



# NOVA SCOTIA KEN DUNN LONG COURSE CHAMPIONSHIPS

July 6-9, 2017

**Hosted by:**

Swim Nova Scotia & Dartmouth Crusaders Swim Club

**Location:**

Centennial Pool, 1970 Gottingen St. Halifax, NS B3J 3Y2

**Meet Manager:**

Bette El-Hawary: [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)

**Head Official:**

Sue Jackson: [suejack01@yahoo.com](mailto:suejack01@yahoo.com)

**Entries:**

Email hy-tek entries will be accepted via SNC online system. Entries due by: Thursday June 29<sup>th</sup>, 2017 at midnight. **LATE ENTRIES WILL NOT BE ACCEPTED**

**Entry Fees:**

\$85 flat fee. Cheques only please; (No cash accepted). Please make cheques payable to: Swim Nova Scotia OR send an email money transfer: [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca) (use swimming as the password)

The amount of fees due are based on the entries confirmed on June 30<sup>th</sup> at noon. Fees are due at the start of the warm-up at the first (Thursday) session.

**Facility Rules:**

- The pool deck area is limited to swimmers registered in the meet, registered Coaches and Officials that are working the current session only. All others are asked to remain in the spectator seating areas.
- Indoor footwear only on pool deck for all Officials, Coaches & Swimmers.
- Food will be allowed on deck for Coaches & Officials only (swimmers are asked to eat in the main lobby)
- Officials & Coaches are asked to bring their own water bottles and refill them using the on-site refill stations.
- Please remember to sign in your license plate information upon arrival at the pool. The sign in sheet is available at the front desk.

**Meet Rules:**

SNC rules will govern the meet  
SNC warm-up will be in effect

**Coaches:**

All coaches must be fully registered with Swim NS, CSCTA & SNC. Coaches visiting from out of Country must contact Swim NS in advance to verify Coaching credentials.

There will be a coaches technical meeting on Thursday July 6<sup>th</sup> at approximately 8:00am.

**Eligibility & Entry Limits:**

The qualifying times are included.

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.

**Qualification Period:**

Times must be achieved on or after March 1<sup>st</sup>, 2016

Swimmers that are 14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) individual swims.

Swimmers that are 15& Over – require three qualifying times to compete, then get up to 3 bonus swims for a total of 6 (six) individual swims

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

All swimmers must be members in good standing with SNC or a FINA affiliated country.

**Meet Format:**

This meet will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Management's discretion, preliminary sessions may be conducted in flights, with the fastest seven heats of events 200m or less, and the fastest five heats of 400m events in the "A" flight, and all remaining heats in the "B" flight. "A" flights will be concluded each morning prior to beginning the "B" flights. The "A" flights will be swum slowest to fastest. The "B" flight as well as the 400m races will be swum fastest to slowest. The top 6 swimmers from preliminaries in each of the following age groups: 13 & Under, 14-15 and Open will advance to the "A" finals. The next top 6 swimmers, regardless of age will advance to the "B" finals.



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There will be a minimum of a thirty-minute open warm-up after the "A" flights during the preliminary session. Coaches will be notified in advance of the meet if we will be running the meet in flights.

**\*OPEN\*** *If swimmers that are 15 & under would like to swim in the Open category; teams are asked to enter them in their respective age group AND email [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca) with a list of swimmers that should be moved to the Open category.*

The 800/1500 freestyle events will swim as Timed Finals, with the fastest heat of each event in the Finals; all other heats will swim fastest to slowest, alternating women and men, following the Prelims. "A" & "B" flights will be determined after the entry deadline.

A swimmer's age is determined as of the first day of the meet.

B Finals will take place before the respective A finals.

There will be no deck entries, no exhibition swims and no time trials.

