



East Coast Swim  
Championships  
St. John's, NL

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**2026**  
**EAST COAST**  
**CHAMPIONSHIPS**  
**JULY 10-13, 2026**

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# 2026 EAST COAST SWIMMING CHAMPIONSHIPS

July 10-13, 2026



East Coast Swim  
Championships  
St. John's, NL

**Update: June 12, 2026**

**Hosted by:**

Swimming Newfoundland & Labrador & St. John's Legends

**Location:**

The Works Aquarena, 17 Westerland Rd, St. John's, NL A1B 3R7

8 lane 50m pool with Quantum Electronic Timing

**Meet Managers:**

Scott Rideout

e-mail: [meets@sjlegends.com](mailto:meets@sjlegends.com)

Laura Mandeville

[lauraemandeville@gmail.com](mailto:lauraemandeville@gmail.com)

**Head Official:**

Jennifer Higdon

e-mail: [officials@sjlegends.com](mailto:officials@sjlegends.com)

**Entries:**

Hy-tek entries will be accepted via SNC online

System (REMS). Entries due by: **Thursday**

**July 2<sup>nd</sup>** at midnight. *Late entries will be*

*accepted until Monday July 5<sup>th</sup> 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. e-transfer please (no cash accepted & no individual entry fees accepted).

Please EMT to [swimnl@sportnl.ca](mailto:swimnl@sportnl.ca)

The amount of fees due are based on the entries confirmed on July 5<sup>th</sup> at 12:00pm. Payment is due at the start of the warm-up at the first session.

**Deck Access/Safe Sport:**

Registered swimmers, coaches and officials participating in the meet are allowed on deck. Parents may spectate from the designated areas.

**Pre-Meet Training:**

Please contact Glen Morris at [Gmorris@mun.ca](mailto:Gmorris@mun.ca) 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 may be made by emailing Swim NL ([swimnl@sportnl.ca](mailto:swimnl@sportnl.ca)) before July 10<sup>th</sup>. Requests will be reviewed in accordance with Swim Canada Rles (II C 15.3.1)

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 NL (or their respective PSO), CSCA & SNC.

There will be a coaches/technical meeting on Friday July 10<sup>th</sup> at approximately 8:15am

**Qualification Period:**

Times must be achieved on or after October 1<sup>st</sup>, 2024

**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.**



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## 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 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 five Paralympic events offered and one 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



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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:

One entry per team may score.

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.

### 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.

**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 [officials@sjlegends.com](mailto:officials@sjlegends.com) 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.

### Results:

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



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## SCHEDULE OF EVENTS

PRELIMINARIES – Friday July 10 <sup>th</sup> 2026				
<b>Warm Up: 8:00am</b>		<b>Officials Meeting: 9:00am</b>		<b>Start: 9:30am</b>
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
1	Open	50m Free	Open	2
3	Open	200m Breast	Open	4
5	Open	100m Back	Open	6
7	Open	1500m Free*	--	--
--	--	800m Free*	Open	8
<i>*Will be swum fastest to slowest, alternating gender, fastest heat swimming during finals</i>				

FINALS – Friday July 10 <sup>th</sup> 2026				
<b>Warm Up: 4:00pm</b>		<b>Officials Meeting: 4:30pm</b>		<b>Start: 5:00pm</b>
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
7	Top 8	1500m Free	--	--
--	--	800m Free	Top 8	8
1	12&Under (A/B)	50m Free	12&Under (A/B)	2
1	13-14 (A/B)	50m Free	13-14 (A/B)	2
1	15&Over (A/B)	50m Free	15&Over (A/B)	2
101	PARA	50m Free	PARA	102
3	12&Under (A/B)	200m Breast	12&Under (A/B)	4
3	13-14 (A/B)	200m Breast	13-14 (A/B)	4
3	15&Over (A/B)	200m Breast	15&Over (A/B)	4
5	12&Under (A/B)	100m Back	12&Under (A/B)	6
5	13-14 (A/B)	100m Back	13-14 (A/B)	6
5	15&Over (A/B)	100m Back	15&Over (A/B)	6
201	12&Under	4x200m Free Relay	12&Under	202
203	13-14	4x200m Free Relay	13-14	204
205	15&Over	4x200m Free Relay	15&Over	206

“B” Finals will take place after the “A” Finals in events with 20 or more entrants after scratches



# 2026 EAST COAST SWIMMING CHAMPIONSHIPS

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## SCHEDULE OF EVENTS

PRELIMINARIES – Saturday July 11 <sup>th</sup> 2026				
Warm Up: 8:00am		Officials Meeting: 9:00am		Start: 9:30am
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
9	Open	100m Breast	Open	10
11	Open	200m Free	Open	12
13	Open	50m Fly	Open	14
15	Open	400m IM	Open	16

