



St. John's Legends Swim Club

June Time Trial

June 20, 2026

Hosted By:

St. John's Legends Swim Club

Competition Dates

Saturday June 20th, 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 June 14, 2026 by 11:59pm.

Meet Manager will acknowledge team entries with a meet entry report by midnight June 15, 2026.

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

Fees for this time trial have been set at \$5.

Scratches and changes will be accepted until 5:00pm, Friday June 19, 2026.

Eligibility

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

Entry Limitations

Swimmers are permitted to enter up to 3 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.
- The starter shall report a swimmer to the referee for misconduct taking place at the start of the 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 nose in the pool or on the pool deck immediately prior to the start may be considered a misconduct.
- Deliberate kicking or striking of the starting platform including the back plate prior to the start shall be considered a misconduct.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of the race shall be considered a misconduct. During warmup, all swimmers must enter the pool with a controlled feet first entry.
- 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

General;

- The meet will be run cardless for swimmers,.
- There will be a 30 min open warm-up before each of the sessions.
- Events will be swum open seeded as timed finals
- This event will be using the deep end of the pool, during this event 4 lanes of the shallow end will be available for warmup/ cooldown from 7am-830am and middle widths of the pool for cooldown from 830-10am.
- 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.

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.

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 June 20th, 2026
Warm-Up: 7:00-7:30am Session: 7:30pm-10:00am
400IM
50 Fly
100 Free
200 Back
50 Breast
100 Fly
200 IM
50 Free
200 Breast
100 Back
200 Free
100 Breast
200 Fly
50 Back
400 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.**