



2026 EAST COAST SWIMMING CHAMPIONSHIPS

March 26 – 29th, 2026

**Hosted by:**

Swim Nova Scotia

Location:

Dalplex Pool, 6260 South St. Halifax, N.S.

8 lane 50m pool with Quantum Electronic Timing and OBL2 Pro Backstroke ledges.

Co-Meet Managers:

Bette El-Hawary: swimming@sportnovascotia.ca
& Angela MacAlpine :
sportdevelopmentcoordinator@swimnovascotia.com

Head Official:

Kelley Polley: kelly@polycorp.co

Entries:

Hy-tek entries will be accepted via SNC online System (REMS). Entries due by: **Thursday March 19th** at midnight. *Late entries will be accepted until **Monday March 23rd at 9:00am** and will be assessed with an additional \$30 late entry surcharge per swimmer.*

Entries after this will not be accepted; there are no deck entries. There will be no exhibition swims.

Entry Fees:

\$150.00 flat fee. Club cheques or e-transfer only please (no cash accepted & no individual entry fees accepted).

Please make cheques payable to: Swim Nova Scotia; e-transfer: swimming@sportnovascotia.ca and use the password 'swimming'

The amount of fees due are based on the entries confirmed on March 20th at 12:00pm. Cheques are due at the start of the warm-up at the first (Thursday) session OR e-transfers are due on Wednesday March 25th at 12:00pm.

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 that would like to gain deck access must be pre-approved in advance by contacting [Swim Nova Scotia](#) in advance of the meet.

Pre-Meet Training:

Please contact Bette by February 27th for any pre-meet training requests.

Meet Rules:

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.

Medical Taping: Requests for medical taping use can be made by emailing **Swim Nova Scotia:** swimming@sportnovascotia.ca before **March 26th**. Please send details of taping request, including reason for taping and photos of the area taped. Additional information will be requested and reviewed by a committee.

Coaches:

All coaches must be fully registered with Swim NS (or their respective PSO), CSCA & SNC. There will be a coaches technical meeting on Thursday March 26th at approximately 3:15pm.

Qualification Period:

Times must be achieved on or after October 1st, 2024.



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Eligibility & Entry Limits:

Qualification standards can be found at the following [URL](#)

Swimmers may qualify for East Coast Championships using either short OR long course times. **LCM times will be seeded ahead of SCM.**

Converted entry times will not be accepted.

12&U Swimmers:

Option 1: 200m IM OR 400m IM PLUS any 200m event or longer (1 IM event + any other event that is 200m or longer)

Option 2: Any three 200m events or longer

13-14 Swimmers:

Any 2 (two) qualifying times

15 & Over:

Require 1 (one) qualifying time to compete

Maximum of 6 (six) individual swims

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at East Coast 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 and their respective Provincial Swimming Office or a World Aquatics affiliated country.

Meet Format:

- All events will be swum as “Open” seeded during prelims but broken out in the following age categories for finals/awards/points:

12 & Under

13-14

15 & Over

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

- All events will be swum as heats and finals with the following exceptions: 800m Freestyle, 1500m Freestyle and all relay events.

- 800m and 1500m Freestyle events will be swum alternating, fastest to slowest and seeded by time with the fastest heats of 800m Freestyle Women and 1500m Freestyle Men swimming at night.
- The 800m and 1500m Freestyles are scored and awarded separately by age group but will be swum together seeded by time.
- Relays will be swum as timed finals.
- The 400m Freestyle will be swum fastest to slowest during prelims, alternating genders. This will be reviewed once entries are finalized.
- For each event there will be A finals in each age group for individual events.
- B Finals will take place for individual events for all age groups where there are a minimum of 20 or more swimmers participating in the event.
- B Finals will take place after the respective A finals.

Proof of Times:

If the meet management team 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.

Proof of time may be required for all 800m Freestyle Relay entries for seeding purposes. Please ensure times can be verified through the SNC National site.

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



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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.

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 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.

As a courtesy please submit scratches as soon as possible to meet management for heats.

The meet will be run cardless for swimmers, 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. Timers will use time cards for all relays and

the 800 and 1500 Freestyle events.

Relay Rules:

800m Freestyle Relay: Will be swum and scored as Open.

Maximum of two entries per team (per gender).

