

# CANDY CANE INVITATIONAL SWIM MEET

Co-Hosted by:

**TRURO CENTURIONS SWIM CLUB & SWIM NOVA SCOTIA**

DECEMBER 12-14, 2025

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

625 Abenaki Road, Truro, NS

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Head Official:	Kelley Polley- <a href="mailto:kelley@polycorp.co">kelley@polycorp.co</a>
Technical Meet Manager & Entries Coordinator:	Angela MacAlpine - <a href="mailto:sportdevelopmentcoordinator@swimnovascotia.com">sportdevelopmentcoordinator@swimnovascotia.com</a>
On-Site Meet Manager:	Angela Hickox – <a href="mailto:tcscpresident1977@gmail.com">tcscpresident1977@gmail.com</a>
Sanctioned by:	Swim Nova Scotia
Entry Fees:	\$75 flat fee; Cheque payable to Truro Centurions Swim Club OR e-transfer: <a href="mailto:centuriontreasurer@gmail.com">centuriontreasurer@gmail.com</a>
Awards:	Ribbons 1-8 <sup>th</sup> 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, Monday Dec 8 <sup>th</sup> at midnight. Late entries will be accepted for Nova Tech #2 graduates via email: Entries Coordinator until Tuesday Dec 9 <sup>th</sup> at midnight.
Meet Rules:	<ul style="list-style-type: none"><li>• The leisure pool will be available for continuous warm-up/down.</li><li>• SNC rules and <a href="#">warm-up procedures</a> will be in effect.</li><li>• Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1.</li><li>• The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):<ul style="list-style-type: none"><li>• Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.</li><li>• Deliberate kicking or striking of the starting platform, including the back plate prior to the start.</li><li>• Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry. The Referee may disqualify a swimmer for such misconduct.</li></ul></li><li>• Swim Wear: <a href="#">SNC Swim Wear</a> rules in effect.</li><li>• Prelims will be swum as open events.</li><li>• Finals will swim as follows: 12 &amp; under, 13-14, 15 &amp; Over. 12 &amp; under 400 IM, 400 Free &amp; 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 &amp; 200 Fly will swim in a combined heat during finals. An exemption from SNC rule SW 10.1 to swim events in gender separated events has been granted. In spite of this exemption, any swimmer who achieves a record time at this competition that recognizes records at any level (provincial, national etc.) will not be recognized for that record unless the coach has advised meet management via email by the entry deadline that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</li><li>• 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.</li><li>• 50m Freestyle Eliminator - Instructions<ul style="list-style-type: none"><li>• All swimmers compete in the Preliminary Round.</li><li>• The top 8 fastest swimmers advance to Semifinals (gender specific).</li><li>• From the semifinals, the top 4 swimmers move on to the Finals</li><li>• The Final determines the overall Eliminator Champion based on fastest time.</li><li>• Each round will swim in the session order as outlined in the Event List.</li><li>• <i>In the event of a tie for advancement, a swim-off will be conducted immediately.</i></li></ul></li><li>• 800m &amp; 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.</li><li>• 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.</li></ul>

- 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.
- Photography/Videography: In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Nova Scotia sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

**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:** Split warm-ups will be in effect as follows:  
Prelims: 7:30-7:50am 12 & Under | 7:50-8:20am 13-14 | 8:20-9:00am 15+

Friday & Saturday Finals: 3:40-4:00pm 12 & Under | 4:00-5:00pm OPEN Warm-Up  
Sunday Finals: 2:40-3:00pm 12 & Under | 3:00-4:00pm OPEN Warm-Up

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

**Safe Sport:** Swim NS believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Details on Safe Sport during this event can be found here: [Swim NS Safe Sport](#)

As part of this year's Candy Cane Invitational, the Truro Centurions Swim Club is proud to continue our tradition of supporting the Colchester Food Network.

We're asking all families, swimmers, and attendees to please bring personal hygiene items (such as shampoo, soap, deodorant, toothpaste, feminine hygiene products, etc.) to donate.

Last year, thanks to your generosity, we were able to make a meaningful contribution to local families in need. As we head into the holiday season, let's once again come together as a community to help make a difference.