## Warm-Ups:

*Pre-Meet Training is available on Wednesday July 5<sup>th</sup> 2:00-4:00pm (6 lanes long course).*

Prelims: 2 x 45 minute split warm-ups before the "A" flights begin. Warm-up splits will be published after the meet entry deadline. A minimum of 30-minutes open warm-up before the "B" flights begin. Time will be published after the meet entry deadline.

Finals: 1 x 60 minute open warm-up

## Proof of Times:

If the meet manager is unable to verify times using the SNC National system for events requiring proof of times you may be asked to email the meet manager a copy from Hy-Tek Team Manager.

## PARA Swimmers:

- All Para swimmers (Sport Class 1 to 14) must hold at least a Provincial Classification designation to be eligible to compete in the meet.
- Classification information is available at: [www.swimming.ca/ParaswimmingClassification](http://www.swimming.ca/ParaswimmingClassification)

- Para swimmers will be judged using the most current version of the IPC Swimming Rules and Regulations which can be found at: [www.ipc-swimming.org/rules\\_regulations](http://www.ipc-swimming.org/rules_regulations) or the SNC Rulebook with the technical rules updates provided in SNC Para Swimming Newsletters
- Sport Classes eligible for competition are 1-10, 11-13 and 14
- There are no age restrictions for Para swimming
- All Para 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 Para Swimming finals; these swimmers can only compete in events they are classified in during the Para Swimming finals session; however, they may swim in any event during prelims. They do not have to swim the preliminary event to swim in finals.
- PARA events will be scored using the SNC IPC Point system
- PARA swimmers may swim a maximum of six individual events; the four PARA events offered and two other Paralympic events. Note that they may swim the heats of the Para events; if they are eligible to swim in an able-bodied final they may do so, however they must indicate to the meet manager which final they will swim in by the conclusion of heats.

## Scratches:

The first scratch deadline, following each preliminary session shall be 30 minutes following the time the results have been posted. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the finals session. A \$20 penalty (to be paid immediately by the team) will be enforced during Finals. The team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after the heat sheets are submitted. Meet management reserves the right to double lane slower heats should entry load be too heavy. As a courtesy please submit scratches as soon as possible to meet management for heats.



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The meet will be run cardless, however, for distance events all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the "no show" is final. Time cards will be used for all relays and the 800 and 1500 Freestyle events.

## Relay Rules:

Each club is allowed to enter two relays per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legitimately entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

Additional relays may be entered by clubs that have five (5), nine (9), etc or more swimmers qualified, entered, and swimming in the event's age group. A maximum of two (2) relay team swimmers may move up from younger age groups. A maximum of two relays per event per team will score, these must be designated in advance.

Relay cards must be submitted by the designated time that meet management announces during the technical meeting; Coaches may come to the office and change the names on the cards up to 15 minutes before the relay is scheduled to start.

## Scoring:

Scoring for individual/relay events:

50-30-20-15-14-13;

12-11- 9-7-6-5 for consolation finals (where applicable).

Scoring for high point awards will be based on the individual event scoring system.

## Awards:

There will be **High Point Individual Awards** for each Male/Female swimmer in each age group.

**Medals** will be awarded for first, second and third in individual and relay events.

**Ribbons** will be awarded for 4th-6th place for individual events and relay events.

**High Point Awards:** Plaques/awards for top high point male and female in each individual age group.

**Team Awards:** Banner for Top Overall Winner, Banner for Top Female Team Winner, Banner for Top Male Team Winner.

**Swimmers of the Meet:** Male and Female, swimmers of the meet, (based on this year's FINA Points).

## Timers/Officials:

Qualified officials from all clubs are necessary to help ensure an efficient swim meet. Please send officials and timers names along with preferred position(s) and session(s) to: Sue Jackson: [suejack01@yahoo.com](mailto:suejack01@yahoo.com)

## Allergy Alert

**PLEASE NOTE:** No peanuts or peanut products are permitted at the meet due to some swimmers being severely allergic. THIS WILL BE SELF POLICED BY TEAMS.

