



SWIM NOVA SCOTIA PERFORMANCE PROGRAM 2023-2024

WHAT IS THE SWIM NOVA SCOTIA PERFORMANCE PROGRAM?

The goal of Swim Nova Scotia’s Performance Program is to improve the performance and number of Nova Scotia swimmers’ succeeding at national and international levels, contributing to the improved performance of Swimming Canada at international competitions through two provincial programs – Podium Pathway (Tier 1 & Tier 2) and Next Gen.

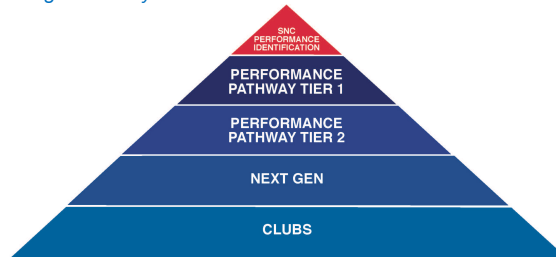
Performance Program Objectives:

- Help swimmers continue their pursuit of excellence at the highest levels of national and international competition
- Enable swimmers to successfully pursue excellence in swimming while fulfilling their educational and personal goals
- To increase swimmer access to improved performance coaching
- To enhance competitive opportunities to identified swimmers through funding opportunities for key competitions
- Selected swimmers, parents, coaches, clubs, and Swim Nova Scotia are expected to support and provide an environment for success at all times

PERFORMANCE PROGRAM

	NEXT GEN	PODIUM PATHWAY – TIER 2	PODIUM PATHWAY- TIER 1
AGE STANDARD	13 – 18 (YOB)	13 – 18 (YOB)	13 – 18 (YOB)
COMPETITION EXPECTATIONS	SNC On-Track plus 9%	TIER 2 - SNC On-Track plus 5%	TIER 1 – SNC On-Track plus 3%
COMPENSATION*	Partial subsidy to Swim NS Camp/Competition*	Partial subsidy to Swim NS Camp/Competition*	Partial subsidy to Swim NS Camp/Competition*
SPORT SCIENCE SUPPORT	Introduction to	Additional Support Level	Highest Support Level

*Pending achieving competition standards and funding availability



1. PODIUM PATHWAY PROGRAM

Swim Nova Scotia’s Podium Pathway Program is a tiered program that is designed to support a comprehensive performance environment that allows for sustained success of swimmers and coaches at the highest level.

2. NEXT GEN PROGRAM

Swim Nova Scotia’s Next Gen Program is the entry level to our Performance Pathway Initiative programs.

Swimmers will be identified twice per year based on the SNC Performance Windows; swimmers must be residents of Nova Scotia, in good standing with Swim Nova Scotia and participating full-time in a training program.

PROGRAM GOALS

- Identify a group of swimmers that are within the identified standards
- Provide funding towards key competitive opportunities for identified swimmers

SWIM NOVA SCOTIA PODIUM PATHWAY TIER 1

FEMALE LCM TRACK +3%

EVENT	13	14	15	16	17	18+
50 FREE				26.60	26.60	26.55
100 FREE			58.44	58.04	57.67	57.22
200 FREE		2:10.28	2:08.17	2:06.24	2:04.84	2:03.90
400 FREE		4:34.14	4:28.97	4:24.71	4:21.84	4:20.18
800 FREE		9:20.11	9:12.63	9:05.82	9:00.63	8:57.37
1500 FREE		17:50.23	17:35.91	17:22.93	17:12.10	17:06.77
100 BACK	1:08.37	1:06.98	1:05.82	1:04.58	1:03.79	1:03.30
200 BACK	2:27.32	2:24.56	2:21.86	2:19.30	2:17.67	2:16.58
100 BREAST			1:12.29	1:11.66	1:11.38	1:10.91
200 BREAST			2:35.87	2:34.55	2:33.71	2:32.81
100 FLY			1:03.24	1:02.72	1:02.04	1:01.40
200 FLY		2:21.36	2:19.42	2:17.46	2:15.83	2:14.75
200 MEDLEY			2:23.14	2:21.51	2:20.07	2:18.92
400 MEDLEY		5:10.13	5:04.49	4:59.41	4:55.72	4:53.59

MALE LCM TRACK +3%

EVENT	13	14	15	16	17	18+
50 FREE					24.22	23.90
100 FREE		57.25	55.00	54.21	53.25	52.16
200 FREE		2:04.02	1:59.81	1:58.18	1:56.18	1:54.10
400 FREE		4:22.84	4:14.19	4:10.29	4:05.53	4:01.42
800 FREE		9:00.12	8:43.08	8:34.35	8:25.17	8:17.72
1500 FREE		17:12.77	16:40.18	16:23.51	16:05.94	15:51.70
100 BACK				59.55	58.58	57.65
200 BACK		2:17.52	2:11.80	2:08.71	2:06.01	2:04.14
100 BREAST				1:05.99	1:05.31	1:04.50
200 BREAST		2:31.96	2:26.81	2:25.29	2:22.93	2:20.09
100 FLY				57.11	56.20	55.32
200 FLY		2:15.57	2:10.76	2:08.68	2:06.14	2:03.89
200 MEDLEY				2:11.03	2:09.09	2:06.10
400 MEDLEY		4:53.24	4:45.09	4:42.22	4:37.55	4:33.13

