

2026 Capital Region Table Tennis Championships

Dates: April 20 & 21 (tentative schedule is teams on the 20th and individuals in the 21st but it could change due to number of entries)

Time: Start at 4pm with doors opening at 3:30 for practice

Place: Auburn Drive High School gymnasium (300 Auburn Dr, Dartmouth, B2W 6E9)

Equipment: 12 competition tables, white balls

Organizer - Erica Ans (Auburn)- eans@gnspes.ca

Information:

- Categories are Junior, Intermediate and Senior boys and girls (6 categories)
- Teams must be at least 3 players and can have 4 with one being an alternate.
- 3 players that are nominated to play against one school must play the entire match until one team reaches 5. The fourth player sits on the bench and can play the next team match if chosen by the coach.
- Schools can enter one team in each category as well as 2 people in each individual category
- Do not wear white shirts or shorts (as we are using a white ball)
- Rackets should be ITTF approved with one side being black and the other an approved color (red, green, blue, pink, purple)
- Matches will be $\frac{2}{3}$ or $\frac{3}{5}$ games to 11 points (win by 2). This will be decided once entries are submitted and a time schedule has been made.
- Please try and have your students serve correctly. The most important rules are to throw the ball up at least 6 inches before hitting it and to contact the ball behind the table.
- A team match is 9 singles matches. The first team to win 5 singles matches wins the team match. These will most likely be the best $\frac{2}{3}$.

Please send registration forms and any questions to Erica at eans@gnspes.ca

Registration deadline: April 14th at 6pm

Schedules and draws will be sent to coaches by the 17th

Late entries will only be accepted if space is available

Provincials are in the Northumberland region on May 8/9.