East Coast #1 LCM Invitational Swim Meet

Hosted by: Swim Nova Scotia

January 30-31st, 2026

Sanctioned by: Swim Nova Scotia

Meet Manager: Angela MacAlpine: sportdevelopmentcoordinator@swimnovascotia.com

Head Official: Maureen Nolan: memejejedede@gmail.com
Timers and Senior Officials can send availability and preferred positions to Maureen.

Entry Fees: $75.00 flat fee, up to six individual events. Clubs should send payment on behalf of their swimmers to Swim Nova Scotia. Please make cheques payable to Swim Nova Scotia or e-transfer: swimming@sportnovascotia.ca (use password 'swimming')
Entry fees are non-refundable.

Entries: Hy-Tek entry files should be uploaded via REMS before the entry deadline.
Entry Deadline: Friday, January 22nd at midnight.
Late entries are not accepted and no deck entries.

Scoring: There will be no scoring.

Facilities: Dalplex Pool, 5260 South St. Halifax, N.S.
8 lane 50m Pool with Quantum Electronic Timing & backstroke ledges.
Please park in designated legal parking spots.
No outdoor footwear.

Meet Rules: Each swimmer entered in the meet must have achieved East Coast standards and be fully registered with Swim Nova Scotia or their respective provincial swimming office.

Paralympic swimmers who have achieved Swimming Canada Para Provincial Recommendations will be eligible for this meet.

Individual events will be swum as mixed gender, open events, timed finals.

Swimmers may enter up to two individual events per session, with the exception of session I.
Swimmers may swim one of 800m/1500m Freestyle.

800m/1500m Freestyle events will be swum alternating heats.

400m/800m/1500m Freestyle will require positive check-in and be swum fastest to slowest.

Relays - Clubs may enter two relay teams per event number. Mixed clubs may combine members for an exhibition 400m Mixed Medley Relay.

Supplementary information required in all meet packages

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ORDER OF EVENTS

SESSION I WARM-UPS: 8:00am MEET START: 9:00am SATURDAY JANUARY 30th, 2027		
Event #	**Age Group**	**Event**
1	Open	800m Freestyle*
2	Open	1500m Freestyle*
3	Open	4 X 100m Mixed Freestyle Relay
4	Open	4 X 100m Freestyle Relay - Female
5	Open	4 X 100m Freestyle Relay - Male
SESSION II WARM-UPS: 2:00pm MEET START: 2:45pm SATURDAY JANUARY 30th, 2027		
6	Open	50m Freestyle
7	Open	200m Breaststroke
8	Open	100m Backstroke
9	Open	50m Butterfly
10	Open	400m Freestyle*

- *800m/1500m Freestyle – choose one*
- *400/800/1500m Freestyle will be swum fastest to slowest*

SESSION III WARM-UPS: 8:00am MEET START: 9:00am SUNDAY JANUARY 31st, 2027		
Event #	**Age Group**	**Event**
11	Open	200m Freestyle
12	Open	100m Breaststroke
13	Open	100m Butterfly
14	Open	50m Backstroke
15	Open	400m IM
SESSION IV WARM-UPS: 12:30pm MEET START: 1:15pm SUNDAY JANUARY 31st, 2027		
16	Open	4 X 100m Mixed Medley Relay*
17	Open	4 X 100m Medley Relay - Female
18	Open	4 X 100m Medley Relay - Male
19	Open	200m Butterfly
20	Open	200m IM
21	Open	50m Breaststroke
22	Open	100m Freestyle
23	Open	200m Backstroke

- *Mixed clubs may combine members for an exhibition 400m Mixed Medley Relay*