## Web page:

Live results will be available throughout the weekend on meet mobile and at the following URL:  
<http://swimnovascotia.com/liveresults/>

*\*These results may not be published immediately but once we establish a Wi-Fi connection.*



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## EVENT LIST

| PRELIMS – Thursday, July 6, 2017   |              |                            |                      |      |
|--|--------------|----------------------------|----------------------|------|
| Warm-Ups: 7:00am   |              |                            | Heats Start: 8:30am  |      |
| Female   | Age Group    | Event                      | Age Group            | Male |
| 1  | Open         | 50m Freestyle              | Open                 | 2    |
| 3  | Open         | 200m Breaststroke          | Open                 | 4    |
| 5  | Open         | 100m Backstroke            | Open                 | 6    |
| 7  | Open         | 1500m Freestyle*           | --                   | --   |
| --   | --           | 800m Freestyle*            | Open                 | 10   |
| <i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals</i> |              |                            |                      |      |
| FINALS - Thursday, July 6, 2017  |              |                            |                      |      |
| Warm-Ups: 4:00pm   |              |                            | Finals Start: 5:00pm |      |
| Female   | Age Group    | Event                      | Age Group            | Male |
| --   | --           | 800m Freestyle             | Top 8                | 10   |
|  | Multi-Age    | 50m Freestyle- B Final     | Multi-Age            |      |
| 1  | 13 & Under   | 50m Freestyle              | 13 & Under           | 2    |
| 1  | 14-15        | 50m Freestyle              | 14-15                | 2    |
| 1  | Open         | 50m Freestyle              | Open                 | 2    |
|  | OPEN PARA    | 50m Freestyle PARA         | OPEN PARA            |      |
|  | Multi-Age    | 200m Breaststroke- B Final | Multi-Age            |      |
| 3  | 13 & Under   | 200m Breaststroke          | 13 & Under           | 4    |
| 3  | 14-15        | 200m Breaststroke          | 14-15                | 4    |
| 3  | Open         | 200m Breaststroke          | Open                 | 4    |
|  | Multi-Age    | 100m Backstroke- B Final   | Multi-Age            |      |
| 5  | 13 and Under | 100m Backstroke            | 13 and Under         | 6    |
| 5  | 14-15        | 100m Backstroke            | 14-15                | 6    |
| 5  | Open         | 100m Backstroke            | Open                 | 6    |
|  | OPEN PARA    | 50m Backstroke PARA        | OPEN PARA            |      |
| 7  | Top 8        | 1500m Freestyle            | --                   | --   |
| 11   | 13 and Under | 4 x 200m Freestyle Relay   | 13 and Under         | 12   |
| 13   | 14-15        | 4 x 200m Freestyle Relay   | 14-15                | 14   |
| 15   | Open         | 4 x 200m Freestyle Relay   | Open                 | 16   |



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## EVENT LIST

| PRELIMS – Friday, July 7, 2017                              |           |                         |                     |      |
|---|-----------|-------------------------|---------------------|------|
| Warm-Ups: 7:00am  |           |                         | Heats Start: 8:30am |      |
| Female  | Age Group | Event                   | Age Group           | Male |
| 17  | Open      | 100m Breaststroke       | Open                | 18   |
| 19  | Open      | 200m Freestyle          | Open                | 20   |
| 21  | Open      | 50m Butterfly           | Open                | 22   |
| 23  | Open      | 400m Individual Medley* | Open                | 24   |
| <i>*Will be swum fastest to slowest, alternating gender</i> |           |                         |                     |      |

