

# WINTER CHAMPIONSHIPS

## TEAM MEETING

# TRURO CENTURIONS



**POSITIVITY. RESPECT. EXCELLENCE.**

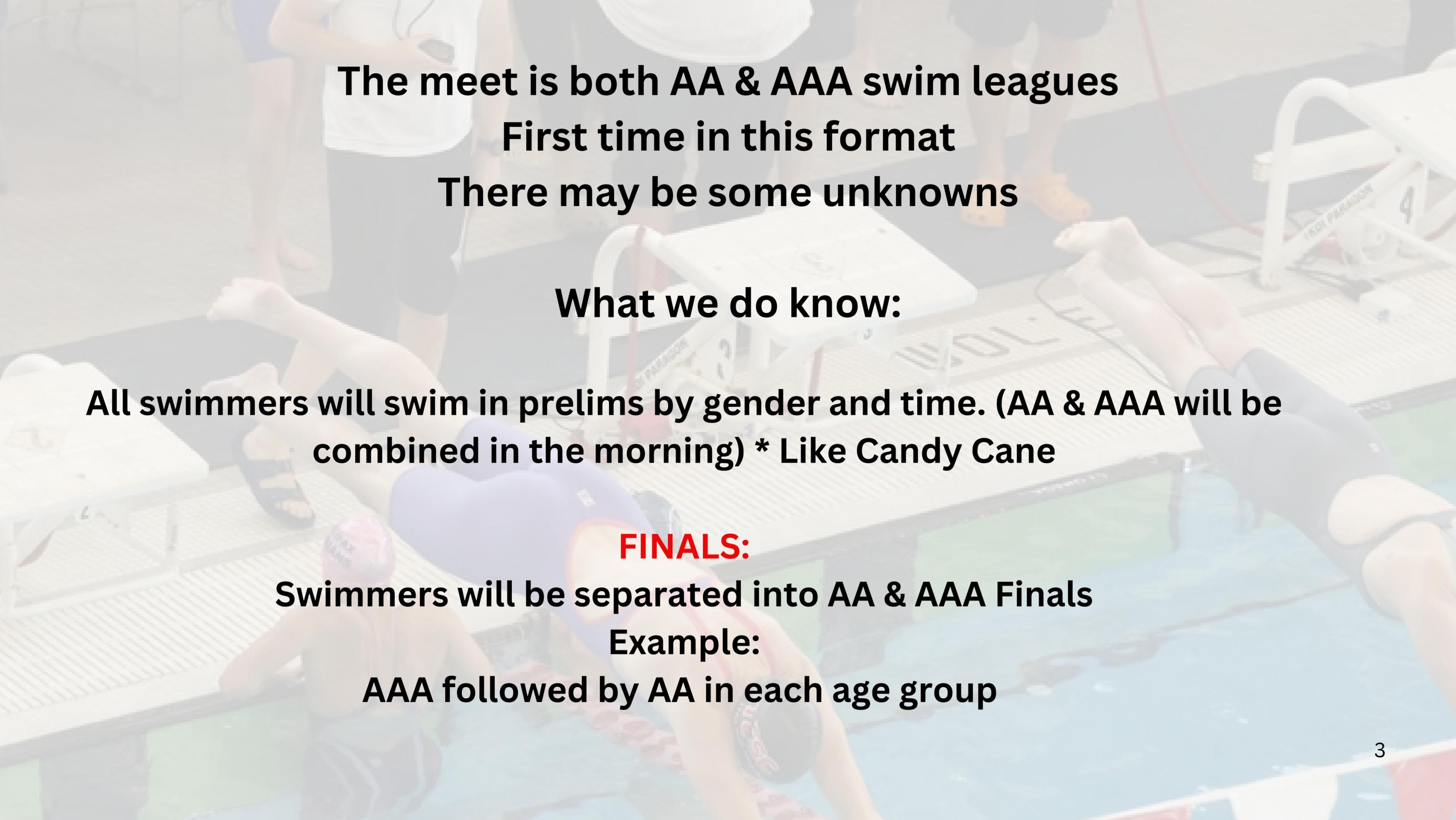
# Winter Championships

Thursday March 5<sup>th</sup> - Sunday March 8<sup>th</sup>

Halifax

Dalplex Pool

6260 South St, Halifax, NS B3H 4R2



**The meet is both AA & AAA swim leagues**

**First time in this format**

**There may be some unknowns**

**What we do know:**

**All swimmers will swim in prelims by gender and time. (AA & AAA will be combined in the morning) \* Like Candy Cane**

**FINALS:**

**Swimmers will be separated into AA & AAA Finals**

**Example:**

**AAA followed by AA in each age group**

# THURSDAY

## TIMED FINALS – Thursday, March 5<sup>th</sup>, 2026

Warm-Ups: 3:00pm			Heats Start: 4:00pm	
Female	Age Group	Event	Age Group	Male
1	Open	1500m Freestyle*	--	--
--	--	800m Freestyle*	Open	4
30 Minute Warm-Up Break				
5	Open - AAA	4 x 50m Medley Relay	Open - AAA	6
105	Open - AA	4 x 50m Medley Relay	Open - AA	106
<i>*Will be swum fastest to slowest, alternating gender</i>				

\*Timed Finals refers to distance swims that are only swam once. These events are the 800m & 1500m Freestyle events.

Swimmers who are not in the W1500 or M800 are not expected to be at the meet on Thursday night. IF we have swimmers available who are planning to be in the city Thursday night AA Girls & AAA Girls please let me know . We may not have swimmers to do Relays in the AA category Thursday.

