



As of April 3, 2023

## 2023 Summer Swimming Meet Schedule

<b>DATES</b>	<b>HOST CLUB</b>	<b>TEMPLATE</b>
Saturday, July 8 <sup>th</sup>	--	--
Sunday, July 9 <sup>th</sup>	--	--
Saturday, July 15 <sup>th</sup>	Windsor Bluefins	A
Sunday, July 16 <sup>th</sup>	Colby Sailfish	B
Saturday, July 22 <sup>nd</sup>	Bedford Beavers	A
Sunday, July 23 <sup>rd</sup>	Bridgewater Barracudas	B
Saturday, July 29 <sup>th</sup>	Lunenburg Mariners	A
Sunday, July 30 <sup>th</sup>	Canada Games Center	B
Saturday, August 5 <sup>th</sup>	Kentville Marlins	A
Sunday, August 6 <sup>th</sup>	St. Margaret's Bay Breakers	A/B
Saturday August 14 <sup>th</sup>	--	--
Friday, August 18 <sup>th</sup> - Sunday, August 20 <sup>th</sup>	PROVINCIALS- Waeg Waves	Full Meet Schedule



**2023 Summer Invitational Meet Templates –SUBJECT TO CHANGE**

A	B
<b>Participation</b>	<b>Participation</b>
50 Free* or 25 Free	50 Free*
50 Kick	25 Fly
25 Breast	25 Back
100 IM**	100 IM**
<b>10 &amp; Under</b>	<b>10 &amp; Under</b>
25 Free	25 Fly
25 Breast	25 Back
100 Free or 200 Free	100 IM
<b>11-12</b>	<b>11-12</b>
200 Free	200 IM or 100m IM
50 Free	50 Fly
50 Breast	50 Back
<b>13-14</b>	<b>13-14</b>
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
<b>15 &amp; Over</b>	<b>15 &amp; Over</b>
200 Free	200 IM
50 Back	50 Breast
100 Breast	100 Free
50 Free	50 Fly
100 Fly	100 Back
Age Group Relays (2 templates to run medley & 1 template to run free) in the middle of the day	Open Relays (2 templates to run free & 1 template to run medley) at the end of the day

**Notes:**

- \*Swimmers must achieve the 50m Freestyle time standard of .55 to swim the 100m IM
- \*\*Swimmers must achieve the 100m IM time standard of 2:15 to move into the age group events. These times may be achieved at invitational meets or time trials using legal starts/strokes/turns
- 11 & Over: mixed gender and age (scores and awards by multi-age group)
- 13+14 - must swim 200 and 200 IM; choice of 2 other events
- 15 + O - choice of 3 events
- 100m IM will be swum as 12 & Under (scores and awards by multi-age group)
- 200 IM & 200 Free will be swum as 11 & over (scores and awards by multi-age group)
- Clubs are asked to organize in-house 400 Freestyle time trials and email the results to Swim Nova Scotia. These will be included in the weekly rankings



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- 50m Kick will be swum as open for the participation swimmers, with the use of a flutter board, dolphin or flutter kick are acceptable, everyone will start in the water with one hand on their board and one hand on the wall with the flutter board touching the wall for the finish; will swim two per lane and as 'flighted' heats.
- Participation swimmers will receive a Skills Report from their Coach.
- Participation swimmers that graduate to the Age Group program will receive a graduation certificate.
- PARA swimmers can swim in the appropriate level; Coaches should follow up with Swim Nova Scotia on their level and classification.