One entry per team may score.

All other relays:

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;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

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



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Awards:

There will be **High Point Individual Awards** for each Male/Female swimmer in each age group based on individual aggregate points.

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

Ribbons will be awarded for 4th-8th 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: Trophy for Top Overall Winner, Trophy for Top Female Team Winner, Trophy for Top Male Team Winner.

Swim of the Meet: Male and Female individual swim of the meet, (based on this year's World Aquatics 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 Kelley Polley:

kelly@polycorp.co

All officials briefings will take place 45 minutes before the scheduled meet start time.

Thursday/Friday Parking:

Coaches will receive one parking pass on Thursday afternoon for use on Friday.

Timers & Officials will receive one parking pass for use on Thursday and Friday. Spectators, if permitted, must use meters or the pay and display.

Parking is also available on any side street near Dalplex (please obey signs); OR parking meters in the Dalplex Parking lot OR Head to the LeMarchant Place parking lot on South Street, Studley Campus.

Parking is free in these lots in all non-reserved spots from 4:30 p.m. – 1:30 a.m. No overnight parking from 1:30 to 7:00 a.m.

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.

Results:

Live results (unofficial) will be available throughout the competition on meet mobile.



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EVENT LIST

TIMED FINALS – Thursday, March 26 th , 2026				
Warm-Ups: 3:00pm			Heats Start: 4:00pm	
Female	Age Group	Event	Age Group	Male
1	Open	1500m Freestyle*	--	--
--	--	800m Freestyle*	Open	2
30 Minute Warm-Up Break				
5	Open	4 x 200m Freestyle Relay	Open	6
<i>* Will be swum fastest to slowest, alternating gender</i>				

Breaks may be added throughout the session at the discretion of meet management



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EVENT LIST

PRELIMS – Friday, 27 th , 2026				
Warm-Ups: 8:00am			Prelims Start: 9:30am	
Female	Age Group	Event	Age Group	Male
7	Open	200m Freestyle	Open	8
9	Open	50m Butterfly	Open	10
11	Open	400m Individual Medley	Open	12
13	Open	50m Backstroke	Open	14
15	Open	200m Breaststroke	Open	16

Breaks may be added throughout the session at the discretion of meet management

FINALS – Friday, March 27 th , 2026				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
7	12 and Under	200m Freestyle	12 and Under	8
7	13-14	200m Freestyle	13-14	8
7	15 & Over	200m Freestyle	15 & Over	8
--	Multi-Age	200m Freestyle- B Final	Multi-Age	--
9	12 and Under	50m Butterfly	12 and Under	10
9	13-14	50m Butterfly	13-14	10
9	15 & Over	50m Butterfly	15 & Over	10
--	Multi-Age	50m Butterfly- B Final	Multi-Age	--
--	OPEN PARALYMPIC	50m Butterfly PARALYMPIC	OPEN PARALYMPIC	--
11	12 and Under	400m Individual Medley	12 and Under	12
11	13-14	400m Individual Medley	13-14	12
11	15 & Over	400m Individual Medley	15 & Over	12
--	Multi-Age	400m Individual Medley- B Final	Multi-Age	--
--	OPEN PARALYMPIC	50m Backstroke PARA	OPEN PARALYMPIC	--
13	12 and Under	50m Backstroke	12 and Under	14
13	13-14	50m Backstroke	13-14	14
13	15 & Over	50m Backstroke	15 & Over	14
--	Multi-Age	50m Backstroke- B Final	Multi-Age	--
15	12 and Under	200m Breaststroke	12 and Under	16
15	13-14	200m Breaststroke	13-14	16
15	15 & Over	200m Breaststroke	15 & Over	16
--	Multi-Age	200m Breaststroke- B Final	Multi-Age	--
5 Minute Warm-Up Break				
17	14 and Under	4 x 100m Freestyle Relay	14 and Under	18
19	15 and Over	4 x 100m Freestyle Relay	15 and Over	20

Breaks may be added throughout the session at the discretion of meet management



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EVENT LIST

PRELIMS – Saturday, March 28 th , 2026				
Warm-Ups: 8:00am			Prelims Start: 9:30am	
Female	Age Group	Event	Age Group	Male
21	Open	50m Freestyle	Open	22
23	Open	200m Backstroke	Open	24
25	Open	100m Breaststroke	Open	26
27	Open	100m Butterfly	Open	28
29	Open	400m Freestyle*	Open	30
<i>*Will be swum fastest to slowest, alternating gender</i>				

