

2018-19 MEET SCHEDULE – NLSCA APPROVED

2018 - 2019	Meet / Theme	Athlete Eligibility	Recommended # of Sessions
Oct 19 – 21	East Invitational	OPEN	4
Oct 19 – 21	West Invitational	OPEN	3
Nov 2 – 4	Invitational	OPEN	4
Nov 22 – 25	Heats and Finals Invitational	OPEN	6-7
Jan 25 – 27	Junior Short Course Invitational	JR	3-4
Jan 25 – 27	Senior Long Course Invitational	SR	2-3
Feb 15	Swim For Hope		
March 1 – 3	Invitational	OPEN	3-4
March 21 – 24	Provincial Championships (LC)	NL Champs Qualification	6
April 3 – 7	2019 Canadian Swimming Trials	Qualifiers	
April 5 – 7	Invitational (Dual scoring: champs/non-champs, Sr/Jr, or similar)	OPEN	3-5
April 11 – 14	2019 Speedo Eastern Championships	Qualifiers	
May 3 – 5	Long Course Invitational	OPEN	6-7
June 7 – 9	Provincial Heats/Finals Invitational	OPEN	6-7
July 24 – 29	2019 Canadian Junior Championships	Qualifiers	
Aug 8 – 11	2019 Canadian Swimming Championships	Qualifiers	