

Swim Nova Scotia					
Nova Tech Aqua Kids Meet Templates 2023-2024 as of May 8, 2023					
#1	#2	#3	#4	#5	Nova Tech Explosion (8-lane pool)
October 28 or 29	December 2 or 3	January 20 or 21	February 17 or 18	April 20 or 21	May 25 - 26
100 IM – LEVEL 1	100 IM – LEVEL 1	100 IM – LEVEL 1	100 IM – LEVEL 1	100 IM – LEVEL 1	DAY 1- SESSION I
200 IM – LEVEL 2	200 IM – LEVEL 2	200 IM – LEVEL 2	200 IM – LEVEL 2	200 IM – LEVEL 2	30 MINUTE WARM-UP LEVEL 2
50 FREE – LEVEL 1	50 FREE – LEVEL 1	50 FREE – LEVEL 1	50 FREE – LEVEL 1	50 FREE – LEVEL 1	200 IM- LEVEL 2
50 FREE – LEVEL 2	50 FREE – LEVEL 2	50 FREE – LEVEL 2	50 FREE – LEVEL 2	50 FREE – LEVEL 2	20 MINUTE WARM-UP LEVEL 1
50 FLY - LEVEL 1	50 FLY - LEVEL 1	50 FLY - LEVEL 1	50 FLY - LEVEL 1	50 FLY - LEVEL 1	50 FREE LEVEL 1
50 FLY - LEVEL 2	50 FLY - LEVEL 2	50 FLY - LEVEL 2	50 FLY - LEVEL 2	50 FLY - LEVEL 2	50 FREE LEVEL 2
100 FLY LEVEL 2	100 FLY LEVEL 2	100 FLY LEVEL 2	100 FLY LEVEL 2	100 FLY LEVEL 2	50 BREAST LEVEL 1
50 BACK LEVEL 1	50 BACK LEVEL 1	50 BACK LEVEL 1	50 BACK LEVEL 1	50 BACK LEVEL 1	50 FLY LEVEL 1
50 BACK LEVEL 2	50 BACK LEVEL 2	50 BACK LEVEL 2	50 BACK LEVEL 2	50 BACK LEVEL 2	100 FLY LEVEL 2
100 BACK LEVEL 2	100 BACK LEVEL 2	100 BACK LEVEL 2	100 BACK LEVEL 2	100 BACK LEVEL 2	50 BACK LEVEL 2
200 FREE LEVEL 2	200 FREE LEVEL 2	200 FREE LEVEL 2	200 FREE LEVEL 2	200 FREE LEVEL 2	DAY 2- SESSION II
50 BREAST LEVEL 1	50 BREAST LEVEL 1	50 BREAST LEVEL 1	50 BREAST LEVEL 1	50 BREAST LEVEL 1	30 MINUTE WARM-UP LEVEL 2
50 BREAST LEVEL 2	50 BREAST LEVEL 2	50 BREAST LEVEL 2	50 BREAST LEVEL 2	50 BREAST LEVEL 2	200 FREE LEVEL 2
100 BREAST LEVEL 2	100 BREAST LEVEL 2	100 BREAST LEVEL 2	100 BREAST LEVEL 2	100 BREAST LEVEL 2	20 MINUTE WARM-UP LEVEL 1
100 FREE LEVEL 2	100 FREE LEVEL 2	100 FREE LEVEL 2	100 FREE LEVEL 2	100 FREE LEVEL 2	100 IM- LEVEL 1
<i>Maximum 4 events</i>					100 BACK LEVEL 2
<i>Breaks are not required, but should be utilized if the swimmers are not getting enough rest between events</i>					50 BACK LEVEL 1
<i>Warm-ups will be 30 minutes, sprint lanes will be open at Coaches & Meet Management discretion</i>					50 BREAST LEVEL 2
<i>All NT Meets will run events based on a 45 second interval</i>					100 BREAST LEVEL 2
<i>When marshalling all event/heats Meet Management must display them on a board (white board or chalk board)</i>					50 FLY LEVEL 2
<i>The host club may provide each Club with their personal best time labels</i>					100 FREE LEVEL 2
					6 event entry limit

MEET FORMATS ARE SUBJECT TO CHANGE BY SWIM NOVA SCOTIA