CANDY CANE INVITATIONAL SWIM MEET

Co-Hosted by:

TRURO CENTURIONS SWIM CLUB & SWIM NOVA SCOTIA

DECEMBER 10-13, 2026

WILSON'S AQUATIC CENTRE, RATH EASTLINK COMMUNITY CENTRE *(8 lanes SCM)*

625 Abenaki Road, Truro, NS

Head Official:	Kelley Polley – kelley@polycorp.co
Technical Meet Manager & Entries Coordinator:	Angela MacAlpine – sportdevelopmentcoordinator@swimnovascotia.com
On-Site Meet Manager:	Angela Hickox – tcscpresident1977@gmail.com
Sanctioned by:	Swim Nova Scotia
Entry Fees:	$100 meet fee + $10 facility/equipment surcharge. Total entry fee $110. Clubs should submit payment on behalf of their swimmers via cheque to Truro Centurions Swim Club OR e-transfer: centuriontreasurer@gmail.com. Cheques are due at the start of warm-up on Thursday, Dec 10th. E-transfers are due Wednesday, Dec 9th at 12:00pm. Entry fees are non-refundable.
Awards:	Ribbons will be awarded for 1st-8th place in individual and relay events. Best Time Ribbons for 12 & Under, Swim NS participants.
Entries:	Hy-Tek entries should be uploaded via REMS by the entry deadline, Friday Dec 4th at midnight. Late entries will not be accepted.

Meet Rules:

- Prelims will be swum as open events.
- There will be no team or individual scoring.
- Finals will swim as follows: 12 & Under, 13-14, 15 & Over.
  12 & Under 400 IM, 400 Free & 200 Fly will swim as Timed Finals during prelims; top 8 400 Free will swim during finals; top 4 in each gender for the 400 IM & 200 Fly will swim in a combined heat during finals.
- A finals and B final for the Best of the Rest for all individual events, with the exception of the above and the 800/1500m Freestyle. A finals will swim before B finals.
- 50m Freestyle Eliminator - Instructions
  - All swimmers compete in the Preliminary Round.
  - The top 8 fastest swimmers advance to Semifinals (gender specific).
  - From the semifinals, the top 4 swimmers move on to the Finals.
  - The Final determines the overall Eliminator Champion based on fastest time.
  - Each round will swim in the session order as outlined in the Event List.
  - *In the event of a tie for advancement, a swim-off will be conducted immediately.*
- 800m & 1500m Freestyle will be swum as timed finals but awarded by age group, during prelims they will swim fastest to slowest, alternating gender. Top 8 will swim during finals only. Positive check-in will be required.
- The 400m Freestyle may be capped to the top 32 male and top 32 female swimmers (time permitting). Coaches will be notified following the entry deadline. Should swimmers not be eligible to swim this event, they will have the opportunity to select another one.
- The 800m & 1500m Freestyle may be capped to the top 16 male and top 16 female swimmers (time permitting). Coaches will be notified following the entry deadline. Should swimmers not be eligible to swim this event, they will have the opportunity to select another one.
- All entries in the 800m & 1500m Freestyle must have an entry time (no NT entries).

- Relays will swim as open, timed finals. All relay swimmers must be entered in the meet (no relay only swimmers). **Maximum of 3 relays per team for the 4 x 50m Free Relay and the 4 x 50m Medley Relay and up to 4 relays per team for the Mixed 4 x 50m Free Relay.**
- Maximum of 3 individual entries per session up to a maximum of seven (7) individual entries per swimmer.
- There will be no deck entries and no exhibition swims.
- Each swimmer entered must be fully registered in good standing with Swimming Canada through their respective Provincial Swimming Office.
- Deck access is reserved for registered swimmers, coaches, and officials in each session.

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 team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

Warm-Ups: Thursday Timed Finals: 3:00pm Open Warm-Up | 4:00pm Meet Start
Split warm-ups will be in effect for Friday thru Sunday as follows:
Prelims: 7:30-7:50am 12 & Under | 7:50-8:20am 13-14 | 8:20-9:00am 15+

Friday & Saturday Finals: 3:30-4:00pm 12 & Under | 4:00-5:00pm OPEN Warm-Up
Sunday Finals: 2:30-3:00pm 12 & Under | 3:00-4:00pm OPEN Warm-Up

The leisure pool will be available for continuous warm-up/down.

SNC Competition Warm-Up safety procedures will be in effect at this meet.

PARA: Para swimmers are eligible to attend; no qualification is needed. PARA finals will be added if Para swimmers are in attendance. This will be communicated prior to the meet.

Supplementary information required in all meet packages

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Event List

TIMED FINALS – Thursday, December 10th, 2026 - 4:00pm MEET START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
1	Open	**1500m Freestyle***	--	--
--	--	**800m Freestyle***	Open	4
30 Minute Warm-Up Break				
5	Open	**4 x 50m Mixed Freestyle Relay**	Open	--
**Will be swum fastest to slowest, alternating gender*				

Breaks may be added throughout the session at the discretion of meet management

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PRELIMS – Friday, December 11th, 2026 - 9:00am MEET START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
7	Open	**200m Freestyle**	Open	8
9	Open	**50m Butterfly**	Open	10
111	12 & Under	**400m Individual Medley***	12 & Under	--
11	13 & Over	**400m Individual Medley**	13 & Over	12
13	Open	**50m Backstroke**	Open	14
15	Open	**200m Breaststroke**	Open	16
**Timed Finals for 12 & Under Mixed 400 IM – top 4 female and top 4 male swim in finals in a combined heat*				

