



St. John's Legends Swim Club

Back to the Blocks Invitational

Feb 21st-22nd, 2026

Hosted By:

St. John's Legends Swim Club

Competition Dates

Saturday Feb 21st, 2026

Sunday Feb 22nd, 2026

Location

The Aquarena
Westerland Road, St. John's, NL
Tel: (709) 864-3798
8 Lane, 50m pool with Quantum electronic timing.

Sanctioning

Swimming Natation Canada (SNC)
Swimming Newfoundland & Labrador (SNL)

Meet Manager

Scott Rideout meets@sjlegends.com

Officials Coordinator

Jennifer Higdon officials@sjlegends.com

Referee:

TBD

Facility Rules

The pool deck area is limited to swimmers registered in the meet, registered Coaches, and Officials that are working in the current session only. Coaches are asked to strictly implement this rule with your clubs.

Entries

Entries MUST be submitted using the SNC online entry procedures using REMS no later than Monday, Feb 2nd by 11:59pm. All late team entries submitted after the entry deadline will incur a \$100.00 penalty WITH NO EXCEPTIONS.

Meet Manager will acknowledge team entries with a meet entry report by midnight Friday Feb 13th.

All meet communications including the entry report will be emailed to the coach/team representative who submits the entries on the SNC site. If another coach would like to

receive communications directly from the meet manager, please email the meet manager.

Entry Fees

Meet entry fees are set by Swimming NL. Meet fees are \$100.00 per swimmer, which includes the \$2.00 levy for the Officials Development Fund and \$10.00 to the Swimmer Development Fund. Entry fees are due at the start of the warm-up of the first session.

Scratches and changes will be accepted until 5:00pm, Sunday Feb 15th. After this time no refunds will be issued. New additions will be accepted no later than this date and will incur a \$100.00 penalty payable to St. John's Legends.

Meet fees can be paid via eTransfer to St. John's Legends: treasurer@sjlegends.com

Eligibility

Swimmers must be registered with SNC or World Aquatics affiliate by the meet entry deadline.

Swimmers 12 years old and younger who have met the East Coast Championships qualifying standards will be permitted to enter this meet.

Entry Limitations

Swimmers are permitted to enter up to 6 individual events.

Rules

- SNC rules and warm-up procedures will govern the meet.
- Taping will be permitted as per Swim Canada rule 15.3.1 but must be reviewed with the session referee
- Start Before the Signal violations will be enforced as per Swim Canada Rule 4.4
- SNC Swimwear rule in effect C15.2.2.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SNC 4.1.
- Exhibition swims may be permitted at the discretion of Meet Management in empty lanes during prelims only.
- Time Trials may be added to the meet for those seeking SNC qualifying standards, if time permits, at the discretion of the meet manager.
- Official split requests must be made to the meet manager prior to the start of the session for which the request is being made.



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Meet Format

Distance;

- Swimmers entering the 800 and 1500 Free must have met the provincial champs qualifying standards. There will be a limit of 2 heats (mixed gender) of each of the 800 and 1500 Free.

General;

- The meet will be run cardless for swimmers, however, for distance events (800/1500) all swimmers are required to do a positive meet check-in 30 minutes before the event.
- There will be a 1 hour open warm-up before each of the sessions.
- Events will be swum open seeded as timed finals
- During each session, swimmers can avail of the shallow end of the pool for warm up and cool down.
- All events will start at the deep end of the pool.

Coaches

All coaches must be in fully registered and in good standing with the SNC, NLSCA, and CSCA to coach at any sanctioned competition.

There will be a coaches' meeting at 4:00pm Saturday evening (Feb 21th). The meet referee will be available at that time.

Scratches

All events will be pre-seeded. Coaches may pick up their meet information package upon confirmation of entry fees. Coaches must complete scratches in writing on the provided scratch forms and present them to the Meet Manager or designate.

Scratches will be accepted 45 minutes prior to the start of the session.

Officials

To assist in running successful meet, clubs are asked if they could provide assistance as per SNL policy 6.09 (F). Timers, Chief Timers, and Volunteers are asked to wear white shirts and black pants. Level Two and above officials are required to wear red shirts and black pants.



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SCHEDULE OF EVENTS

SATURDAY FEBRUARY 21, 2026	SUNDAY FEBRUARY 22, 2026
Timed Finals	Time Finals
Warm-Up: 4:30-5:25pm Officials Meeting: 5:00pm Session: 5:30pm-9:00pm	Warm-Up: 8:00-8:55am Officials Meeting: 8:30am Session: 9:00am-12:30am
200 IM 100 Free 200 Breast 100 Fly 400 Free 100 Back 50 Fly 50 Breast	400 IM 50 Back 200 Free 200 Fly 100 Breast 200 Back 50 Free 800 Free 1500 Free

**** Warm up duration and session start times are subject to change and may be adjusted by Meet Management from what is published here once final entries have been received.**