



# AA & AAA Winter Champs

March 5<sup>th</sup> – 8<sup>th</sup>, 2026



**Co-Hosted By:**

Swim Nova Scotia & Sackville Waves Aquatic Team

**Sanctioned By:** Swim Nova Scotia

**Location:**

Dalplex Pool, 6260 South St. Halifax, N.S.  
2 x 8 lane 25m pool with Quantum Electronic Timing and OBL2 Pro Backstroke ledges. *The shallow end will be available for continuous warm-up/down.*

**Technical Meet Managers:**

Bette El-Hawary & Angela MacAlpine:  
[swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca) &  
[sportdevelopmentcoordinator@swimnovascotia.com](mailto:sportdevelopmentcoordinator@swimnovascotia.com)

**Meet Referee:** Maureen Nolan:

[memejejedede@gmail.com](mailto:memejejedede@gmail.com)  
Timers and Senior Officials, send your club affiliation and preferred positions to Maureen

**Entries:** Hytek entries should be uploaded to the SNC National Database (REMS) **Friday February 27<sup>th</sup>, 2026.** *Late entries for new qualifiers accepted until Monday March 2<sup>nd</sup> at 12:00pm and assessed with a \$30 late fee per swimmer.*

There will be no deck entries and no exhibition swims.

Coaches are asked to email their AA & AAA Roster to:  
[sportdevelopmentcoordinator@swimnovascotia.com](mailto:sportdevelopmentcoordinator@swimnovascotia.com) by the entry deadline.

**Entry Fee:** \$150.00 flat fee per swimmer relays no charge. Each swimmer may enter a maximum of six (6) individual events (maximum 2 events per session) and 3 relays.

Entry fees must be paid no later than Thursday March 5<sup>th</sup> via e-transfer:  
[swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca) (use password 'swimming').

**Eligibility:** All registered Nova Scotia swimmers that are graduated from Nova Tech. Note this meet is closed to Nova Scotia swimmers only.

**Format:** [SNC rules and warm-up procedures](#) will be in effect.

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. During warm-up all swimmers must enter the pool with a controlled, feet-first entry.

Swim Wear: [SNC Swim Wear](#) rules in effect.

Preliminary events will be swum seeded by time regardless of age and AA/AAA level. Swimmers will be separated by age group and by AA/AAA for finals and reporting of results. Timed finals (TF) will be swum as open but scored by age group and by AA/AAA level.

The 800/1500m Freestyle will be swum fastest to slowest, alternating gender.

Distance Freestyle **Thursday** – Timed Finals  
Distance Freestyle **Sunday** – 800m/1500m races, top 8 AA & AAA swimmers will swim during finals.

**Relays:** All swimmers must be entered in the meet (no relay only swimmers). Relays will be swum as AA & AAA.

**Scratches:** The first scratch deadline following each preliminary session shall be 30 minutes following the conclusion of the session. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the final's session. A



# AA & AAA Winter Champs

March 5<sup>th</sup> – 8<sup>th</sup>, 2026



\$20 penalty (to be paid immediately) will be enforced during Finals.

The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet will be run cardless, however, for the 400/800/1500 Freestyle events, all swimmers will be required to do a positive meet check-in.

During finals, once an alternate is called, the “no show” is final. Timers will use timecards for all relays and the 800 and 1500 Freestyle events.

### Paralympic Swimmers:

- All Paralympic swimmers (Sport Class 1 to 14) must hold at least a Provincial Classification designation to be eligible to compete in the meet.
- Paralympic qualification standards can be found at the following [URL](#)
- Paralympic swimmers will be judged using the most current version of the [WPC Swimming Rules & Regulations](#) or the SNC Rulebook with the technical rules updates provided in SNC Paralympic Swimming Newsletters
- Sport Classes eligible for competition are 1-10, 11-13 and 14
- There are no age restrictions for Paralympic swimming
- All Paralympic swimmers' entries must include the swimmer's classification numbers (i.e., S7, SB6, SM7) as part of their name
- Swimmers may compete in integrated format heats and dedicated Paralympic Swimming finals; these swimmers can only compete in events they are classified in during the Paralympic Swimming finals session; however, they may swim in any event during prelims.
- Paralympic events will be scored using the SNC IPC Point system
- Paralympic swimmers may swim a maximum of six individual events; the four Paralympic events offered and two other Paralympic events. Note that they may

swim the heats of the Paralympic events; if they are eligible to swim in an Olympic program event final they may do so, however they must indicate to the meet manager which final they will swim in by the conclusion of heats.

**Deck Access/Safe Sport:** Registered swimmers, coaches and officials participating in the meet are allowed on deck. Parents may spectate from the designated areas.

Photographers must be pre-approved in advance by contacting [Swim Nova Scotia in advance of the meet.](#)

**Photography/Videography:** In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Nova Scotia sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

**Results:** Unofficial live results will be available on meet mobile.

### Awards:

Medals 1-3<sup>rd</sup> place for all events and ribbons 4-6<sup>th</sup> place in all events for each AA/AAA level. Medals will be presented immediately following each finals event on the diving platform.

High Point Awards for 12 & under, 13-14 and 15 & over age groups based on individual aggregate high points for the top male and female swimmer in each age group and by AA/AAA level.

**Team Spirit Award:** Awarded to the team showing the best team spirit all weekend!

**Scoring:** 50-30-20-15-14-13-12-11 points for individual events (no scoring for relays) for each AA/AAA level.



# AA & AAA Winter Champs

March 5<sup>th</sup> – 8<sup>th</sup>, 2026



## ORDER OF EVENTS

### 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>				



# AA & AAA Winter Champs

March 5<sup>th</sup> – 8<sup>th</sup>, 2026



<b>PRELIMS: Friday March 6, 2026 – 7:30am Warm-Up   8:30am Meet Start</b>			
<b>Women's Event #</b>	<b>Age Group</b>	<b>Event</b>	<b>Men's Event #</b>
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
<b>FINALS: Friday March 6, 2026 – 4:00pm Warm-Up   5:00pm Meet Start</b>			
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
<b>PRELIMS: Saturday March 7, 2026 – 7:30am Warm-Up   8:30am Meet Start</b>			
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
<b>FINALS: Saturday March 7, 2026 – 4:00pm Warm-Up   5:00pm Meet Start</b>			
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



# AA & AAA Winter Champs

March 5<sup>th</sup> – 8<sup>th</sup>, 2026



<b>PRELIMS: Sunday March 8, 2026 – 7:30am Warm-Up   8:30am Meet Start</b>			
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
<b>FINALS: Sunday March 8, 2026 – 3:00pm Warm-Up   4:00pm Meet Start</b>			
--	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	--

*Note: the 800m & 1500m Freestyle will swim fastest to slowest, alternating events during prelims.  
Top eight will swim during finals; positive check-in will be due in advance.  
Breaks may be added at the discretion of meet management.*