SWIM NOVA SCOTIA PODIUM PATHWAY TIER 2

FEMALE LCM TRACK +5%

EVENT	13	14	15	16	17	18+
50 FREE				27.12	27.12	27.07
100 FREE			59.58	59.17	58.79	58.33
200 FREE		2:12.81	2:10.66	2:08.69	2:07.26	2:06.30
400 FREE		4:39.47	4:34.20	4:29.85	4:26.92	4:25.23
800 FREE		9:30.99	9:23.36	9:16.42	9:11.12	9:07.81
1500 FREE		18:11.01	17:56.42	17:43.18	17:33.06	17:26.70
100 BACK	1:09.70	1:08.28	1:07.09	1:05.84	1:05.03	1:04.53
200 BACK	2:30.18	2:27.37	2:24.62	2:22.00	2:20.34	2:19.23
100 BREAST			1:13.69	1:13.05	1:12.77	1:12.28
200 BREAST			2:38.90	2:37.55	2:36.69	2:35.78
100 FLY			1:04.47	1:03.93	1:03.24	1:02.59
200 FLY		2:24.10	2:22.13	2:20.13	2:18.46	2:17.37
200 MEDLEY			2:25.92	2:24.26	2:22.79	2:21.61
400 MEDLEY		5:16.16	5:10.40	5:05.22	5:01.47	4:59.29

MALE LCM TRACK +5%

EVENT	13	14	15	16	17	18+
50 FREE					24.69	24.36
100 FREE		58.36	56.07	55.26	54.29	53.17
200 FREE		2:06.43	2:02.14	2:00.48	1:58.44	1:56.32
400 FREE		4:27.94	4:19.13	4:15.15	4:10.30	4:06.11
800 FREE		9:10.61	8:53.23	8:44.34	8:34.98	8:27.38
1500 FREE		17:32.82	16:59.60	16:42.60	16:24.70	16:10.18
100 BACK				1:00.71	59.71	58.77
200 BACK		2:20.19	2:14.36	2:11.21	2:08.46	2:06.55
100 BREAST				1:07.27	1:06.58	1:05.75
200 BREAST		2:34.91	2:29.66	2:28.11	2:25.71	2:22.81
100 FLY				58.22	57.29	56.40
200 FLY		2:18.20	2:13.30	2:11.18	2:08.59	2:06.29
200 MEDLEY				2:13.57	2:11.60	2:09.47
400 MEDLEY		4:58.94	4:50.63	4:47.70	4:42.94	4:38.43

SWIM NOVA SCOTIA NEXT GEN

FEMALE LCM TRACK +9%

EVENT	13	14	15	16	17	18+
50 FREE				28.15	28.15	28.10
100 FREE			1:01.85	1:01.42	1:01.03	1:00.55
200 FREE		2:17.87	2:15.64	2:13.59	2:12.11	2:11.12
400 FREE		4:50.11	4:44.64	4:40.13	4:37.09	4:35.33
800 FREE		9:52.74	9:44.82	9:37.61	9:32.12	9:28.67
1500 FREE		18:52.58	18:37.42	18:23.68	18:13.17	18:06.58
100 BACK	1:12.35	1:10.88	1:09.65	1:08.34	1:07.50	1:06.99
200 BACK	2:35.90	2:32.98	2:30.13	2:27.41	2:25.69	2:24.53
100 BREAST			1:16.50	1:15.83	1:15.54	1:15.04
200 BREAST			2:44.95	2:43.55	2:42.66	2:41.71
100 FLY			1:06.93	1:06.37	1:05.65	1:04.97
200 FLY		2:29.59	2:27.54	2:25.47	2:23.74	2:22.60
200 MEDLEY			2:31.48	2:29.76	2:28.23	2:27.01
400 MEDLEY		5:28.20	5:22.23	5:16.85	5:12.95	5:10.69

MALE LCM TRACK +9%

EVENT	13	14	15	16	17	18+
50 FREE					25.63	25.29
100 FREE		1:00.58	58.21	57.37	56.35	55.20
200 FREE		2:11.25	2:06.79	2:05.07	2:02.95	2:00.75
400 FREE		4:38.15	4:29.00	4:24.87	4:19.83	4:15.49
800 FREE		9:31.59	9:13.55	9:04.31	8:54.60	8:46.71
1500 FREE		18:12.93	17:38.44	17:20.80	17:02.21	16:47.14
100 BACK				1:03.02	1:01.99	1:01.01
200 BACK		2:25.53	2:19.48	2:16.21	2:13.35	2:11.37
100 BREAST				1:09.84	1:09.12	1:08.26
200 BREAST		2:40.81	2:35.36	2:33.76	2:31.26	2:28.25
100 FLY				1:00.44	59.47	58.54
200 FLY		2:23.47	2:18.38	2:16.17	2:13.49	2:11.11
200 MEDLEY				2:18.66	2:16.61	2:14.40
400 MEDLEY		5:10.32	5:01.70	4:58.66	4:53.72	4:49.04