| FINALS – Friday, July 7, 2017 |              |                                 |                      |      |
|-------------------------------|--------------|---------------------------------|----------------------|------|
| Warm-Ups: 4:00pm              |              |                                 | Finals Start: 5:00pm |      |
| Female                        | Age Group    | Event                           | Age Group            | Male |
|                               | Multi-Age    | 100m Breaststroke- B Final      | Multi-Age            |      |
| 17                            | 13 and Under | 100m Breaststroke               | 13 and Under         | 18   |
| 17                            | 14-15        | 100m Breaststroke               | 14-15                | 18   |
| 17                            | Open         | 100m Breaststroke               | Open                 | 18   |
|                               | Multi-Age    | 200m Freestyle- B Final         | Multi-Age            |      |
| 19                            | 13 and Under | 200m Freestyle                  | 13 and Under         | 20   |
| 19                            | 14-15        | 200m Freestyle                  | 14-15                | 20   |
| 19                            | Open         | 200m Freestyle                  | Open                 | 20   |
|                               | Multi-Age    | 50m Butterfly- B Final          | Multi-Age            |      |
| 21                            | 13 and Under | 50m Butterfly                   | 13 and Under         | 22   |
| 21                            | 14-15        | 50m Butterfly                   | 14-15                | 22   |
| 21                            | Open         | 50m Butterfly                   | Open                 | 22   |
|                               | OPEN PARA    | 50m Butterfly PARA              | OPEN PARA            |      |
|                               | Multi-Age    | 400m Individual Medley- B Final | Multi-Age            |      |
| 23                            | 13 and Under | 400m Individual Medley          | 13 and Under         | 24   |
| 23                            | 14-15        | 400m Individual Medley          | 14-15                | 24   |
| 23                            | Open         | 400m Individual Medley          | Open                 | 24   |
| 25                            | 13 and Under | 4 x 100m Freestyle Relay        | 13 and Under         | 26   |
| 27                            | 14-15        | 4 x 100m Freestyle Relay        | 14-15                | 28   |
| 29                            | Open         | 4 x 100m Freestyle Relay        | Open                 | 30   |



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| PRELIMS – Saturday, July 8, 2017                            |              |                           |                      |      |
|---|--------------|---------------------------|----------------------|------|
| Warm-Ups: 7:00am  |              |                           | Heats Start: 8:30am  |      |
| Female  | Age Group    | Event                     | Age Group            | Male |
| 31  | Open         | 200m Backstroke           | Open                 | 32   |
| 33  | Open         | 50m Breaststroke          | Open                 | 34   |
| 35  | Open         | 100m Butterfly            | Open                 | 36   |
| 37  | Open         | 400m Freestyle*           | Open                 | 38   |
| <i>*Will be swum fastest to slowest, alternating gender</i> |              |                           |                      |      |
| FINALS – Saturday, July 8, 2017                             |              |                           |                      |      |
| Warm-Ups: 4:00pm  |              |                           | Finals Start: 5:00pm |      |
| Female  | Age Group    | Event                     | Age Group            | Male |
|   | Multi-Age    | 200m Backstroke- B Final  | Multi-Age            |      |
| 31  | 13 and Under | 200m Backstroke           | 13 and Under         | 32   |
| 31  | 14-15        | 200m Backstroke           | 14-15                | 32   |
| 31  | Open         | 200m Backstroke           | Open                 | 32   |
|   | Multi-Age    | 50m Breaststroke- B Final | Multi-Age            |      |
| 33  | 13 and Under | 50m Breaststroke          | 13 and Under         | 34   |
| 33  | 14-15        | 50m Breaststroke          | 14-15                | 34   |
| 33  | Open         | 50m Breaststroke          | Open                 | 34   |
|   | OPEN PARA    | 50m Breaststroke PARA     | OPEN PARA            |      |
|   | Multi-Age    | 100m Butterfly- B Final   | Multi-Age            |      |
| 35  | 13 and Under | 100m Butterfly            | 13 and Under         | 36   |
| 35  | 14-15        | 100m Butterfly            | 14-15                | 36   |
| 35  | Open         | 100m Butterfly            | Open                 | 36   |
|   | Multi-Age    | 400m Freestyle- B Final   | Multi-Age            |      |
| 37  | 13 and Under | 400m Freestyle            | 13 and Under         | 38   |
| 37  | 14-15        | 400m Freestyle            | 14-15                | 38   |
| 37  | Open         | 400m Freestyle            | Open                 | 38   |



