

Swim Nova Scotia AG Development Meet Templates 2023-24 as of November 28, 2023															
AGD #1 October DAL Relay & SCM Tiger Sprint Meet	AGD #2 HTAC Hosted AGD	AGD #3 Acadia Hosted AGD	AGD #4 TCSC Hosted AGD Candy Cane P/F	AAA #1 HTAC Hosted SCM/LCM P/F	AA #1 DCSC Hosted SCM	AAA #2 SWAT Hosted LCM	AA Winter Champs Host W/TCSC P/F	David Fry East Coast LCM Championships	AGD #5 SWAT Hosted LCM AGD	AAA #3 DCSC Hosted LCM	AA #2 CBD Hosted AGD	AAA #5 SNS/HTAC Hosted LCM	AA Spring Champs Host SNS/HTAC P/F	Scotia Sprints Host SNS	Ken Dunn East Coast LCM Championships
October 14-15	November 4-5	November 18-19	December 8-10	January 26-27	January 27-28	February 9-10	February 23-25	February 29-March 3	April 6-7	May 3-5	May 11-12	June 8-9	June 8-10	December 16	July 6-10
Sat Session: PM Relay Meet	Session #1	Session #1	Session #1	Session #1 Prelims	Session #1	Session #1	Session #1	3 1/2 days, P/F	Session #1	Session #1	Session #1	Session #1	Session #1	Session #1	4 days, P/F
13 & Under 4 x 50 Medley	800 Free (W/M) - 2 per lane	1500 Free (W/M) - 2 per lane	800 Free - 2 per lane M	50 Free	200 Back	200 IM	800 Free - 2 per lane M	8 lanes, electronic timing	50 Breast	200 IM	50 Breast	200 IM	800 Free - 2 per lane M	100 Mixed Medley Relay	8 lanes, electronic timing
Open 4 x 50 Medley	Session #2	Session #2	200 Free	400 Free - 2 per lane	100 Breast	100 Free	200 Back	Swim NS Hosts	200 Fly	100 Free	200 Fly	100 Free	200 Back	25m Back	Swim NS Hosts
13 & Under 4 x 50 Free	Open 4 x 50 Medley/R (W/M)	Open 4 x 50 Free/R (W/M)	400 IM	100 Back	200 Free	200 Breast	100 Breast	F: 12&U, 13-14, Open AG	100 Free	200 Breast	100 Free	200 Breast	100 Breast	25m Breast	F: 12&U, 13-14, Open AG
Open 4 x 50 Free	100 Breast (W/M)	100 Fly (W/M)	400 IM	50 Breast	400 IM	100 Fly	200 Free	M: 12&U, 14-15, Open AG	100 Back	100 Fly	100 Back	200 Breast	100 Fly	25 Fly	M: 12&U, 14-15, Open AG
13 & Under 3 x 50 Back	50 Fly (W/M)	50 Back (W/M)	100 Fly	400 IM	50 Fly	400 Free - 2 per lane	400 IM		800 Free - 2 per lane	400 Free - 2 per lane	800 Free - 2 per lane	400 Free - 2 per lane	400 IM	25 Free	
Open 3x 50 Back	200 Free (W/M)	200 Breast (W/M)	200 Breast	100 Free	Session #2	100 Back	50 Fly		Session #2	100 Back	Session #2	100 Back	50 Fly	100 Mixed Free Relay	
13 & Under 3 x 50 Breast	Session #3	Session #3	1500 Free - 2 per lane F	Mixed 200 Fly, Blk, Br, Fr*	100 Fly	1500 Free - 2 per lane F	1500 Free - 2 per lane F		Session #2	50 Fly	Session #2	200 Back	50 Fly	1500 Free - 2 per lane F	
Open 3 x 50 Breast	Open 4 x 100 Free/R (W/M)	Open 4x100M (W/M)	4 x 50 Fr/R	Max 3 relays per team	50 Fly	400 Free - 2 per lane	Session #2	4 x 50 Fr/R	200 Back	Session #2	100 Breast	Session #2	4x50 Fr/R		
13 & Under 3 x 50 Fly	200 Fly (W/M)	200 Back (W/M)	200 Breast	800 Free FR - 2 per lane	50 Back	4x100 Fr/R	Session #2		100 Breast	400 IM	200 Free	400 IM	400 IM		
Open 3 x 50 Fly	50 Free (W/M)	50 Breast (W/M)	50 Free	Session #2	200 IM	50 Breast	100 Fly		200 Free	50 Breast	400 IM	50 Breast	100 Fly		
Open Mixed 4 x 100 Medley	100 Back (W/M)	100 Free (W/M)	200 IM	4x100 M/R	50 Free	200 Free	400 Free - 2 per lane		400 IM	200 Free	50 Fly	200 Free	400 Free - 2 per lane		
Sun Session: AM Sprint Meet	400 IM (W/M)	200 IM (W/M)	100 Back	200 Breast	50 Back	50 Back	50 Back		Session #3	50 Back	Session #3	50 Back	50 Back		
400 IM or 200 IM			400 Free - 2 per lane	Session #3	200 Fly	200 IM	200 IM		100 Fly	200 Fly	100 Fly	200 Fly	200 IM		
50 and/or 100 Fly			50 Breast	Session #3	100 Breast	50 Free	50 Free		100 Breast	100 Breast	100 Breast	50 Free	50 Free		
50 and/or 100 Back			200 Fly	200 Fly	200 Back	200 Breast	200 Breast		200 Back	200 Back	400 Free - 2 per lane	200 Back	200 Breast		
50 and/or 100 Breast			4 x 50 M/R	Max 3 relays per team	100 Free	50 Free	4 x 50 M/R		50 Back	50 Free	200 IM	50 Free	4x50 M/R		
