

Hosted By:

Swimming Newfoundland and Labrador & St. John's Legends Swim Club.

Competition Dates

Friday May 29th, 2026
Saturday May 30th, 2026
Sunday May 31st, 2026

Location

The Aquarena, 17 Westerland Rd. St. John's
8 Lane, 50m pool with Quantum Electronic Timing and
OBL2 Pro Backstroke Ledges

Sanctioning

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

Meet Manager

Scott Rideout
e-mail: meets@sjlegends.com

Officials Coordinator

Jennifer Higdon
e-mail: officials@sjlegends.com

Referee:

Mary Larner Pardy: snofficials1@gmail.com

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. **Please note that there is NO CANTEEN Service available at the Aquarena**

Entries

Entries MUST be submitted to the Meet Manager via SNC Online Entry System (REMS) no later than Tuesday, May 19th 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 Thursday May 21st

All meet communications including the entry report will be emailed to the coach/team representative who emails the entries to the meet manager as well as session referees. If another coach would like to receive communications

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

Entry Fees

Championship entry fees are set by SNL. Championships 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 May 24th. 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 SNL)

Meet fees can be paid via eTransfer to SNL:
swimnl@sportnl.ca

Eligibility

Swimmers must be registered with SNC or AQUA affiliate by the meet entry deadline and must have met the qualifying standards to compete in this Championship Meet. Swimmers must swim a minimum of one (1) qualifying event. All qualifying times must have been achieved at an SNL/SNC sanctioned event.

Swimmers are NOT required to have achieved their championship qualifying time(s) in the current season but must be qualified for their current age group, based on their age on the first day of competition.

Age Groups

Championship Age Groups are as follows,

12&Under
13-14
15&Over

Entry Limitations

12&U and 13 age groups require 2 qualifying times, one of which must be 200m or greater event using SCM or LCM times. Swimmers may then swim up to 6 events plus relays

14, 15, 16, 17 & Over age groups:
1 qualifying time = 4 events, plus relays
2 qualifying times = 6 events, plus relays

All relay swimmers must be entered in individual events. A maximum of two (2) swimmers may be from a younger age group.

Rules

- SNC rules and warm-up procedures will govern the meet.
- AQUA Swimwear rule (II.15, C15.2.2) in effect
- Starts will be conducted from Starting Platforms (blocks) as per AQUA II 4
- 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.

Meet Format

Distance;

- All swimmers swimming the 800 and/or 1500 free MUST have met the qualifying standard in one of 800 or 1500. Proof of qualifying times must be available upon request.
- Positive check in with the administration desk for prelims and finals will be required 45 minutes prior to the start of the each session.
- The fastest heat of the 800 and 1500 free of each gender will be swum as the first event during finals sessions.
- The 800 and 1500 Free will be swum as timed finals by time and will run fast to slow

General;

- Preliminary Heats will be circle seeded (last 3 heats for 50m, 100m and 200m and 2 heats of 400m) events by entry time and not by age group.
- With the exception of the 800/1500 free all events will be swum as preliminaries and finals.
- There will be (A) Finals for each age group/gender.
- (B) finals will be offered in events with 20 or more official results after the prelim session if time allows and may be restricted to events and/or age groups.
- Finals will be swum (A) Final followed by (B) Final
- There will be an open warm-up at the scheduled time in the meet package.
- During each session, swimmers can avail of the shallow end of the pool for warm-up/recovery.
- Meet Management reserves the right to combine events and heats.

Relays;

- All relays will be swum as time final events and will be seeded by age group if timing allows
- The fastest relay per team, per age group will score
- Relay cards will be distributed at the coaches meeting on May 29th. Relay cards MUST be submitted by the end of the morning session prior to that relay
- Relay name changes only, not entries will be accepted 30 minutes prior to the start of the session. Relay names will not be printed in any public documents to ensure coaches right to change the relay swimmer's names up until that time.

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 in officials room at **7:45am** Friday morning (May 29th).

Scratches

All events will be pre-seeded. Coaches may pick up their meet information package upon receipt of entry fees from Meet Manager at the coaches meeting. The meet referee will be available at that time. Coaches must complete scratches in writing on the provided scratch forms and present them to the Meet Manager or designate.

HEATS: Coaches are asked to submit Scratches 30 minutes prior to the start of the session. Please notify the meet manager as soon as possible of any late scratches.

FINALS: Scratch deadline will be 15 minutes after the conclusion of the morning session immediately preceding the finals that day. Failure by a swimmer to scratch from a final by this time shall result in the swimmers being scratched from all remaining events, including relays that day (CSW 3.7.3).

Medical Taping

Requests for medical taping may be made by emailing Swim NL (swimnl@sportnl.ca) by May 28th. Requests will be reviewed in accordance with Swim Canada Rule (II C15.3.1)

Misconduct

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. All swimmers must enter the pool with a controlled, feet-first entry. The Referee may disqualify a swimmer for such misconduct.