# FRIDAY

## PRELIMS

At the pool for 7:15AM

## FINALS

At the Pool for 3:45PM

PRELIMS: Friday March 6, 2026 – 7:30am Warm-Up   8:30am Meet Start			
Women's Event #	Age Group	Event	Men's Event #
7	Open	200m Backstroke	8
9	Open	100m Breaststroke	10
11	Open	200m Freestyle	12
13	Open	400m Individual Medley	14
15	Open	50m Butterfly	16
FINALS: Friday March 6, 2026 – 4:00pm Warm-Up   5:00pm Meet Start			
7	12 & Under/13-14/15+ (AAA followed by AA by age group)	200m Backstroke	8
223	Mixed PARA	50m Backstroke	--
9	12 & Under/13-14/15+ (AAA followed by AA by age group)	100m Breaststroke	10
11	12 & Under/13-14/15+ (AAA followed by AA by age group)	200m Freestyle	12
13	12 & Under/13-14/15+ (AAA followed by AA by age group)	400m Individual Medley	14
15	12 & Under/13-14/15+ (AAA followed by AA by age group)	50m Butterfly	16
17	Open - AAA	4 x 50m Freestyle Relay	18
117	Open - AA	4 x 50m Freestyle Relay	118

Swimmers who make a final are expected to swim the final. The top 8 Swimmers in each event will make the final. There are two finals. AAA final and AA Final. Swimmers are not permitted to move between leagues during the meet, and race within their own AA or AAA designation for the entirety of the weekend. We are not permitted to move AA swimmers to AAA relays, or AAA swimmer to AA relays.

We WILL have relays on Friday & Sunday evenings

I will do my best to select relays within 30 minutes of the end of the prelims session. Please do not leave without checking in with coaches.

