



NOVA SCOTIA DAVID FRY EAST COAST CHAMPIONSHIPS

February 29 - March 3rd, 2024

Hosted by:

Swim Nova Scotia & Halifax Trojan Aquatic Club

Location:

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

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

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1.

Meet Manager:

Bette El-Hawary: swimming@sportnovascotia.ca

Head Official:

Kelley Polley: kelley@polycorp.co

Entries:

Email hy-tek entries will be accepted via SNC online system. Entries due by: **Monday February 26th** at midnight. *Late entries will be accepted until Tuesday February 27th at 5:00pm 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:

\$125 flat fee. Club cheques or e-transfer only please (no cash accepted). Please make cheques payable to: Swim Nova Scotia; e-transfer: [Swim Nova Scotia](mailto:swimming@sportnovascotia.ca) and use the password 'swimming'

The amount of fees due are based on the entries confirmed on February 28th at 9:00am. Cheques are due at the start of the warm-up at the first (Thursday) session OR e-transfers are due on February 29th 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 must be pre-approved in advance by contacting [Swim Nova Scotia](mailto:swimming@sportnovascotia.ca) in advance of the meet.

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.

Pre-Meet Training:

Please contact Bette by February 1st, 2024 for any pre-meet training requests.

Meet Rules:

SNC rules and [warm-up procedures](#) will be in effect.

Medical Taping:

Requests for medical taping use may be made by emailing [Swim Nova Scotia](mailto:swimming@sportnovascotia.ca) by February 27th. 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 February 29th at approximately 3:15pm.

Eligibility & Entry Limits:

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



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

Qualification Period:

Times must be achieved on or after October 1st, 2022.

Swimmers that are 14&U – Option 1: 200m IM OR 400m IM PLUS any 200m event or longer

Option 2: Any three 200m events or longer

Maximum of 8 (eight) individual swims

Swimmers that are 15 & Over – require 1 (one) qualifying time to compete, maximum of 8 (eight) individual swims

Bonus swims for all ages as follows:

- 1 qualifying time = 4 individual swims
- 2 qualifying times = 5 individual swims
- 3 qualifying times = 6 individual swims
- 4 qualifying times = 6 individual swims
- 5 qualifying times = 6 individual swims
- 6 qualifying times = 6 individual swims
- 7 qualifying times = 7 individual swims
- 8 or more qualifying times = 8 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 or a World Aquatics affiliated country.

Meet Format:

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

Female: 12 & Under
13-14
Open*

Male: 13 & Under
14-15
Open*

OPEN Female Swimmers that are 14 & under and Male Swimmers that are 15 & under may choose to swim in the Open Category; however, they must meet the qualifying times in their own age group. *If Male swimmers aged 15 & under or Female swimmers aged 14 & Under would like to swim in the Open category; teams are asked to enter them in their respective age group AND email [Swim Nova Scotia](mailto:SwimNovaScotia) with a list of swimmers that should be moved to the Open category.*

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. They may swim 2 per lane.
- 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.
- For each event there will be A finals in each age group, as well as 1 consolation B final that will consist of the next fastest 8 swimmers regardless of age.
- B Finals will take place before the respective A finals.



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- There will be no deck entries (unless it is an officials error) and no exhibition swims

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.

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

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.
- Para qualification standards can be found at the following [URL](#)
- Para swimmers will be judged using the most current version of the [WPC Swimming 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.
- 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 in the 800/1500. 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.



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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.

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: kelley@polycorp.co

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

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.

Canteen: HTAC will provide a healthy canteen.

