

Years Old	7	8	9	10	11	12	13	14	15	16	17	18	19
Years in Sport	1	2	3	4	5	6	7	8	9	10	11	12	13
LEVEL OF MEET													
In House	FUNDamentals												
Future Provincial	SWIM SKILLS												
Junior Provincial	TRAINING TO TRAIN												
Senior Provincial	TRAINING TO TRAIN												
East Coast Champs	TRAINING TO COMPETE												
Age Group Nationals	TRAINING TO COMPETE												
Eastern Nationals	TRAINING TO WIN												
Senior Nationals	TRAINING TO WIN												

IN HOUSE MEETS (Time Trials)

FUNDamentals
 Focus is on introduction to sport - fun and skill events (kick, stroke count, short distance swims)
 Athletes learn what a meet is, and what to expect in low pressure environment
 Clubs should host in house meets every 4-6 weeks - DO NOT NEED TO BE SANCTIONED
 Duration should be 1-1.5 hours max

FUTURE PROVINCIAL LEVEL

Swim Skills
 Focus is still on skill events and fun (kick, stroke count, short and mid-distance swims)
 Duration 4 hours max per session - no more than 2 sessions per meet
 Frequency is 4-6 week intervals
 Athlete numbers should be kept to <100 (Break province into North, South and Central Regions)
 No 100m Events offered
 10 Year old athletes who achieve time standards in the 400m Free and 200m IM can compete in Jr Provincial Champs (standards TBD)
SWIMMERS MUST SWIM LEGAL 100m IM & BE ABLE TO DO ALL 4 KICKS TO QUALIFY FOR MEET

JUNIOR PROVINCIAL LEVEL

Training to Train
 Focus is now on learning how to race - skills still reinforced through Olympic Events
 Seasonal Developmental Meets 6 hours duration max per session, no more than 3 sessions per meet - Mixed gender events seeded by time
 Frequency should be 4-6 week intervals
 Athlete numbers should be kept to <150 (Break province into North, & South Regions)
 Province Wide Championship meets both Short and Long Course - Full Heats and Finals Sessions
 No 100m events for athletes 12 & Under
SWIMMERS DEQUALIFIED ONCE THEY HAVE ACHIEVED 2 NS SENIOR PROVINCIAL STANDARDS
SWIMMERS 11 & OVER WHO PLACE 1ST IN ANY EVENT AT SCM OR LCM JR. PROVINCIAL CHAMPS SWIM AT SR. PROVINCIAL CHAMPS

SENIOR PROVINCIAL LEVEL

Training to Train
 Move to higher level competition
 Learning how to handle larger level meets
 Learning how to race fast in the morning
 No 100m Events for athletes 12 & Under
SWIMMERS MUST BE 11 AND OVER TO COMPETE
SWIMMERS WHO QUALIFY WITH 1 EVENT GET 5 FREE SWIMS
ONLY HOSTED IN 8 LANE FACILITIES
MOVE SHORT COURSE AGE GROUP CHAMPIONSHIPS TO EARLY FEBRUARY BEFORE EASTERN NATIONALS

EAST COAST CHAMPS & AGE GROUP NATIONALS

Training to Compete
 Focus on learning high performance in competition
 Peak Competition frequency should be 8-12 week intervals
 Province wide meets
 No 100m Events for 12 & unders

SNC LEVEL MEETS

Training to Win
 Eastern Nationals & Higher Levels of SNC Sanctioned Meets