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## EVENT LIST

| PRELIMS – Sunday, July 9, 2017   |              |                                 |                      |      |
|--|--------------|---------------------------------|----------------------|------|
| Warm-Ups: 7:00am   |              |                                 | Heats Start: 8:30am  |      |
| Female   | Age Group    | Event                           | Age Group            | Male |
| 45   | Open         | 200m Butterfly                  | Open                 | 46   |
| 47   | Open         | 100m Freestyle                  | Open                 | 48   |
| 49   | Open         | 200m Individual Medley          | Open                 | 50   |
| 51   | Open         | 50m Backstroke                  | Open                 | 52   |
| 9  | Open         | 800m Freestyle                  | --                   | --   |
| --   | --           | 1500m Freestyle                 | Open                 | 8    |
| <i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals</i> |              |                                 |                      |      |
| FINALS – Sunday, July 9, 2017  |              |                                 |                      |      |
| Warm-Ups: 4:00pm   |              |                                 | Finals Start: 5:00pm |      |
| Female   | Age Group    | Event                           | Age Group            | Male |
| --   | ----         | 1500m Freestyle                 | Top 8                | 8    |
|  | Multi-Age    | 200m Butterfly- B Final         | Multi-Age            |      |
| 45   | 13 and Under | 200m Butterfly                  | 13 and Under         | 46   |
| 45   | 14-15        | 200m Butterfly                  | 14-15                | 46   |
| 45   | Open         | 200m Butterfly                  | Open                 | 46   |
|  | Multi-Age    | 100m Freestyle- B Final         | Multi-Age            |      |
| 47   | 13 and Under | 100m Freestyle                  | 13 and Under         | 48   |
| 47   | 14-15        | 100m Freestyle                  | 14-15                | 48   |
| 47   | Open         | 100m Freestyle                  | Open                 | 48   |
|  | OPEN PARA    | 100m Freestyle PARA             | OPEN PARA            |      |
|  | Multi-Age    | 200m Individual Medley- B Final | Multi-Age            |      |
| 49   | 13 and Under | 200m Individual Medley          | 13 and Under         | 50   |
| 49   | 14-15        | 200m Individual Medley          | 14-15                | 50   |
| 49   | Open         | 200m Individual Medley          | Open                 | 50   |
|  | Multi-Age    | 50m Backstroke- B Final         | Multi-Age            |      |
| 51   | 13 and Under | 50m Backstroke                  | 13 and Under         | 52   |
| 51   | 14-15        | 50m Backstroke                  | 14-15                | 52   |
| 51   | Open         | 50m Backstroke                  | Open                 | 52   |
| 9  | Top 8        | 800m Freestyle                  | ----                 | --   |
| 39   | 13 and Under | 4 x 100m Medley Relay           | 13 and Under         | 40   |
| 41   | 14-15        | 4 x 100m Medley Relay           | 14-15                | 42   |
| 43   | Open         | 4 x 100m Medley Relay           | Open                 | 44   |





