

**Swim Nova Scotia
Nova Tech Aqua Kids Templates 2016-2017**

As of June 15, 2016

#1		#2		#3		#4		#5		Explosion	
Event #	Event	Event #	Event	Event #	Event	Event #	Event	Event #	Event	Event #	Event
1	200 FREE- LEVEL 2	1	100 IM – P	1	100 IM – P	1	200 FREE – LEVEL 2	1	100 IM – P	DAY 1	
2	25 BACK- P	2	200 IM – LEVEL 1	2	200 IM – LEVEL 1	2	25 FLY – P	2	200 IM – LEVEL 1	1	200 IM- LEVEL 1
3	50 BACK- LEVEL 1	3	200 IM – LEVEL 2	3	200 IM – LEVEL 2	3	50 FLY – LEVEL 1	3	200 IM – LEVEL 2	2	200 IM- LEVEL 2
4	50 BACK- LEVEL 2	4	25 BACK – P	4	50 KICK- 5 MIN BREAK AFTER	4	50 FLY – LEVEL 2	4	25 FREE – P	3	50 Kick
5	25 FREE- P	5	50 BACK – LEVEL 1	5	25 BREAST – P	5	50 KICK- 5 MIN BREAK AFTER	5	50 FREE – LEVEL 1	4	25 Free- P
6	50 FREE- LEVEL 1	6	50 BACK – LEVEL 2	6	50 BREAST – LEVEL 1	6	100 IM – P	6	50 FREE – LEVEL 2	5	50 Free- LEVEL 1
7	50 FREE- LEVEL 2	7	50 KICK- 5 MIN BREAK AFTER	7	50 BREAST – LEVEL 2	7	200 IM – LEVEL 1	7	50 KICK- 5 MIN BREAK AFTER	6	50 Free- LEVEL 2
8	100 IM- P	8	25 BREAST – P	8	25 FLY – P	8	200 IM – LEVEL 2	8	*25 CHOICE – P	7	25 Back- P
9	200 IM- LEVEL 1	9	50 BREAST – LEVEL 1	9	50 FLY – LEVEL 1	9	25 FREE – P	9	*50 CHOICE – LEVEL 1	8	50 Back- LEVEL 1
10	200 IM- LEVEL 2	10	50 BREAST – LEVEL 2	10	50 FLY – LEVEL 2	10	50 FREE – LEVEL 1	10	*50 CHOICE – LEVEL 2	9	50 Back- LEVEL 2
11	50 KICK	11	200 FREE- LEVEL 2	11	200 FREE – LEVEL 2	11	50 FREE LEVEL 2	11	200 FREE – LEVEL 2	DAY 2	
12	Relay/Fun Event anytime	12	Relay/Fun Event anytime	12	Relay/Fun Event anytime	12	Relay/Fun Event anytime	12	Relay/Fun Event anytime	10	100 IM- P

Notes

A list of fun events/relays will be available through the NSSCA and may be utilized as a reference during the meet.

Breaks are not required, but can be utilized if the swimmers are not getting enough rest between events

75m & 150m IM For PARA Swimmers

Para swimmers may mix between Participation 25's and Level One 50's at Coaches discretion

Relays may be swum at anytime during the session

Warm-ups will be 30 minutes, sprint lanes will be open at Coaches & Meet Management discretion

**Choose 1 of the choice events*

11	200 Free- LEVEL 2
12	4 x 25 Free Relay
13	25 Breast- P
14	50 Breast- LEVEL 1
15	50 Breast- LEVEL 2
16	25 Fly- P
17	50 Fly- LEVEL 1
18	50 Fly- LEVEL 2
Day One: First warm up is only for those swimming 200's Day Two: First warm up is only for Participation	
Clubs enter relays; can combine with other teams if not enough for a relay	