50 and/or 100 Free			Session #3	100 Back	1500 Free - 2 per lane	Session #3			50 Free	1500 Free - 2 per lane	50 Free	800 Free - 2 per lane	Session #3		
400 Free - 2 per lane			800 Free - 2 per lane F	800 Free - 2 per lane		800 Free - 2 per lane F	800 Free - 2 per lane F	Meet Notes: A Final for each AG, B Final will be the next best 8 regardless of age, 4 x 200 Fr/R Open, 2 entries per team, proof of time, 1 team can score	400 Free - 2 per lane	200 Breast		800 Free - 2 per lane	800 Free - 2 per lane F		Meet Notes: A Final for each AG, B Final will be the next best 8 regardless of age, 4 x 200 Fr/R Open, 2 entries per team, proof of time, 1 team can score
Max 5 Events; Flat Fee for Sprint Meet and separate relay fees by event; choice of 100 IM OR 200 IM OR 400 Free	TBA hosted AGD #1 will have a five event entry limit, plus 800 Free	Acadia hosted AGD #2 will have a five event entry limit, plus 1500 Free	Max 4 relays per team Meet Notes: Distance events will be swum fastest to slowest, alternating gender at the end of prelims; the fastest heat will swim during Finals at the start of the session. Breaks to be added throughout the session as needed, break before the relay. Age Groups 12 & Under, 13-14, 15+ Note 12 & Under 200 Fly & 400 IM will be timed Finals (top 4 males & top 4 females to swim at night as a combined heat), 400 Free will be timed Finals (top 8 males & top 8 females to swim at night)	Everyone reswims their prelim events, reseded in the rank order of which they finished the prelim session; *Mixed 200's will be separated; Fastest Heat of 1500 will swim in finals; Prelims will swim fastest to slowest alternating gender; Breaks will be added throughout the session; *Four (4) event entry limit	Meet Notes: Distance events will be swum alternating gender, fastest to slowest. The event entry limit will be six events (6).	Meet Notes: Distance events will be swum fastest to slowest ALL EVENTS TO BE SWUM AS MIXED GENDER, seeded by time (entries will be submitted by gender) and the results will be by gender). The event entry limit will be six events (6).	Meet Notes: Distance events will be swum fastest to slowest, alternating gender at the end of prelims; the fastest heat will swim during finals at the start of the session.	Meet Notes: Distance events will be swum alternating gender, fastest to slowest. AGD #5 will have a five event entry limit including the 800 Free.	Meet Notes: Distance events will be swum fastest to slowest ALL EVENTS TO BE SWUM AS MIXED GENDER, seeded by time (entries will be submitted by gender) and the results will be by gender). The event entry limit will be six events (6).	Meet Notes: Distance events will be swum alternating gender, fastest to slowest. The event entry limit will be six events (6).	Meet Notes: Distance events will be swum alternating gender, fastest to slowest; may swim mixed gender - decision to be made after May AAA Meet. The event entry limit will be six events (6).	Meet Notes: Distance events will be swum alternating gender, fastest to slowest; may swim mixed gender - decision to be made after May AAA Meet. The event entry limit will be six events (6).	Meet Notes: Distance events will be swum fastest to slowest, alternating gender at the end of prelims; the fastest heat will swim during Finals at the start of the session.		

Definition of AA & AAA Swimmers	
AAA	2024 AAA (KD & DF) East Coast Championships qualified as the entry deadline (qualified based on age of the first day of the meet)
AA	All other registered NS swimmers who have achieved the Nova Tech graduation times

If Needed: Suggested Warm-Up Split
Older swimmers together
Younger swimmers together
PABA with younger swimmers
Ages for splits determined by entry numbers