FINALS – Saturday July 11 <sup>th</sup> 2026				
Warm Up: 4:00pm		Officials Meeting: 4:30pm		Start: 5:00pm
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
9	12&Under (A/B)	100m Breast	12&Under (A/B)	10
9	13-14 (A/B)	100m Breast	13-14 (A/B)	10
9	15&Over (A/B)	100m Breast	15&Over (A/B)	10
11	12&Under (A/B)	200m Free	12&Under (A/B)	12
11	13-14 (A/B)	200m Free	13-14 (A/B)	12
11	15&Over (A/B)	200m Free	15&Over (A/B)	12
13	12&Under (A/B)	50m Fly	12&Under (A/B)	14
13	13-14 (A/B)	50m Fly	13-14 (A/B)	14
13	15&Over (A/B)	50m Fly	15&Over (A/B)	14
103	PARA	50m Fly	PARA	104
15	12&Under (A/B)	400m IM	12&Under (A/B)	16
15	13-14 (A/B)	400m IM	13-14 (A/B)	16
15	15&Over (A/B)	400m IM	15&Over (A/B)	16
207	12&Under	4x100m Free Relay	12&Under	208
209	13-14	4x100m Free Relay	13-14	210
211	15&Over	4x100m Free Relay	15&Over	212

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# 2026 EAST COAST SWIMMING CHAMPIONSHIPS

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## SCHEDULE OF EVENTS

PRELIMINARIES – Sunday July 12 <sup>th</sup> 2026				
<b>Warm Up: 8:00am</b>		<b>Officials Meeting: 9:00am</b>		<b>Start: 9:30am</b>
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
17	Open	200m Back	Open	18
19	Open	50m Breast	Open	20
21	Open	100m Fly	Open	22
23	Open	400m Free*	Open	24
<i>*Will be swum fastest to slowest, alternating gender</i>				

FINALS – Sunday July 12 <sup>th</sup> 2026				
<b>Warm Up: 4:00pm</b>		<b>Officials Meeting: 4:30pm</b>		<b>Start: 5:00pm</b>
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
17	12&Under (A/B)	200m Back	12&Under (A/B)	18
17	13-14 (A/B)	200m Back	13-14 (A/B)	18
17	15&Over (A/B)	200m Back	15&Over (A/B)	18
19	12&Under (A/B)	50m Breast	12&Under (A/B)	20
19	13-14 (A/B)	50m Breast	13-14 (A/B)	20
19	15&Over (A/B)	50m Breast	15&Over (A/B)	20
105	PARA	50m Breast	PARA	106
21	12&Under (A/B)	100m Fly	12&Under (A/B)	22
21	13-14 (A/B)	100m Fly	13-14 (A/B)	22
21	15&Over (A/B)	100m Fly	15&Over (A/B)	22
23	12&Under (A/B)	400m Free	12&Under (A/B)	24
23	13-14 (A/B)	400m Free	13-14 (A/B)	24
23	15&Over (A/B)	400m Free	15&Over (A/B)	24
213	12&Under	4x100m Medley Relay	12&Under	214
215	13-14	4x100m Medley Relay	13-14	216
217	15&Over	4x100m Medley Relay	15&Over	218

“B” Finals will take place after the “A” Finals in events with 20 or more entrants after scratches



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## SCHEDULE OF EVENTS

PRELIMINARIES – Monday July 13 <sup>th</sup> 2026				
Warm Up: 8:00am		Officials Meeting: 9:00am		Start: 9:30am
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
25	Open	200m Fly	Open	26
27	Open	100m Free	Open	28
29	Open	200m IM	Open	30
31	Open	50m Back	Open	32
33	Open	800m Free*	--	--
		1500m Free*	Open	34
<i>*Will be swum fastest to slowest, alternating gender, fastest heat swimming during finals</i>				

FINALS – Monday July 13 <sup>th</sup> 2026				
Warm Up: 4:00pm		Officials Meeting: 4:30pm		Start: 5:00pm
FEMALE	AGE GROUP	EVENT	AGE GROUP	MALE
33	Top 8	800m Free	--	--
--	--	1500m Free	Top 8	34
25	12&Under (A/B)	200m Fly	12&Under (A/B)	26
25	13-14 (A/B)	200m Fly	13-14 (A/B)	26
25	15&Over (A/B)	200m Fly	15&Over (A/B)	26
27	12&Under (A/B)	100m Free	12&Under (A/B)	28
27	13-14 (A/B)	100m Free	13-14 (A/B)	28
27	15&Over (A/B)	100m Free	15&Over (A/B)	28
107	PARA	100m Free	PARA	108
29	12&Under (A/B)	200m IM	12&Under (A/B)	30
29	13-14 (A/B)	200m IM	13-14 (A/B)	30
29	15&Over (A/B)	200m IM	15&Over (A/B)	30
31	12&Under (A/B)	50m Back	12&Under (A/B)	32
31	13-14 (A/B)	50m Back	13-14 (A/B)	32
31	15&Over (A/B)	50m Back	15&Over (A/B)	32
109	PARA	50m Back	PARA	110
219	12&Under	4x100m Mixed Medley Relay	12&Under	219
220	13-14	4x100m Mixed Medley Relay	13-14	220
221	15&Over	4x100m Mixed Medley Relay	15&Over	221

“B” Finals will take place after the “A” Finals in events with 20 or more entrants after scratches