Breaks may be added throughout the session at the discretion of meet management

FINALS – Saturday, March 28 th , 2026				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
21	12 and Under	50m Freestyle	12 and Under	22
21	13-14	50m Freestyle	13-14	22
21	15 & Over	50m Freestyle	15 & Over	22
--	Multi-Age	50m Freestyle- B Final	Multi-Age	--
--	OPEN PARALYMPIC	50m Freestyle PARALYMPIC	OPEN PARALYMPIC	--
23	12 and Under	200m Backstroke	12 and Under	24
23	13-14	200m Backstroke	13-14	24
23	15 & Over	200m Backstroke	15 & Over	24
--	Multi-Age	200m Backstroke- B Final	Multi-Age	--
25	12 and Under	100m Breaststroke	12 and Under	26
25	13-14	100m Breaststroke	13-14	26
25	15 & Over	100m Breaststroke	15 & Over	26
--	Multi-Age	100m Breaststroke- B Final	Multi-Age	--
27	12 and Under	100m Butterfly	12 and Under	28
27	13-14	100m Butterfly	13-14	28
27	15 & Over	100m Butterfly	15 & Over	28
--	Multi-Age	100m Butterfly- B Final	Multi-Age	--
29	12 and Under	400m Freestyle	12 and Under	30
29	13-14	400m Freestyle	13-14	30
29	15 & Over	400m Freestyle	15 & Over	30
--	Multi-Age	400m Freestyle- B Final	Multi-Age	--
5 Minute Warm-Up Break				
31	14 and Under	4 x 100m Medley Relay	14 and Under	32
33	15 and Over	4 x 100m Medley Relay	15 and Over	34

Breaks may be added throughout the session at the discretion of meet management



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EVENT LIST

PRELIMS – Sunday, March 29 th , 2026				
Warm-Ups: 8:00am			Prelims Start: 9:30am	
Female	Age Group	Event	Age Group	Male
35	Open	200m Individual Medley	Open	36
37	Open	100m Freestyle	Open	38
39	Open	200m Butterfly	Open	40
41	Open	50m Breaststroke	Open	42
43	Open	100m Backstroke	Open	44
3	Open	800m Freestyle*	--	--
--	--	1500m Freestyle*	Open	4
<i>*Will be swum fastest to slowest, alternating gender, fastest heat swimming during finals</i>				

FINALS – Sunday, March 29 th , 2026				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
3	Top 8	800m Freestyle*	--	--
--	--	1500m Freestyle*	Top 8	4
5 Minute Break				
35	12 and Under	200m Individual Medley	12 and Under	36
35	13-14	200m Individual Medley	13-14	36
35	15 & Over	200m Individual Medley	15 & Over	36
--	Multi-Age	200m Individual Medley- B Final	Multi-Age	--
37	12 and Under	100m Freestyle	12 and Under	38
37	13-14	100m Freestyle	13-14	38
37	15 & Over	100m Freestyle	15 & Over	38
--	Multi-Age	100m Freestyle- B Final	Multi-Age	--
--	OPEN PARALYMPIC	100m Freestyle PARALYMPIC	OPEN PARALYMPIC	--
39	12 and Under	200m Butterfly	12 and Under	40
39	13-14	200m Butterfly	13-14	40
39	15 & Over	200m Butterfly	15 & Over	40
--	Multi-Age	200m Butterfly- B Final	Multi-Age	--
41	12 and Under	50m Breaststroke	12 and Under	42
41	13-14	50m Breaststroke	13-14	42
41	15 & Over	50m Breaststroke	15 & Over	42
--	Multi-Age	50m Breaststroke- B Final	Multi-Age	--
--	OPEN PARA	50m Breaststroke PARALYMPIC	OPEN PARA	--
43	12 and Under	100m Backstroke	12 and Under	44
43	13-14	100m Backstroke	13-14	44
43	15 & Over	100m Backstroke	15 & Over	44
--	Multi-Age	100m Backstroke- B Final	Multi-Age	--

Breaks may be added throughout the session at the discretion of meet management