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| 2016-2017 Nova Scotia Provincial Championships - FEMALE Qualifying Standards |          |          |          |          |          |            |              |          |          |          |          |          |
|--|----------|----------|----------|----------|----------|------------|--------------|----------|----------|----------|----------|----------|
| Long Course  |          |          |          |          |          | Event      | Short Course |          |          |          |          |          |
| 12&-   | 13       | 14       | 15       | 16       | 17&+     |            | 17&+         | 16       | 15       | 14       | 13       | 12&-     |
|  |          |          | 31.44    | 30.60    | 30.27    | 50 Free    | 29.51        | 29.84    | 30.67    |          |          |          |
|  |          |          | 1:08.67  | 1:06.01  | 1:05.30  | 100 Free   | 1:03.68      | 1:04.37  | 1:07.00  |          |          |          |
| 2:50.00  | 2:37.91  | 2:30.73  | 2:27.11  | 2:23.61  | 2:22.05  | 200 Free   | 2:18.59      | 2:20.11  | 2:23.44  | 2:27.01  | 2:33.95  | 2:45.78  |
| 6:00.24  | 5:36.16  | 5:19.10  | 5:09.33  | 5:03.50  | 5:00.22  | 400 Free   | 4:52.76      | 4:55.96  | 5:01.67  | 5:11.19  | 5:27.79  | 5:51.33  |
| 12:27.59   | 11:36.63 | 11:00.23 | 10:44.11 | 10:27.43 | 10:20.65 | 800 Free   | 10:05.19     | 10:11.80 | 10:28.11 | 10:43.73 | 11:19.30 | 12:08.92 |
| 24:27.47   | 22:47.44 | 21:36.05 | 21:03.89 | 20:32.79 | 20:19.46 | 1500 Free  | 19:46.27     | 19:59.23 | 20:32.33 | 21:03.73 | 22:13.26 | 23:50.84 |
|  |          |          | 37.00    | 35.85    | 35.46    | 50 Back    | 34.59        | 34.97    | 36.11    |          |          |          |
|  |          |          | 1:17.89  | 1:15.63  | 1:14.81  | 100 Back   | 1:12.97      | 1:13.77  | 1:16.00  |          |          |          |
|  |          |          | 2:48.00  | 2:43.93  | 2:42.16  | 200 Back   | 2:38.16      | 2:39.89  | 2:43.89  |          |          |          |
|  |          |          | 41.00    | 39.67    | 39.24    | 50 Breast  | 38.27        | 38.69    | 40.00    |          |          |          |
|  |          |          | 1:28.89  | 1:26.34  | 1:25.41  | 100 Breast | 1:23.35      | 1:24.26  | 1:26.67  |          |          |          |
|  |          |          | 3:10.89  | 3:05.57  | 3:03.57  | 200 Breast | 2:59.03      | 3:00.98  | 3:06.22  |          |          |          |
|  |          |          | 34.67    | 32.90    | 32.54    | 50 Fly     | 31.78        | 32.13    | 33.89    |          |          |          |
|  |          |          | 1:14.11  | 1:12.13  | 1:11.35  | 100 Fly    | 1:09.62      | 1:10.38  | 1:12.33  |          |          |          |
|  |          |          | 2:45.44  | 2:41.53  | 2:39.78  | 200 Fly    | 2:35.89      | 2:37.60  | 2:41.33  |          |          |          |
| 3:13.01  | 3:01.40  | 2:53.45  | 2:48.56  | 2:43.72  | 2:41.95  | 200 IM     | 2:37.95      | 2:39.67  | 2:44.44  | 2:49.15  | 2:56.86  | 3:08.19  |
| 6:50.24  | 6:25.47  | 6:08.14  | 5:59.44  | 5:51.15  | 5:47.35  | 400 IM     | 5:38.70      | 5:42.40  | 5:50.56  | 5:58.98  | 6:15.93  | 6:40.00  |