Scoring

Scoring for Individual & Relay:

1st – 8th - 50,30,20,15,14,13,12,11

9th – 16th – 9,7,6,5,4,3,2,1 (For B Finals where applicable)

All Events will be scored by age groups described in this package.

Scoring for high point awards will be based on the individual event scoring system.

Awards

Individual Event Awards

Medals for 1st, 2nd & 3rd place

Ribbons for 4th – 8th place

Relay Event Awards

Ribbons for 1st, 2nd & 3rd place

Top Achiever Awards

Top Achiever Awards will be awarded to the top 3 swimmers in each age group and gender based off total point scores

Top Team Award

Top Overall Team with the highest aggregate point total.

Most Improved Team Award

Awarded to the team with the greatest improvement of total points per swimmer 2026 vs 2025

Performance Swim of the Meet

These awards will be given to the Swimming Newfoundland and Labrador male and female swimmer with the highest AQUA point scores, based on the most recent AQUA World Points Chart, attained during finals.

Of those two swims the one with the highest AQUA point score will be awarded the Jacinta Sheppard Memorial Award.

Officials

To assist in running successful Championships, 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.

2026 SNL PROVINCIAL CHAMPIONSHIPS SCHEDULE OF EVENTS

FRIDAY MAY 29	SATURDAY MAY 30	SUNDAY MAY 31
PRELIMS	PRELIMS	PRELIMS
Warm-Up: 8:00-9:20am Officials Meeting: 9:00am Session: 9:30am-12:30pm 50 Free 200 IM 100 Breast 200 Back 400 Free	Warm-Up: 8:00-9:20am Officials Meeting: 9:00am Session: 9:30am-12:30pm 100 Fly 200 Breast 50 Back 400 IM 100 Free Break 800 Free (Time Final)	Warm-Up: 8:00-9:20am Officials Meeting: 9:00am Session: 9:30am-12:30pm 200 Fly 200 Free 50 Breast 100 Back 50 Fly Break 1500 Free (Time Final)
FINALS	FINALS	FINALS
Warm-Up: 4:00-5:20pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm 50 Free 200 IM 100 Breast 200 Back 400 Free Break 4 x 100 Free Relay	Warm-Up: 4:00-5:20pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm 800 Free (Fast Heat) 100 Fly 200 Breast 50 Back 400 IM 100 Free Break 4 x 100 Medley Relay	Warm-Up: 4:00-5:20pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm 1500 Free (Fast Heat) 200 Fly 200 Free 50 Breast 100 Back 50 Fly Break 4 x 100 Mixed Medley Relay

**** 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.**

SWIMMING NEWFOUNDLAND & LABRADOR PROVINCIAL CHAMPIONSHIP STANDARDS 2025-2026

SHORT COURSE FEMALE						SHORT COURSE MALE						
12&U	13	14	15	16	17&O	17&O	16	15	14	13	12&U	
			31.38	31.20	30.78	50 Free	28.63	29.41	29.80			
1:16.00	1:13.00	1:09.80	1:09.30	1:08.68	1:08.09	100 Free	1:03.40	1:05.12	1:06.00	1:07.03	1:11.00	1:17.00
2:49.00	2:42.00	2:33.19	2:31.16	2:29.20	2:27.00	200 Free	2:20.23	2:23.00	2:28.22	2:29.96	2:37.00	2:53.00
5:55.00	5:40.00	5:33.10	5:26.83	5:23.34	5:15.99	400 Free	5:00.18	5:16.54	5:23.14	5:48.11	5:52.00	6:05.00
12:35.00	12:02.00	11:42.50	11:23.59	11:06.91	10:53.74	800 Free	10:25.00	10:43.00	11:01.41	11:47.17	12:15.00	12:50.00
24:00.00	23:05.00	21:55.50	21:30.55	21:18.20	20:49.14	1500 Free	19:59.35	20:31.78	21:08.50	22:35.75	23:30.00	24:45.00
			36.25	36.00	35.80	50 Back	31.89	33.80	34.98			
1:29.00	1:22.00	1:20.03	1:17.92	1:17.18	1:16.45	100 Back	1:09.04	1:13.10	1:15.20	1:21.88	1:26.00	1:32.00
3:10.00	2:59.00	2:53.92	2:48.81	2:45.21	2:41.45	200 Back	2:35.70	2:42.40	2:48.36	2:56.44	3:04.00	3:14.00
			40.62	39.63	38.73	50 Breast	36.00	37.50	38.02			
1:41.00	1:33.00	1:30.50	1:28.28	1:28.00	1:26.80	100 Breast	1:19.45	1:20.58	1:22.94	1:32.53	1:38.00	1:42.00
3:34.00	3:24.00	3:20.11	3:14.85	3:12.50	3:09.14	200 Breast	2:52.24	3:02.70	3:09.56	3:20.25	3:27.00	3:40.00
			33.91	33.55	32.60	50 Fly	30.75	32.36	33.00			
1:35.00	1:24.00	1:22.94	1:17.66	1:16.77	1:14.04	100 Fly	1:08.39	1:10.24	1:12.31	1:17.92	1:31.00	1:43.00
3:15.00	3:02.00	2:57.01	2:52.20	2:50.24	2:44.39	200 Fly	2:35.93	2:43.00	2:55.75	3:04.31	3:15.00	3:35.00
3:10.00	3:01.00	2:56.38	2:55.78	2:51.50	2:47.60	200 IM	2:35.30	2:39.50	2:45.50	2:51.29	3:00.00	3:18.00
6:48.00	6:29.00	6:22.24	6:11.82	5:58.40	5:51.13	400 IM	5:32.24	5:49.00	6:00.10	6:15.50	6:20.00	6:58.00

