



## **Nova Scotia Summer Swimming Competition Structure- 2023**

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Swim Nova Scotia's Summer Swimming Program is available June 1<sup>st</sup>-August 31<sup>st</sup> annually. Refer to the Swim Nova Scotia Summer Swimming Program document for affiliation and training requirements.

### **Swim Nova Scotia Mission Statement:**

- Swim Nova Scotia will promote excellence in swimming

### **Goals of Summer Swimming:**

- Promote and develop a swimming program for youth that develops their swimming skills and develops the swimmer as a person (increased self-confidence, self-esteem, physical fitness, etc.) while maintaining a fun, and social environment.

### **Aims of Program:**

- Promote a progression of skill level by introducing a learning stage for racing that progress to the execution stage of racing.
- Support Coach development
- Support Officials development

### **Measures/Evaluation:**

*How do we measure and evaluate the success of the program?*

- It takes a minimum of four years to measure success of an athlete.
- Ongoing feedback sessions with Summer Clubs and working committees.
- Tracking improvements of times at Provincial Championships
- Tracking the technical improvements of athletes- are athletes graduating to the Age Group level quicker over time?
- Tracking the number of graduates from the Participation level.
- Retention of swimmers- Are swimmers staying in the summer program longer? Are they moving to the year-round program? Are they leaving the sport altogether?
- Ongoing review of the Invitational meet templates, Provincial Championships eligibility requirements and qualifying standards by the working group.
- Provincials qualifying times will be reviewed as needed by Swim Nova Scotia.

### **Participation Program:**

- No disqualifications at this level.
- Coaches shall distribute a 'Skills Report' to each of their swimmers in the Participation program.
- A certificate of recognition will be presented by Swim Nova Scotia for swimmers that graduate from the Participation Program. This presentation will take place on Saturday of Provincials during the awards presentation; swimmers that graduate from Participation at Provincials will receive their certificate of recognition following Provincials by their Home Club.
- Best time ribbons will be awarded for 50m Kick (in-house) – these are available for purchase from Swim NS.



### 2023 Summer Invitational Meet Templates

A	B
<b>Participation</b>	<b>Participation</b>
50 Free* or 25 Free	50 Free*
25 Breast	25 Fly
100 IM**	25 Back
	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
- Clubs are asked to organize 50m Kick in-house. This event should be available for 12 & under swimmers, and they should use 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. These will be included in the weekly rankings
- 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

May 16<sup>th</sup>, 2023



## 2023 Summer Provincials Qualifying Criteria

2023 Summer Swimming Provincial Championships Qualifying Standards								
FEMALE				Event	MALE			
10 & Under	11-12	13-14	15 & Over		15 & Over	13-14	11-12	10 & Under
1:44.92		1:20.89	1:15.90	100 Free	1:12.85	1:19.41		1:44.79
3:58.57	3:29.72	3:01.56	3:03.07	200 Free	2:50.66	3:05.11	3:30.47	3:58.28
	7:56.14	7:03.03	7:01.06	400 Free	6:32.52	7:11.31	7:57.48	
		1:43.96	1:35.52	100 Back	1:28.79	1:43.55		
		1:50.96	1:46.43	100 Breast	1:34.85	1:50.86		
		1:38.65	1:35.14	100 Fly	1:27.24	1:37.68		
2:05.39	2:00.00			100 IM			2:02.00	2:07.64
	4:00.00	3:34.10	3:32.93	200 IM	3:22.82	3:42.22	4:05.81	

To be eligible for Provincials, a swimmer must have competed in at least one time trial or invitational meet prior to August 1<sup>st</sup>, 2023. The results must be published on the Swim Nova Scotia webpage and included in the rankings.

All times being submitted for entry to Provincials must be achieved between June 1<sup>st</sup>, 2023-August 6<sup>th</sup>, 2023 (rankings will be published on August 8<sup>th</sup>).

No time entries will not be accepted for Provincials, entry times must be published in the Swim Nova Scotia rankings as of the entry deadline.

PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependant on the classification of PARA swimmers.

All athletes who fulfill the above criteria are eligible to attend Provincials\*, following the event entry eligibility determined as follows:  
*\* Individual club policies will determine which eligible athletes are entered in the meet*

