

**Swim Nova Scotia
Nova Tech Aqua Kids Templates 2018-2019**

As of September 18, 2018

#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		
Notes								<i>*Choose 1 of the choice events</i>			
A list of fun events/relays will be available through the NSSCA and may be utilized as a reference during the meet.								10 100 IM- P			
Breaks are not required, but can be utilized if the swimmers are not getting enough rest between events								11 200 Free- LEVEL 2			
75m & 150m IM For PARA Swimmers								12 4 x 25 Free Relay			
Para swimmers may mix between Participation 25's and Level One 50's at Coaches discretion								13 25 Breast- P			
Relays may be swum at anytime during the session								14 50 Breast- LEVEL 1			
Warm-ups will be 30 minutes, sprint lanes will be open at Coaches & Meet Management discretion								15 50 Breast- LEVEL 2			
All NT meets will run events based on a 45 second interval								16 25 Fly- P			
Host Clubs when marshalling all event/heats they must be displayed on a board (white board or chalk board)								17 50 Fly- LEVEL 1			
								18 50 Fly- LEVEL 2			
NT Central #1-5 shall be run in a double-ended pool (Participation in one end and Levels 1/2 in the other at the same time)								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 2018-2019				
October SCM AGD Series #1 & AGD AAA #1/4 LCM/AA #1 SCM	November SCM AGD Series #2 & AGD AAA #2/5 LCM/AA #3 SCM	December SCM AGD Series #3 & AAA #3 LCM/AA #3 SCM	December SCM AGD Top 16 Meet & AA's	Nova Scotia LC Championships
Session 1	Session 1	Session 1	Day 1	4 days, prelims/finals
200m Free	50m Free	200m IM	200m Free	8 lanes, electronic timing
200m Fly	100m Breast	100m Free	200m Fly	Swim NS Host
400m IM	200m Back	50m Fly	400m IM	13 & Under, 14-15, Open age groups
50m Back	100m Fly	100m Back	50m Back	A final for each age group, B final will be the next best 8 regardless of age
200m Breast	400m Free- 2 per lane	50m Breast	200m Breast	Note: DF Champs will be 3 1/2 days
800m Free- 2 per lane	4 x 50m Free Relay	1500m Free- 2 per lane	800m Free- 2 per lane	
4 x 100m Free Relay	Session 2	4 x 50m Medley Relay	4 x 100m Free Relay	
Session 2	200m IM	Session 2	Day 2	
50m Free	100m Free	200m Free	50m Free	
100m Breast	50m Fly	200m Fly	100m Breast	
200m Back	100m Back	400m IM	200m Back	
100m Fly	50m Breast	50m Back	100m Fly	
400m Free- 2 per lane	1500m Free- 2 per lane	200m Breast	400m Free- 2 per lane	
4 x 50m Free Relay	4 x 50m Medley Relay	800m Free- 2 per lane	4 x 50m Free Relay	
		4 x 100m Free Relay		
Session 3	Session 3	Session 3	Day 3	
200m IM	200m Free	50m Free	200m IM	
100m Free	200m Fly	100m Breast	100m Free	
50m Fly	400m IM	200m Back	50m Fly	
100m Back	50m Back	100m Fly	100m Back	
50m Breast	200m Breast	400m Free- 2 per lane	50m Breast	
1500m Free- 2 per lane	800m Free- 2 per lane	4 x 50m Free Relay	1500m Free- 2 per lane	
4 x 50m Medley Relay	4 x 100m Free Relay		4 x 50m Medley Relay	
Swimmers must choose to swim either mixed relays or gender specific relays	Swimmers must choose to swim either mixed relays or gender specific relays	Swimmers must choose to swim either mixed relays or gender specific relays		6 sessions, prelims/finals. 1.5hr wu prelims, 13 & Over 45 minute wu finals followed by 30 min for 12 & Under/Relay only swimmers, continuous warm-up/down required
Distance events are last	Distance events are last	Distance events are last		Swimmers must choose to swim either mixed relays or gender specific relays, 4 x 100m MR in June instead of 4 x 100 FR. All relays will take place at the start of finals
Note that for all 4 x 50 relays noted above they will be replaced by 4 x 100m in the AAA LCM cycle; all relays will swim 14 & Under and 15 & over at all meets				Distance events are last during prelims, and first during finals. Day 1 Prelims 200 Free start, 200m Breast last (flip at night)

Definition of AA & AAA Swimmers	
AAA	2019 AAA NS (KD) Provincial Championship qualified as the entry deadline (qualified based on age as of first day of meet)
AA	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