Swim Nova Scotia

AG Development Meet Templates 2016-2017

October SCM AG Development #1	November SCM AG Development #2	December SCM AG Development #3	January SCM Jr AG Development #4	Junior Festival	Nova Scotia LC Championships
50 Fly	800 Free	Day 1	1 1/2 day full events	Day 1	4 days, prelims/finals
50 Back	1500 Free	200m Breast	Max 3 splashes per session, full events (follow JP Festival order)	200m Free	8 lanes, electronic timing
50 Breast	50 Fly	200m Fly		200m Fly	Swim NS Host
50 Free	50 Back	400m IM	January LCM Senior AG Development #1	400m IM	13 & Under, 14-15, Open age groups
100 Fly	50 Breast	50m Back	<i>Swim NS to host in conjunction with AUS</i>	50m Back	A final for each age group, B final will be the next best 8 regardless of age
100 Back	200 Free	200m Free	<i>Invitational at Dalplex</i>	200m Breast	
100 Breast	100 Breast	800m Free- 2 per lane, fast to slow, alt gender		800m Free- 2 per lane	
100 Free	200 IM	4 x 50m MR		4 x 100m Free Relay	
200 Fly	100 Back	Day 2		Day 2	
200 Back	4 x 50 Mixed Medley Relay	50m Free		50m Free	
200 Breast	200 Back	100m Breast		100m Breast	
200 Free	100 Fly	200m Back		200m Back	
400 Free & 400 IM Time Trial	400 Free	100m Fly		100m Fly	
<i>Deep/Shallow End Splits, Jr in the shallow end, Sr in the deep end</i>	200 Fly	400m Free- 2 per lane, fast to slow, alt gender		400m Free- 2 per lane	
	50 Free	4 x 50m FR		4 x 50m Free Relay	
<i>Random bell prizes</i> Junior/Senior Split, 1 event per stroke Age Group Development level	200 Breast	Day 3		Day 3	
	100 Free	200m IM		200m IM	
	400 IM	100m Free		100m Free	
Timed finals, Dal Relay on Sat	<i>4 sessions, 6 entry event limit, timed finals</i>	50m Fly		50m Fly	
	<i>8 lanes, continuous warm-up/down required</i>	100m Back		100m Back	
	<i>2.5 day meet warm-up start 3pm on Friday</i>	50m Breast		50m Breast	
	<i>Slower heats of 400 can swim on Friday at meet management discretion</i>	1500m Free- 2 per lane, fast to slow, alt gender	1500m Free- 2 per lane		
		4 x 100m MR Mixed	4 x 50m Medley Relay		
		<i>6 sessions, 8 lane pool</i>	<i>6 sessions, prelims/finals. 1.5hr wu, continuous warm-up/down required</i>		
		<i>13 & Under, 14-15, Open age groups, A final for each age group, B final will be the next best 8. Distance events are last during prelims, and first during finals. Day 1 Prelims 200 Free start, 200m Breast last (flip at night)</i>	<i>Swimmers must choose to swim either mixed relays or gender specific relays, 4 x 100m MR in June instead of 4 x 100 FR</i>		
			<i>Distance events are last during prelims, and first during finals. Day 1 Prelims 200 Free start, 200m Breast last (flip at night)</i>		

February LCM NS Prep Meet- NSAG Standards	April LCM AG Development #3	May LCM AG Development #4
June LCM Senior Prep Meet- NSAG Standards	2 1/2 day full events	
1 1/2 day full events	Similar format to this year	
Max 3 splashes per session, full events		
JP Festival order		
4 x 200 FR session 2 (men/women/mixed) Open (all seed together)	5 splashes per swimmer+ distance, 1 day, 2 session, timed finals, distance on Friday night	

Junior & Senior Splits:

April LCM #3 Sr all day Sat & Jr all day Sun
May LCM #4 Jr AM, Sr PM- both days

Definition of Junior & Senior Swimmers:

Senior 15 & Over
14 year old NSAG qualified
12-13 year olds that have one Canadian Junior National time or Eastern Open time (Coaches discretion)

Junior All others