Web page:

Live results will be available throughout the weekend on meet mobile and at the following [URL](#)



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EVENT LIST

TIMED FINALS – Thursday, February 29 th , 2024				
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 May swim 2 per lane</i>				

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



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EVENT LIST

PRELIMS – Friday, March 1 st , 2024				
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 1 st , 2024				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	Multi-Age	200m Freestyle - B Final	Multi-Age	--
7	12 and Under	200m Freestyle	13 and Under	8
7	13-14	200m Freestyle	14-15	8
7	Open	200m Freestyle	Open	8
--	Multi-Age	50m Butterfly - B Final	Multi-Age	--
9	12 and Under	50m Butterfly	13 and Under	10
9	13-14	50m Butterfly	14-15	10
9	Open	50m Butterfly	Open	10
--	OPEN PARA	50m Butterfly PARA	OPEN PARA	--
--	Multi-Age	400m Individual Medley - B Final	Multi-Age	--
11	12 and Under	400m Individual Medley	13 and Under	12
11	13-14	400m Individual Medley	14-15	12
11	Open	400m Individual Medley	Open	12
--	OPEN PARA	50m Backstroke PARA	OPEN PARA	--
--	Multi-Age	50m Backstroke - B Final	Multi-Age	--
13	12 and Under	50m Backstroke	13 and Under	14
13	13-14	50m Backstroke	14-15	14
13	Open	50m Backstroke	Open	14
--	Multi-Age	200m Breaststroke - B Final	Multi-Age	--
15	12 and Under	200m Breaststroke	13 and Under	16
15	13-14	200m Breaststroke	14-15	16
15	Open	200m Breaststroke	Open	16
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

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EVENT LIST

PRELIMS – Saturday, March 2 nd , 2024				
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

**Will be swum fastest to slowest, alternating gender*

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

FINALS – Saturday, March 2 nd , 2024				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	Multi-Age	50m Freestyle - B Final	Multi-Age	--
21	12 and Under	50m Freestyle	13 and Under	22
21	13-14	50m Freestyle	14-15	22
21	Open	50m Freestyle	Open	22
--	OPEN PARA	50m Freestyle PARA	OPEN PARA	--
--	Multi-Age	200m Backstroke - B Final	Multi-Age	--
23	12 and Under	200m Backstroke	13 and Under	24
23	13-14	200m Backstroke	14-15	24
23	Open	200m Backstroke	Open	24
--	Multi-Age	100m Breaststroke - B Final	Multi-Age	--
25	12 and Under	100m Breaststroke	13 and Under	26
25	13-14	100m Breaststroke	14-15	26
25	Open	100m Breaststroke	Open	26
--	Multi-Age	100m Butterfly - B Final	Multi-Age	--
27	12 and Under	100m Butterfly	13 and Under	29
27	13-14	100m Butterfly	14-15	29
27	Open	100m Butterfly	Open	29
--	Multi-Age	400m Freestyle - B Final	Multi-Age	--
29	12 and Under	400m Freestyle	13 and Under	30
29	13-14	400m Freestyle	14-15	30
29	Open	400m Freestyle	Open	30
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

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EVENT LIST

PRELIMS – Sunday, March 3 rd , 2024				
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

**Will be swum fastest to slowest, alternating gender, fastest heat swimming during finals*

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

FINALS – Sunday, March 3 rd , 2024				
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				
--	Multi-Age	200m Individual Medley - B Final	Multi-Age	--
35	12 and Under	200m Individual Medley	13 and Under	36
35	13-14	200m Individual Medley	14-15	36
35	Open	200m Individual Medley	Open	36
--	Multi-Age	100m Freestyle - B Final	Multi-Age	--
37	12 and Under	100m Freestyle	13 and Under	38
37	13-14	100m Freestyle	14-15	38
37	Open	100m Freestyle	Open	38
--	OPEN PARA	100m Freestyle PARA	OPEN PARA	--
--	Multi-Age	200m Butterfly - B Final	Multi-Age	--
39	12 and Under	200m Butterfly	13 and Under	40
39	13-14	200m Butterfly	14-15	40
39	Open	200m Butterfly	Open	40
--	Multi-Age	50m Breaststroke - B Final	Multi-Age	--
41	12 and Under	50m Breaststroke	13 and Under	42
41	13-14	50m Breaststroke	14-15	42
41	Open	50m Breaststroke	Open	42
--	OPEN PARA	50m Breaststroke PARA	OPEN PARA	--
--	Multi-Age	100m Backstroke - B Final	Multi-Age	--
43	12 and Under	100m Backstroke	13 and Under	44
43	13-14	100m Backstroke	14-15	44
43	Open	100m Backstroke	Open	44

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