

Updated June 12, 2024

2025-2026 Nova Scotia AAA Championships - Female Qualifying Standards						
Long Course			Event	Short Course		
12 & U	13-14	15 & O		15 & O	13-14	12 & U
		0:31.16	50 Free	0:30.54		
		1:07.39	100 Free	1:06.04		
2:48.80	2:37.91	2:25.86	200 Free	2:22.94	2:33.95	2:45.42
5:57.23	5:35.28	5:09.33	400 Free	5:01.67	5:27.79	5:50.09
12:23.61	11:36.63	10:41.94	800 Free	10:28.11	11:19.30	12:08.74
24:20.13	22:47.44	20:58.83	1500 Free	20:32.33	22:13.26	23:50.84
		0:36.67	50 Back	0:35.94		
		1:15.83	100 Back	1:14.31		
3:10.18	2:57.98	2:43.86	200 Back	2:40.58	2:54.42	3:06.38
		0:40.63	50 Breast	0:39.82		
		1:27.36	100 Breast	1:25.61		
3:36.33	3:22.45	3:07.69	200 Breast	3:03.94	3:18.40	3:32.00
		0:34.36	50 Fly	0:33.67		
		1:14.11	100 Fly	1:12.33		
3:15.24	3:02.71	2:45.44	200 Fly	2:41.33	2:59.06	3:11.34
3:13.01	2:59.48	2:46.03	200 IM	2:42.71	2:55.89	3:08.19
6:50.24	6:21.44	5:52.62	400 IM	5:45.57	6:13.81	6:40.00

2025-2026 Nova Scotia AAA Championships - Male Qualifying Standards						
Long Course			Event	Short Course		
12 & U	13-14	15 & O		15 & O	13-14	12 & U
		0:28.84	50 Free	0:28.25		
		1:02.51	100 Free	1:01.25		
2:53.34	2:38.98	2:16.71	200 Free	2:13.98	2:35.79	2:49.87
6:07.74	5:37.28	4:53.22	400 Free	4:47.35	5:28.88	5:58.58
12:51.50	11:47.58	10:02.45	800 Free	9:50.41	11:33.02	12:35.61
24:33.41	22:31.35	19:35.08	1500 Free	19:11.58	22:04.32	24:03.61
		0:33.82	50 Back	0:33.15		
		1:11.25	100 Back	1:09.89		
3:15.95	2:59.72	2:34.93	200 Back	2:31.12	2:56.13	3:12.03
		0:37.09	50 Breast	0:36.34		
		1:20.84	100 Breast	1:19.22		
3:42.76	3:24.31	2:56.04	200 Breast	2:52.52	3:20.22	3:38.30
		0:31.12	50 Fly	0:30.50		
		1:08.49	100 Fly	1:07.13		
3:21.27	3:01.60	2:35.75	200 Fly	2:32.64	2:57.97	3:17.24
3:17.02	3:00.70	2:35.76	200 IM	2:32.65	2:57.09	3:13.09
7:00.11	6:25.31	5:33.09	400 IM	5:26.42	6:17.60	6:51.70

Swimmers may qualify using either short OR long course times.

12 & U – Option 1: 200m IM OR 400m IM PLUS any 200m event or longer

Option 2: Any three 200m events or longer

13-14 – Any 2 (two) qualifying times

15 & Over – Any 1 (one) qualifying time

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 the meet. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

Qualifying period: Times must be achieved on or after October 1st, 2024

If you are fully qualified in the meet you have the opportunity to swim up 6 individual events