| 2016-2017 Nova Scotia Provincial Championships - MALE Qualifying Standards |          |          |          |          |          |            |              |          |          |          |          |          |
|--|----------|----------|----------|----------|----------|------------|--------------|----------|----------|----------|----------|----------|
| Long Course  |          |          |          |          |          | Event      | Short Course |          |          |          |          |          |
| 12&-   | 13       | 14       | 15       | 16       | 17&+     |            | 17&+         | 16       | 15       | 14       | 13       | 12&-     |
|  |          |          | 29.04    | 28.37    | 27.46    | 50 Free    | 26.81        | 27.72    | 28.38    |          |          |          |
|  |          |          | 1:03.34  | 1:01.63  | 1:00.00  | 100 Free   | 58.49        | 1:00.11  | 1:01.70  |          |          |          |
| 2:54.19  | 2:39.76  | 2:27.34  | 2:18.30  | 2:14.67  | 2:11.46  | 200 Free   | 2:07.43      | 2:11.30  | 2:14.90  | 2:23.73  | 2:35.86  | 2:49.94  |
| 6:07.74  | 5:37.28  | 5:12.32  | 4:56.44  | 4:48.80  | 4:43.46  | 400 Free   | 4:36.43      | 4:41.63  | 4:49.10  | 5:04.52  | 5:28.88  | 5:58.58  |
| 12:54.97   | 11:50.77 | 10:50.73 | 10:15.89 | 10:05.43 | 9:56.76  | 800 Free   | 9:41.84      | 9:50.33  | 10:03.84 | 10:34.46 | 11:33.02 | 12:35.61 |
| 24:40.52   | 22:37.87 | 21:06.21 | 20:00.77 | 19:37.83 | 19:03.03 | 1500 Free  | 18:44.49     | 19:08.37 | 19:30.85 | 20:34.58 | 22:24.02 | 24:03.61 |
|  |          |          | 34.19    | 33.15    | 32.43    | 50 Back    | 31.68        | 32.28    | 33.42    |          |          |          |
|  |          |          | 1:12.88  | 1:10.54  | 1:08.86  | 100 Back   | 1:07.14      | 1:08.80  | 1:11.12  |          |          |          |
|  |          |          | 2:34.96  | 2:32.07  | 2:29.62  | 200 Back   | 2:25.95      | 2:28.04  | 2:31.12  |          |          |          |
|  |          |          | 37.48    | 36.85    | 36.43    | 50 Breast  | 35.57        | 35.98    | 36.60    |          |          |          |
|  |          |          | 1:22.85  | 1:20.65  | 1:17.62  | 100 Breast | 1:15.68      | 1:18.70  | 1:20.88  |          |          |          |
|  |          |          | 3:00.49  | 2:54.78  | 2:51.46  | 200 Breast | 2:47.24      | 2:50.43  | 2:56.00  |          |          |          |
|  |          |          | 31.45    | 30.76    | 29.95    | 50 Fly     | 29.19        | 30.00    | 30.68    |          |          |          |
|  |          |          | 1:09.59  | 1:07.72  | 1:05.84  | 100 Fly    | 1:04.22      | 1:06.09  | 1:07.95  |          |          |          |
|  |          |          | 2:38.79  | 2:35.65  | 2:32.32  | 200 Fly    | 2:28.54      | 2:30.98  | 2:34.85  |          |          |          |
| 3:18.06  | 3:01.66  | 2:47.57  | 2:38.58  | 2:33.91  | 2:30.05  | 200 IM     | 2:26.38      | 2:30.11  | 2:34.63  | 2:43.39  | 2:57.16  | 3:13.16  |
| 7:06.58  | 6:31.24  | 5:55.48  | 5:37.42  | 5:28.91  | 5:22.38  | 400 IM     | 5:14.38      | 5:20.76  | 5:29.10  | 5:46.67  | 6:21.54  | 6:54.00  |

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.

14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) individual swims

15& Over – require three qualifying times to compete, then get up to 3 bonus swims for a total of 6 (six) individual swims

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

#### Qualification Period:

March Provincial Championships times must be achieved on or after March 1<sup>st</sup>, 2016

July Provincial Championships times must be achieved on or after July 1<sup>st</sup>, 2016





# NOVA SCOTIA KEN DUNN LONG COURSE CHAMPIONSHIPS

July 6-9, 2017

## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

### VIOLATIONS:

***It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.



# NOVA SCOTIA KEN DUNN LONG COURSE CHAMPIONSHIPS

July 6-9, 2017

## **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

## **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**