Truro Centurions Swim Club

Time Trial #1 October 30th, 2026

Sanctioned By: Swim Nova Scotia

Head Official: Pete Davis: tcscofficials@gmail.com

Meet Manager/ Entry Coordinator: Angela Hickox: tcscpresident1977@gmail.com

Facility: Wilson's Aquatic Centre, Rath Eastlink Community Centre, 625 Abenaki Rd. Truro, NS
Competition will take place in 6 lanes. 2 lanes will be available for continuous warm-up/down

Entries: For seeding purposes, please indicate swimmers' best times (SCM). Please include relay times for seeding purposes also. All entries must be submitted through REMS – online through the SNC system. Entries will not be accepted by email.

Entry Deadline: Received by midnight, Wednesday October 28th, 2026

Events & Entry Limits:

- The event will be run as timed finals, mixed gender seeded by time.
- Each swimmer may swim any 2 x 100 events, and either 400 free or 400 IM

Deck access is reserved for registered Coaches, Support Staff, Swimmers and Officials working the designated session. All Officials must be fully registered with their Provincial Section.

Supplementary information required in all meet packages

PROGRAM OF EVENTS

Session 1

Warm-up: 4:00pm / Start: 5:00 pm	
Event Number	Event
1	100m Freestyle
2	100m Breaststroke
3	100m Backstroke
4	100m Butterfly
5	400m Freestyle*
6	400m Individual Medley *

- Swimmers may enter one of 400m Freestyle or 400m IM