PARTICIPATION LEVEL swimmers are eligible to swim any 3 PARTICIPATION LEVEL events. As per regular season rules, Participation Level athletes are eligible to swim the 100 IM if they have met the 50 free graduation standard. <i>If swimmers qualifying for the 100 IM after the 50m Free, they may contact meet management and enter the 100 IM. Participation swimmers may only score points for 3 events. If a swimmer graduates on Saturday and deck enters the 100 IM, they will not score that event (if they have swum 3 events already).</i>
AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.
10-and-under AGE GROUP swimmers achieving qualifying times in <b>100 OR 200 free AND 100 IM</b> are eligible to swim any <b>5</b> individual events in their age group.
11-12 AGE GROUP swimmers achieving qualifying times in <b>200 OR 400 free AND 100 IM OR 200 IM</b> are eligible to swim any <b>5</b> individual events in their age group.
13-14 AGE GROUP swimmers achieving qualifying times in <b>200 OR 400 free OR 200 IM AND any other</b> eligible events to swim any <b>5</b> individual events in their age group.
15-and-over AGE GROUP swimmers achieving a qualifying time in <b>ANY</b> event are eligible to swim any <b>5</b> individual events in their age group.
AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any <b>2</b> individual events in their age group.
ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of <b>2 relays</b> in addition to individual events.
<b>RELAYS:</b> -Athletes participating only in relays must be entered in the club roster submitted for provincials (there is no minimum number that must qualify for Provincials). This can be accomplished by entering the athlete's name in at least one relay event. At the beginning of each session, relay teams will need to be confirmed. -If a Participation swimmer graduates, they are eligible to join an age group relay (that is pre-entered in the meet). -Relays are available for Age Group level swimmers only. -All 'A' relays will be seeded ahead of 'B' relays. Only 'A' relays will score. -At least two (2) of the four (4) members swim in that age group. -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. - For relay events please use the following formula if you do not have a relay time in the 13 & over events: take 45% of the 100m time to calculate the 50m time.



## 2023 Summer Provincials Order of Events

Friday			Saturday			Sunday				
1:00-1:30pm	Warm Up	Participation	7:00-8:40am	Warm Up	All	7:00-8:40am	Warm Up	All		
1:30-4:00pm	25m Free	Participation	9:00am-	50m Free	Participation	9:00am-	50m Breast	13-14		
	25m Breast	Participation		Participation Awards (10-Minute Break)			50m Breast	15 & Over		
	25m Back	Participation		50m Free	15 & Over		100m Free	10 & Under		
	25m Fly	Participation		50m Free	13-14		100m Free	13-14		
50m Free				11-12	100m Free		15 & Over			
25m Free				10 & under	25m Back		10 & Under			
4:00-5:00pm	Warm Up	Age Group		100m Breast	15 & O		50m Back	11-12		
5:00-~8:00pm	200m Free	Open (to be swum together, scored/awarded by age group)		100m Breast	13-14		100m Back	13-14		
	100m Medley Relay	10 & Under		50m Breast	11-12		100m Back	15 & Over		
	200m Medley Relay	11-12		25m Breast	10 & Under		100m IM	Participation *if qualified		
	200m Medley Relay	13-14		50m Back	15 & O		50m Fly	13-14		
	200m Medley Relay	15 & O		50m Back	13-14		50m Fly	15 & Over		
<p><i>Note that the 15 &amp; Overs will be swum together, scored/awarded by age group (15-16 &amp; 17-18).</i></p> <p><i>10-minute marshalling break will take place in between all Participation events.</i></p>				100m IM	11-12		100m IM	10 & Under		
				25m Fly	10 & Under		100m IM	15 & Over	200m IM	11-12
				50m Fly	11-12		25m Fly	10 & Under	200m IM	13-14
				100m Fly	13-14		50m Fly	11-12	200m IM	15 & Over
			100m Fly	15 & Over	100m Fly	13-14	100m Free Relay	10 & Under		
			10-Minute Break		100m Fly	15 & Over	200m Free Relay	11-12		
			400m Free	11 & Over (to be swum alternating gender, scored/awarded by age group)			200m Free Relay	13-14		
							200m Free Relay	15 & O		

*Provincials Scoring: Participation scores 5 points per splash at Provincials*

May 16<sup>th</sup>, 2023



### **All Star Team Selection:**

The Summer Swimming All Star Team will be selected at the completion of Provincials based on the top aggregate scores in each age of the following age group categories: 10 & Under (top 5 of each gender); 11-12 (top 5 of each gender); 13-14 (top 5 of each gender); 15-16 (top 4 of each gender); 17-18 (top 4 of each gender).

### **Results/Rankings:**

Meet results will be posted by age group during the regular season invitational meets and Summer Provincials. The following age group categories will be used: 10 & Under, 11-12, 13-14, 15 & Over.

Swim Nova Scotia will endeavour to post rankings every Monday following the regular season invitational meets in the following age group categories: 11-12, 13-14, 15 & Over.

### **UNIVERSAL PARTICIPATION:**

- Para: Swim Nova Scotia is fully inclusive of all swimmers with a disability (PARA Swimmers). Para swimmers must be classified. Contact Swim Nova Scotia for classification details.
- Cultural Cover-Ups: Swim NS supports the participation of all qualified swimmers into all competitions including provincials and permits the wearing of cultural coverings/suits so long as the material is permeable and will not aid in the buoyancy of the swimmer.
- Transgender Athlete Guidelines:
  - "Transgender"- Individuals who have been assigned one gender at birth but identify with the other gender. To align their bodies with their sense of gender, many transgender individuals undergo hormone therapy and/or surgery to transition to the other gender.
  - Swimmers wishing to register may register in the gender for which they identify with.

If an athlete requires special considerations, the athlete will need to contact Swim Nova Scotia; providing medical documentation may be requested.

Swim Nova Scotia will not disclose to outside parties any documentation submitted by an athlete.