# SATURDAY

## PRELIMS

At the pool for 7:15AM

## FINALS

At the Pool for 3:45PM

PRELIMS: Saturday March 7, 2026 – 7:30am Warm-Up   8:30am Meet Start			
19	Open	100m Butterfly	20
21	Open	400m Freestyle	22
23	Open	50m Backstroke	24
25	Open	200m Individual Medley	26
27	Open	50m Freestyle	28
29	Open	200m Breaststroke	30
FINALS: Saturday March 7, 2026 – 4:00pm Warm-Up   5:00pm Meet Start			
19	12 & Under/13-14/15+ (AAA followed by AA by age group)	100m Butterfly	20
21	12 & Under/13-14/15+ (AAA followed by AA by age group)	400m Freestyle	22
23	12 & Under/13-14/15+ (AAA followed by AA by age group)	50m Backstroke	24
25	12 & Under/13-14/15+ (AAA followed by AA by age group)	200m Individual Medley	26
27	12 & Under/13-14/15+ (AAA followed by AA by age group)	50m Freestyle	28
227	Mixed PARA	50m Freestyle	--
29	12 & Under/13-14/15+ (AAA followed by AA by age group)	200m Breaststroke	30

# SUNDAY

## PRELIMS

At the pool for 7:15AM

## FINALS

At the Pool for 2:45PM

- 1 hour earlier

PRELIMS: Sunday March 8, 2026 – 7:30am Warm-Up   8:30am Meet Start			
31	Open	50m Breaststroke	32
33	Open	200m Butterfly	34
35	Open	100m Freestyle	36
37	Open	100m Backstroke	38
3	Open	800m Freestyle	--
--	Open	1500m Freestyle	2
FINALS: Sunday March 8, 2026 – 3:00pm Warm-Up   4:00pm Meet Start			
--	Open - AAA	1500m Freestyle- TOP EIGHT	2
--	Open - AA	1500m Freestyle- TOP EIGHT	102
31	12 & Under/13-14/15+ (AAA followed by AA by age group)	50m Breaststroke	32
231	Mixed PARA	50m Breaststroke	--
33	12 & Under/13-14/15+ (AAA followed by AA by age group)	200m Butterfly	34
35	12 & Under/13-14/15+ (AAA followed by AA by age group)	100m Freestyle	36
37	12 & Under/13-14/15+ (AAA followed by AA by age group)	100m Backstroke	38
3	Open - AAA	800m Freestyle- TOP EIGHT	--
103	Open - AA	800m Freestyle- TOP EIGHT	--
39	Open - AAA	4 x 50m MIXED FREE Relay	--
139	Open - AA	4 x 50m MIXED FREE Relay	--

# OFFICIALS REQUIRED



**We do a great job signing up for officials. I encourage you to sign up for PRELIMS sessions, and enjoy watching the FINALS! If you have the option, please consider officiating in 2/7 sessions throughout the weekend. The more we spread out the help, the better. It is truly appreciated!**

**Meet Referee: Maureen Nolan:  
memejedede@gmail.com**

**Timers and Senior Officials, send your club affiliation and preferred positions to Maureen and cc Pete Davis our Head of Officials**

# GENERAL NOTES

**This is a meet that we encourage families to book accommodations or stay with friends. If you have questions, connect with another swim parent who may assist in sharing accoms or bunking.**

**Sessions will be longer than a development meet. Swimmers need to be prepared with appropriate snacks/food, stay hydrated and REST between sessions.**

**NO PHONE ZONE! We have a strict no phones/gaming/social media policy during meets. Swimmers are expected to participate with the team. Books are okay, but we do encourage swimmers to engage with the team when possible. As well as rest between races.**

**Swimmers can check with coaches if there is time to visit a parent in the stands, but sometimes, there is not a lot of time. Please refrain from requesting your swimmer immediately check in with you.**

**Swimmers are asked not to go shopping, or do other tiring activities between sessions. The best thing to do is....**

# **EXAMPLE ROUTINE BETWEEN HEATS & FINALS**

**12:10PM - Session Ends**

**Step One: Eat a nutritious lunch to refuel, that has carbs & protein.  
{Achieve before 1pm} and dry swim suits/ towels.**

**Step Two: Have a rest or nap for 25-40 minutes {We don't want to  
sleep too long either, avoiding REM is important} 1:45PM {45 min}**