Breaks may be added throughout the session at the discretion of meet management

FINALS – Friday, December 11th, 2026 – 5:00pm FINALS START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
7	12 & Under/13-14/15+	**200m Freestyle**	12 & Under/13-14/15+	8
7	Multi-Age B Final	**200m Freestyle**	Multi-Age B Final	8
9	12 & Under/13-14/15+	**50m Butterfly**	12 & Under/13-14/15+	10
9	Multi-Age B Final	**50m Butterfly**	Multi-Age B Final	10
209	OPEN PARALYMPIC	**50m Butterfly PARALYMPIC**	OPEN PARALYMPIC	--
111	12 & Under	**400m Individual Medley– Top 4 each gender**	12 & Under	--
11	13-14/15+ Final	**400m Individual Medley**	13-14/15+ Final	12
11	Multi-Age B Final	**400m Individual Medley**	Multi-Age B Final	12
213	OPEN PARALYMPIC	**50m Backstroke PARALYMPIC**	OPEN PARALYMPIC	--
13	12 & Under/13-14/15+	**50m Backstroke**	12 & Under/13-14/15+	14
13	Multi-Age B Final	**50m Backstroke**	Multi-Age B Final	14
15	12 & Under/13-14/15+	**200m Breaststroke**	12 & Under/13-14/15+	16
15	Multi-Age B Final	**200m Breaststroke**	Multi-Age B Final	16
5 Minute Warm-Up Break				
17	Open	**4 x 50m Freestyle Relay**	Open	18

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PRELIMS – Saturday, December 12th, 2026 – 9:00am MEET START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
19	Open	**50m Freestyle Eliminator (P/S/F)**	Open	20
21	Open	**200m Backstroke**	Open	22
23	Open	**100m Breaststroke**	Open	24
25	Open	**100m Butterfly**	Open	26
127	12 & Under	**400m Freestyle***	12 & Under	128
27	13 & Over	**400m Freestyle****	13 & Over	28
**Timed Final for 12 & Under- 400 free – top 8 female and top 8 males will swim in finals* ***Will be swum fastest to slowest, alternating gender*				

FINALS – Saturday, December 12th, 2026 – 5:00pm FINALS START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
19	Open Semi Final	**50m Freestyle Eliminator Top 8**	Open Semi Final	20
219	OPEN PARALYMPIC	**50m Freestyle PARALYMPIC**	OPEN PARALYMPIC	--
21	12 & Under/13-14/15+	**200m Backstroke**	12 & Under/13-14/15+	22
21	Multi-Age B Final	**200m Backstroke**	Multi-Age B Final	22
23	12 & Under/13-14/15+	**100m Breaststroke**	12 & Under/13-14/15+	24
23	Multi-Age B Final	**100m Breaststroke**	Multi-Age B Final	24
25	12 & Under/13-14/15+	**100m Butterfly**	12 & Under/13-14/15+	26
25	Multi-Age B Final	**100m Butterfly**	Multi-Age B Final	26
127	12 & Under	**400m Freestyle – Top 8**	12 & Under	128
27	13-14/15+ Final	**400m Freestyle**	13-14/15+ Final	28
27	Multi-Age B Final	**400m Freestyle**	Multi-Age B Final	28
19	Open Final	**50m Freestyle Eliminator Top 4**	Open Final	20
5 Minute Warm-Up Break				
29	Open	**4 x 50m Medley Relay**	Open	30

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PRELIMS – Sunday, December 13th, 2026 – 9:00am MEET START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
31	Open	**200m Individual Medley**	Open	32
33	Open	**100m Freestyle**	Open	34
135	12 & Under	**200m Butterfly***	12 & Under	--
35	13 & Over	**200m Butterfly**	13 & Over	36
37	Open	**50m Breaststroke**	Open	38
39	Open	**100m Backstroke**	Open	40
3	Open	**800m Freestyle****	--	--
--	--	**1500m Freestyle****	Open	2
**Timed Finals for 12 & Under Mixed 200 fly will have top 4 female and top 4 male swim in finals in a combined heat* ***Will be swum fastest to slowest, alternating gender, fastest heat swimming during finals*				

FINALS – Sunday, December 13th, 2026 – 4:00pm FINALS START				
Female	**Age Group**	**Event**	**Age Group**	**Male**
3	Top 8	**800m Freestyle**	--	--
--	--	**1500m Freestyle**	Top 8	2
5 Minute Break				
31	12 & Under/13-14/15+	**200m Individual Medley**	12 & Under/13-14/15+	32
31	Multi-Age B Final	**200m Individual Medley**	Multi-Age B Final	32
33	12 & Under/13-14/15+	**100m Freestyle**	12 & Under/13-14/15+	34
33	Multi-Age B Final	**100m Freestyle**	Multi-Age B Final	34
233	OPEN PARALYMPIC	**100m Freestyle PARALYMPIC**	OPEN PARALYMPIC	--
135	12 & Under	**200m Butterfly – Top 4 each gender**	12 & Under	--
35	13-14/15+ Final	**200m Butterfly**	13-14/15+ Final	36
35	Multi-Age B Final	**200m Butterfly**	Multi-Age B Final	36
37	12 & Under/13-14/15+	**50m Breaststroke**	12 & Under/13-14/15+	38
37	Multi-Age B Final	**50m Breaststroke**	Multi-Age B Final	38
237	OPEN PARALYMPIC	**50m Breaststroke PARALYMPIC**	OPEN PARALYMPIC	--
39	12 & Under/13-14/15+	**100m Backstroke**	12 & Under/13-14/15+	40
39	Multi-Age B Final	**100m Backstroke**	Multi-Age B Final	40