Meet Eligibility and Qualifying Times (QT)

*12&U and 13 age categories: 2 QT required (with one QT in a 200m event or longer); permitted to swim 6 events plus relays.
 **14/15/16/17+ age categories: 1QT permitted to swim 4 events plus relays, 2QT permitted to swim 6 events plus relays.

LONG COURSE FEMALE						LONG COURSE MALE						
12&U	13	14	15	16	17&O	17&O	16	15	14	13	12&U	
			32.17	32.00	31.58	50 Free	29.42	30.41	30.60			
1:18.00	1:15.00	1:11.39	1:10.89	1:10.28	1:09.68	100 Free	1:05.00	1:06.71	1:07.59	1:08.62	1:13.00	1:19.00
2:52.00	2:45.00	2:36.38	2:34.35	2:32.39	2:30.19	200 Free	2:23.42	2:26.19	2:31.41	2:33.15	2:40.00	2:56.00
6:01.00	5:46.00	5:39.50	5:33.22	5:29.73	5:22.38	400 Free	5:06.57	5:22.93	5:29.53	5:54.50	5:58.00	6:11.00
12:48.00	12:15.00	11:55.29	11:36.38	11:19.70	11:06.53	800 Free	10:37.79	10:55.79	11:14.20	11:59.96	12:28.00	13:03.00
24:24.00	23:29.00	22:14.50	21:54.54	21:42.20	21:13.14	1500 Free	20:23.34	20:55.77	21:32.50	22:59.75	23:54.00	25:09.00
			36.85	36.60	36.39	50 Back	32.49	34.39	35.57			
1:30.00	1:23.00	1:21.23	1:19.12	1:18.38	1:17.65	100 Back	1:10.24	1:14.21	1:16.40	1:23.07	1:27.00	1:33.00
3:12.00	3:01.00	2:56.31	2:51.21	2:47.61	2:43.84	200 Back	2:38.09	2:46.40	2:50.76	2:58.84	3:06.00	3:16.00
			41.61	40.63	39.72	50 Breast	37.00	38.50	39.02			
1:43.00	1:35.00	1:32.50	1:30.28	1:30.00	1:28.79	100 Breast	1:21.45	1:22.57	1:24.93	1:34.53	1:41.00	1:45.00
3:38.00	3:28.00	3:24.11	3:18.84	3:16.50	3:13.13	200 Breast	2:56.24	3:06.69	3:13.56	3:24.25	3:31.00	3:44.00
			34.60	34.25	33.30	50 Fly	31.44	33.06	33.70			
1:36.00	1:26.00	1:24.34	1:19.06	1:18.17	1:15.44	100 Fly	1:09.79	1:11.64	1:13.71	1:19.32	1:32.00	1:44.00
3:18.00	3:05.00	2:59.81	2:55.00	2:53.04	2:47.18	200 Fly	2:38.73	2:46.80	2:58.55	3:08.11	3:18.00	3:38.00
3:13.00	3:04.00	2:59.57	2:58.97	2:54.69	2:50.79	200 IM	2:38.50	2:42.69	2:48.69	2:54.48	3:03.00	3:21.00
6:54.00	6:35.00	6:28.63	6:18.21	6:04.79	5:57.52	400 IM	5:38.63	5:55.39	6:06.40	6:21.89	6:26.00	7:04.00

Meet Eligibility and Qualifying Times (QT)

*12&U and 13 age categories: 2 QT required (with one QT in a 200m event or longer); permitted to swim 6 events plus relays.
 **14/15/16/17+ age categories: 1QT permitted to swim 4 events plus relays, 2QT permitted to swim 6 events plus relays.



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm-up environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

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VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."