**Step Three: Relax and stretch, light stretching and a snack to fuel  
for finals. 2:30 {45min}**

**Step Four: Pack Swim Bag for finals and head to pool to be 15  
minutes earlier then warm up.**

# **EXAMPLE ROUTINE AFTER FINALS**

**Session Ends at 7:30PM**

**Step One: EAT a nutritious meal {within 45 minutes}**

**Step Two: Make sure gear is hung to dry**

**Step Three: Stretch, relax 30 minutes**

**Step 4: Bed between 8:45 & 9:30PM depending on age group**

**Repeat tomorrow**

# THINGS TO AVOID DURING BIG SWIM MEET WEEKENDS

1. Making plans between sessions. You don't have time
2. Excessive screen time. This is more tiring for kids
3. Staying up late
4. Skipping breakfast or any re-fueling opportunities



# HOW TO BE BEST SWIM PARENT

**FOOD & Nutrition! Helps for a successful meet**

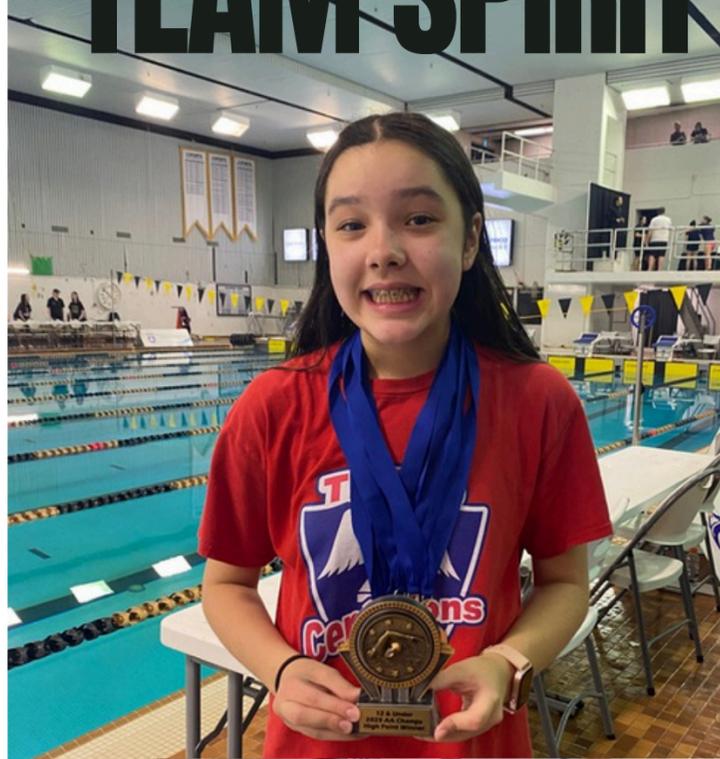
**Allow opportunities to rest**

**Positive energy and support**

**Wearing your TCSC shirts { THERE IS A TEAM SPIRIT AWARD!}**



# TEAM SPIRIT



# COACHES

**Head Coach- Meghan**

**Assistant Coach- Shannon**

**Alternating Assistant Coaches- Melena and Jessica for Prelims**

We have 30 swimmers attending this meet. Swimmers will be “assigned “ their check in coach for the meet.

As you all know, I do my best to assist all swimmers across the program. In this swim meet, you may observe varying degrees of engagement from me with different swimmers. If you’re viewing a pre-race meeting with a Senior Swimmer for example, the intensity and objective may be different then the supportive encouragement given to our younger swimmers who are not yet in the stage where race “strategy” is applicable.

We want to ensure all swimmers have a positive experience, and we are blending this meet, so it is important that younger swimmers don’t misunderstand that when talking to advanced swimmers, the instructions may not be applicable to them. We will do our best to ensure all swimmers know this going into the meet!

IT’S going to be a great weekend!! the HYPE is real!

**TRURO**  
**CENTURIONS**  
SWIM CLUB

**WEDNESDAY**  
**MARCH 4th**  
**4:30-6:00PM**

**TEAM**

*Building*