Collection bins will be located near the entrance throughout the meet weekend. Every item helps, thank you for giving back this Christmas!  
Genevieve

## Event Listing

PRELIMS: Friday December 12 <sup>th</sup> , 2025 – 9:00am Meet Start			
Women's Event #	Age Group	Event	Men's Event #
1	Open	200m Freestyle	2
103	12 & Under	400m Individual Medley*	104
3	13 & Over	400m Individual Medley	4
5	Open	50m Backstroke	6
7	Open	100m Butterfly	8
9	Open	200m Breaststroke	10
37	Open	1500m Freestyle	--
--	Open	800m Freestyle	12
FINALS: Friday December 12 <sup>th</sup> , 2025 – 5:00pm Meet Start			
--	Open	800m Freestyle TOP EIGHT	12
1	12 & Under/13-14/15+	200m Freestyle	2
	Multi-Age B Final	200m Freestyle	
103	12 & Under	400m Individual Medley– Top 4 each gender*	104
3	13-14/15+	400m Individual Medley	4
	Multi-Age B Final	400m Individual Medley	
5	12 & Under/13-14/15+	50m Backstroke	6
	Multi-Age B Final	50m Backstroke	
7	12 & Under/13-14/15+	100m Butterfly	8
	Multi-Age B Final	100m Butterfly	
9	12 & Under/13-14/15+	200m Breaststroke	10
	Multi-Age B Final	200m Breaststroke	
37	Open	1500m Freestyle TOP EIGHT	--
13	Open	4 x 50m Freestyle Relay	14

PRELIMS: Saturday December 13 <sup>th</sup> , 2025 – 9:00am Meet Start			
15	Open	50m Freestyle Eliminator	16
17	Open	200m Individual Medley	18
19	Open	100m Backstroke	20
121	12 & Under	400m Freestyle	122
21	13 & Over	400m Freestyle	22
23	Open	50m Breaststroke	24
125	12 & Under	200m Butterfly*	126
25	13 & Over	200m Butterfly	26
FINALS: Saturday December 13 <sup>th</sup> , 2025 – 5:00pm Meet Start			
15	Open Semi Final	50m Freestyle Eliminator – Top 8	16
17	12 & Under/13-14/15+	200m Individual Medley	18
	Multi-Age B Final	200m Individual Medley	
19	12 & Under/13-14/15+	100m Backstroke	20
	Multi-Age B Final	100m Backstroke	
121	12 & Under	400m Freestyle – Top 8*	122
21	13-14/15+	400m Freestyle	22
	Multi-Age B Final	400m Freestyle	
23	12 & Under/13-14/15+	50m Breaststroke	24
	Multi-Age B Final	50m Breaststroke	
125	12 & Under	200m Butterfly – Top 4 each gender*	126
25	13-14/15+	200m Butterfly	26
	Multi-Age B Final	200m Butterfly	
15	Open	50m Freestyle Eliminator – Top 4	16
27	Open	4 x 50m Medley Relay	28

PRELIMS: Sunday December 14 <sup>th</sup> , 2025— 9:00am Meet Start			
29	Open	100m Freestyle	30
31	Open	100m Breaststroke	32
33	Open	50m Butterfly	34
35	Open	200m Backstroke	36
11	Open	800m Freestyle	--
--	Open	1500m Freestyle	38
FINALS: Sunday December 14 <sup>th</sup> , 2025 – 4:00pm Meet Start			
11	Open	800m Freestyle- TOP EIGHT	--
29	12 & Under/13-14/15+	100m Freestyle	30
	Multi-Age B Final	100m Freestyle	
31	12 & Under/13-14/15+	100m Breaststroke	32
	Multi-Age B Final	100m Breaststroke	
33	12 & Under/13-14/15+	50m Butterfly	34
	Multi-Age B Final	50m Butterfly	
35	12 & Under/13-14/15+	200m Backstroke	36
	Multi-Age B Final	200m Backstroke	
--	Open	1500m Freestyle- TOP EIGHT	38
39	Open	Mixed 4 x 50m Free Relay	--

*\*Timed Finals for 12 & Under - 200 fly and 400 IM will have top 4 male and top 4 female swim in finals in a combined heat  
- 400 free - top 8 female and top 8 males will swim at night*