



SWIMMING
NEWFOUNDLAND & LABRADOR

2022-2023
Meet Schedule

DATE	MEET/FORMAT	ELIGIBILITY	SUGGESTED SESSIONS
Oct 28-30	CBR/CBS - East / West Split		4
Nov 18-20	MPM - Heats and Finals		6
Dec 2-4	GLSC - Invitational		4-5
Jan 27-29	SJL - LCM Invitational		3-5
Feb 3	Swim for Hope	All Swimmers	
Feb 17-19	PSC - Invitational		4-5
Mar 3-5	East Coast Championships - Halifax	ECC Standard	
Mar 24-26	CBR – Invitational		4-5
April 15-16	SJL - LCM Invitational		4
May 26-28	MPM - SCM Provincial Champs	NL Champ Standard	6
June 9-11	SJL - LCM Heats and Finals		6

NEW: The Competitions Committee are asking for 2022-2023 Season all meets be listed on SNC's website and meet packages sent for approval, sanctioning, and posting by Nov 1st, 2022 to expedite the process. Meets, at the minimum, should be listed by Meet Managers on the SNC website at the start of the season.