

Approved May 3, 2009

2009 SUMMER SWIMMING MEET SCHEDULE

DATES	HOST CLUB	TEMPLATE
Saturday, July 4 th	Waeg	A
Sunday, July 5 th		
Saturday, July 11 th		
Sunday, July 12 th	Bridgetown Seakings	B
Saturday, July 18 th	Bridgewater	A
Sunday, July 19 th	Lunenburg	B
Saturday, July 25 th	Bedford	A
Sunday, July 26 th	Digby	B
Saturday August 1 st	Kentville	A
Sunday August 2 nd		
Saturday, August 8 th	Colby	B
Sunday, August 9 th		
Saturday, August 15 th	St. Margaret's Bay	
Sunday, August 16 th		
Friday, August 21 st - Sunday, August 23 rd	Windsor- PROVINCIALS	Full Events

Template A	Template B
<p><u>8 & Under's:</u> 25m Freestyle 25m Backstroke</p> <p><u>9-10:</u> 25m Freestyle 25m Backstroke 100m I.M.</p> <p><u>11-12:</u> 50m Freestyle 50m Backstroke 100m I.M.</p> <p><u>13-14:</u> 100m Freestyle 50m Backstroke 100m I.M.</p> <p><u>15-18:</u> 100m Freestyle 100m Backstroke 100m I.M.</p> <p>PARA: <i>To include swimmers with a disability in any event offered.</i></p> <p>Freestyle Relays (all 8 & under relays to be held earlier in the day)</p> <p>Mixed Open Relay*</p>	<p><u>8 & Under's:</u> 25m Butterfly 25m Breaststroke</p> <p><u>9-10:</u> 25m Butterfly 25m Breaststroke 50m Freestyle</p> <p><u>11-12:</u> 50m Butterfly 50m Breaststroke 100m Freestyle</p> <p><u>13-14:</u> 200m Freestyle 50m Breaststroke 50m Butterfly</p> <p><u>15-18:</u> 100m Breaststroke 50m Butterfly 200m Freestyle</p> <p>PARA: <i>To include swimmers with a disability in any event offered.</i></p> <p>Medley Relays (all 8 & under relays to be held earlier in the day)</p> <p>Mixed Open Relay*</p>
<p>Clubs may add the 100m Freestyle at the end of the day if time/weather permits. This would be discussed with the coaches at the lunch break.</p> <p>A mixed open relay may be held at the end of the day if meet management wishes to do so. Mixed genders and ages, 5 participants (one of each group); 8 & under, & 9-10 would do 25m, 11-12, 13-14, & 15-18 would do 50m.</p> <p>Clubs have the option to run heats for Swimmers With A Disability (SWAD) if they wish; or to integrate them with the able boded athletes. Clubs should contact the host club in advance.</p>	

All clubs must use the above templates