

The Nova Scotia MPC will select the 6 man 2019 Canada Games team as follows:

- The top 3 AA athletes from the official trials (Late Fall 2018)

- MPC will use the results of the trials along with previous results to select the final 3 team members and alternate. The team goals for MPC will be kept in mind when selecting. The team goals are:
 - Medal performances
 - Event finals appearances
 - Helping the team score