

Swimming Newfoundland and Labrador Future League

During the 2019-2020 Season Swimming Newfoundland and Labrador will introduce a series of 4 Future League meets tailored and targeted for young and new swimmers to the sport of swimming.

Aims:

- ✓ Have a welcoming and fun atmosphere that is focused on best times.
- ✓ Focus on technique and short duration speed.
- ✓ Provide an exclusive environment for young and new swimmers.
- ✓ Keep kids moving with a number of races in a short period of time.
- ✓ Officials will officiate according to the SNC Rules and support an introduction to the sport.
- ✓ Encourage the swimmers to socialize on the pool deck and to meet swimmers from other teams.
- ✓ Favors aerobic and well-rounded development at an early age through exposure to all strokes and IM.

Future League Meets:

- ✓ Short Course Swimming only.
- ✓ Single day one or two session meets. The aim is to be short and quick.
- ✓ Allow swimmers to swim 7-8 events per meet.
- ✓ Hosts clubs are encouraged to add fun things to the meet such as eliminators, prizes for spirit, face painting, racing games, music/prize heats, etc.
- ✓ Events offered: All 50m and 100m events, 200m Free, and 200m IM.
 - Host Clubs are encouraged to use mixed seeding.
- ✓ Where there is no corresponding* Future League meet scheduled swimmers are encouraged to participate in Invitational meets as per their coach's discretion.
* (see: competitions calendar)

AA Standards:

- ✓ Age: all 12 & under swimmers who have not achieved the AA Standard:
 - All swimmers ages 13 & over do not attend future league meets.
 - All Swimmers ages 12 & under who meet both of the AA Standards will not be allowed to attend Future League meets.

Swimming NL AA Standard		
	10 and Under	11 – 12-year-olds
200 Free	3:24.00	3:15.00
200 IM	3:44.00	3:25.00

