

**Swim Nova Scotia
Nova Tech Aqua Kids Templates 2017-2018**

As of May 8, 2017

#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 2	9	50 FLY – LEVEL 2	9	25 FREE – P	9	*50 CHOICE – LEVEL 2	8	50 Back- LEVEL 1
10	200 IM- LEVEL 2	10	50 BREAST – LEVEL 1	10	50 FLY – LEVEL 1	10	50 FREE – LEVEL 1	10	*50 CHOICE – LEVEL 1	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								<i>*Choose 1 of the choice events</i>		11	200 Free- LEVEL 2
A list of fun events/relays will be available through the NSSCA and may be utilized as a reference during the meet.										12	4 x 25 Free Relay
Breaks are not required, but can be utilized if the swimmers are not getting enough rest between events										13	25 Breast- P
75m & 150m IM For PARA Swimmers										14	50 Breast- LEVEL 1
Para swimmers may mix between Participation 25's and Level One 50's at Coaches discretion										15	50 Breast- LEVEL 2
Relays may be swum at anytime during the session										16	25 Fly- P
Warm-ups will be 30 minutes, sprint lanes will be open at Coaches & Meet Management discretion										17	50 Fly- LEVEL 1
All NT meets will run events based on a 45 second interval										18	50 Fly- LEVEL 2
Host Clubs will marshall by event/heat and display them on a board (white board or chalk board)										Day One: First warm up is only for those swimming 200's Day Two: First warm up is only for Participation	
NT Central #1-4 shall be run in a double-ended pool (Participation in one end and Levels 1/2 in the other at the same time)										Clubs enter relays; can combine with other teams if not enough for a relay	

**Swim Nova Scotia
AG Development Meet Templates 2017-2018**

October SCM AG Development #1	November SCM AG Development #2	December SCM AG Development #3	January SCM Jr AG Development #4	Juniors	Nova Scotia LC Championships	
50 Fly	Friday PM	Day 1	1 1/2 day full events	Day 1	4 days, prelims/finals	
50 Back	800/1500 Free	200m Breast	Max 3 splashes per session, full events (follow Juniors order)	200m Free	8 lanes, electronic timing	
50 Breast	Saturday AM	200m Fly	January LCM Senior AG Development #1	200m Fly	Swim NS Host	
50 Free	200 Free	400m IM		400m IM	13 & Under, 14-15, Open age groups	
100 Fly	(12-) 50/100 Breast (13+)	50m Back	Max 3 splashes per session, full events (follow Juniors order)	50m Back	A final for each age group, B final will be the next best 8 regardless of age	
100 Back	200 IM	200m Free	<p>800m Free- 2 per lane, fast to slow, alt gender</p> <p>4 x 50m MR</p> <p>Day 2</p> <p>50m Free</p> <p>100m Breast</p> <p>200m Back</p> <p>100m Fly</p> <p>400m Free- 2 per lane, fast to slow, alt gender</p> <p>4 x 50m FR</p> <p>Day 3</p> <p>200m IM</p> <p>100m Free</p> <p>50m Fly</p> <p>100m Back</p> <p>50m Breast</p> <p>1500m Free- 2 per lane, fast to slow, alt gender</p> <p>4 x 100m MR Mixed</p> <p>6 sessions, 6 lane pool</p> <p>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)</p>	200m Breast		
100 Breast	(12-) 50/100 Back (13+)	800m Free- 2 per lane, fast to slow, alt gender		800m Free- 2 per lane		
100 Free	Saturday PM	4 x 50m MR		4 x 100m Free Relay		
200 Fly	4 x 50 Mixed Medley Relay	Day 2		Day 2		
200 Back	200 Back	50m Free		50m Free		
200 Breast	(12-) 50/100 Fly (13+)	100m Breast		100m Breast		
200 Free	400 Free	200m Back		200m Back		
400 Free & 400 IM	Sunday AM	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 Junior/Senior Split, 1 event per stroke Age Group Development level</i>	200 Breast	Day 3		Day 3		
	100 Free (13+)	200m IM		200m IM		
	400 IM	100m Free		100m Free		
Timed finals, Dal Relay on Sat	4 sessions, timed finals	50m Fly		50m Fly		
	6 lanes, continuous warm-up/down required	100m Back		100m Back		
	meet warm-up start 4pm on Friday	50m Breast	50m Breast			
	Slower heats of 400 can swim on Friday at meet management discretion	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			
		6 sessions, 6 lane pool	6 sessions, prelims/finals. 1.5hr wu, continuous warm-up/down required			
			Swimmers must choose to swim either mixed relays or gender specific relays, 4 x 100m MR in June instead of 4 x 100 FR			
			Distance events are last during prelims, and first during finals. Day 1 Prelims 200 Free start, 200m Breast last (flip at night)			

February LCM NS Prep Meet- NSAG Standards	March LCM AG Development #3	May LCM AG Development #4
June LCM Senior Prep Meet- NSAG Standards	2 1/2 day full events	Similar format to 2016
1 1/2 day full events		
Max 3 splashes per session, full events		
Juniors order	5 splashes per swimmer+ distance, 1 day, 2 session, timed finals, distance on Friday night	
4 x 200 FR session 2 (men/women/mixed) Open (all seed together)		

Junior & Senior Splits	
March 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	2018 Senior NS (KD) Provincial Championship qualified as the entry deadline (qualified based on age as of first day of meet)
Junior	All other registered NS swimmers who have achieved the Novatech graduation times

Suggested Warm-Up Split if needed
Older swimmers together
Younger swimmers together
PARA with the younger swimmers
Ages determined by numbers

Meet formats are subject to change by Swim Nova Scotia