Junior	SCM	LCM	SCM	LCM	
AG							AG
50 fr	26.52	27.23	26.01	26.79	26.36	27.15	50 fr
100 fr	56.94	58.58	55.83	57.51	56.61	58.31	100 fr
200 fr	2:04.00	2:07.20	2:01.59	2:05.24	2:02.47	2:06.14	200 fr
400 fr	4:25.15	4:30.43	4:20.00	4:27.80	4:21.15	4:28.98	400 fr
800 fr	9:11.99	9:21.43	9:01.27	9:17.51	9:02.58	9:18.86	800 fr
1500 fr	17:46.28	17:59.67	17:25.58	17:56.94	17:36.18	18:07.87	1500 fr
50 bk	30.47	31.04	29.88	30.77	29.96	30.86	50 bk
100 bk	1:04.22	1:05.87	1:02.97	1:04.86	1:03.64	1:05.55	100 bk
200 bk	2:19.60	2:22.70	2:16.89	2:21.00	2:17.89	2:22.03	200 bk
50 brst	33.67	34.56	33.02	34.01	33.26	34.26	50 brst
100 brst	1:12.93	1:14.92	1:11.51	1:13.66	1:12.29	1:14.46	100 brst
200 brst	2:38.35	2:42.80	2:35.28	2:39.93	2:37.33	2:42.05	200 brst
50 fly	28.31	29.09	27.76	28.59	27.94	28.78	50 fly
100 fly	1:02.36	1:03.99	1:01.15	1:02.98	1:01.95	1:03.81	100 fly
200 fly	2:20.84	2:23.28	2:18.11	2:22.25	2:17.87	2:22.01	200 fly
200 IM	2:20.93	2:24.20	2:18.19	2:22.34	2:20.19	2:24.40	200 IM
400 IM	5:03.06	5:08.43	4:57.18	5:06.09	4:57.84	5:06.78	400 IM

  

OW Trials	
5K SCM	5K LCM
8:47.66	9:03.49
16:50.18	17:20.49

  

10K SCM	10K LCM
16:36.8	17:06.69

Swimming Canada 2025-2028 Male Standards							
Event	Trials		SC (25m) Champs		Canadian Open		Event
	Senior	Junior	SCM	LCM	SCM	LCM	
AG							AG
50 fr	23.73	24.56	23.27	23.97	23.42	24.12	50 fr
100 fr	51.57	53.25	50.57	52.09	51.07	52.60	100 fr
200 fr	1:53.53	1:56.47	1:51.33	1:54.67	1:51.62	1:54.97	200 fr
400 fr	4:03.10	4:10.18	3:58.38	4:05.53	3:59.01	4:06.18	400 fr
800 fr	8:29.46	8:44.23	8:21.51	8:36.55	8:27.93	8:43.17	800 fr
1500 fr	16:23.72	16:31.79	15:59.76	16:28.56	16:06.66	16:35.66	1500 fr
50 bk	27.67	28.23	27.13	27.95	27.09	27.90	50 bk
100 bk	58.29	1:00.11	50.57	58.87	57.89	59.63	100 bk
200 bk	2:08.48	2:11.69	2:05.99	2:09.76	2:06.13	2:09.91	200 bk
50 brst	30.15	31.04	29.56	30.45	29.41	30.29	50 brst
100 brst	1:05.39	1:07.45	1:04.12	1:06.04	1:04.36	1:06.29	100 brst
200 brst	2:22.41	2:28.54	2:20.62	2:24.83	2:20.41	2:24.62	200 brst
50 fly	25.67	26.19	25.17	25.93	25.14	25.89	50 fly
100 fly	55.69	57.41	54.61	56.25	55.30	56.96	100 fly
200 fly	2:06.55	2:10.89	2:04.58	2:08.32	2:04.34	2:08.07	200 fly
200 IM	2:09.02	2:12.21	2:07.10	2:10.91	2:06.94	2:10.75	200 IM
400 IM	4:37.96	4:44.63	4:32.56	4:40.74	4:33.61	4:41.82	400 IM

  

OW Trials	
5K SCM	5K LCM
8:11.75	8:26.50
15:41.35	16:09.59

  

10K SCM	10K LCM
8:06.88	8:21.49
15:32.03	15:59.99

Trials - LCM Only = Canadian Swimming Trials (age as of December 31st); Stroke 50 qualifying times are only applicable to years when the stroke 50s are offered  
 Trials Juniors - LCM Only = Years of birth will be determined based on selection requirements in a given year, ie: 2025, 2026... and detailed in the Meet Information Package  
 SC (25m) Champs = Canadian SC (25m) Championships  
 Open Water (OW) Trials - In partnership with USA Swimming  
 Standards will be reviewed annually in August to ensure size of meets are still appropriate and changes will only be made if required