

**Swim Nova Scotia  
AG Development Meet Templates 2019-20 as of March 21, 2019**

#1 October DAL Relay & SCM Tiger Sprint Meet	#2 Combined November AAA/AA & AA SCM Three Session Template	#3 Combined December AAA/AA & AA SCM Three Session Template	December Candy Cane P/F & AA Champs Template	January AAA LCM Two Session: Template #1 (2 Day)	February AAA LCM Two Session P/F: Template #2 (1 Day)	Nova Scotia LCM Championships
Sat Session: PM Relay Meet	Session #1	Session #1	Session #1	Session #1	Session #1 Prelims	4 days, P/F
Sun Session: AM Tiger Sprint	800 Free - 2 per lane F	100 Fly	800 Free - 2 per lane M	200 IM	50 Free	8 lanes, electronic timing
50 Fly	200 IM	400 Free - 2 per lane	200 Back	100 Free	400 Free - 2 per lane	Swim NS Hosts
50 Back	50 Breast	50 Back	100 Breast	200 Breast	100 Back	F: 12&U, 13-14, Open AG
50 Breast	100 Free	200 IM	200 Free	100 Fly	50 Breast	M: 13&U, 14-15, Open AG
50 Free	200 Back	50 Free	400 IM	400 Free - 2 per lane	400 IM	A Final for each AG, B Final will be the next best 8
100 IM	4x50 Fr/R	200 Breast	50 Fly	100 Back	100 Free	Note: DF Champs will be 3 1/2 Days (4 x 200 Fr/R Open, top 8 teams, 1 per team, proof of time)
Max 5 Events; Flat Fee	Session #2	4x50 M/R	1500 Free - 2 per lane F	50 Fly	Mixed 200 Fly, Bk, Br, Fr*	
Everyone Swims all events	800 Free - 2 per lane M	Session #2	4x100 Fr/R	Session #2	50 Fly	Nova Scotia AA Winter/Spring Champs
March AAA LCM One Session: Template #3 (1 Day)	100 Back	50 Breast	Session #2	50 Breast	1500 Free TF - 2 per lane	Same template as December Candy Cane
Session #1	100 Breast	200 Fly	100 Fly	200 Free	Session #2	
50 Fly	50 Fly	100 Free	400 Free - 2 per lane	50 Back	Everyone reswims their prelim events, reseeded in the rank order of which they finished the prelim session	
200 IM	200 Free	100 Back	50 Back	200 Fly		
50 Breast	50 Back	1500 Free - 2 per lane M	200 IM	100 Breast		
100 Free	4x50 M/R	4x50 Fr/R	50 Free	200 Back	*Mixed 200's will be separated	
50 Back	Session #3	Session #3	200 Breast	50 Free	Fastest Heat of 800 will swim in finals; Prelims will swim fastest to slowest alternating gender	
100 Fly	100 Fly	200 Back	4x50 Fr/R	800 Free - 2 per lane		
10 Minute Break	400 IM - 1 per lane OR	400 IM	Session #3	May & June AAA LCM Two Session: Templates #4 & #5	Breaks will be added throughout the sessions	
200 Free	400 Free - 2 per lane	200 Free	800 Free - 2 per lane F		*Four (4) event entry limit	
50 Fly	200 Fly	100 Breast	50 Breast	Add 400 IM (Session 2) in May & June		
100 Breast	50 Free	50 Fly	200 Fly	1500 Fr instead of 800 Fr in May		
50 Free	200 Breast	1500 Free - 2 per lane F	100 Free			
100 Back	4x100 Fr/R	4x100 M/R	100 Back			
OR same as March 2019?	Acadia hosted AGD #2 will have no Relays and a two event (2) entry limit per session	No relays at the combined Fall #3	1500 Free - 2 per lane M	Choice of 800 or 1500 Fr in June		
			4x100 M/R	Breaks will be added throughout the sessions		

Distance events will be swum fastest to slowest, alternating gender and at the end of each session during prelims and timed finals meets. Fastest heat would swim during finals if p/f, at the start of the session.

AA Three Session Templates will rotate the sessions at each meet in January, March & May

All Relays will swim as Open at all AA meets, except the championship meets, where they will be swum in the defined age groups. AA meets will have mixed relays at the beginning of the session.

AA Winter and Spring: 6 sessions P/F - 1.5 hour WU prelims / 13&Over 45 minute WU finals followed by 30 minute 12&Under/Relay only swimmers, continuous warm-up/warm-down required

Entries for all meets, including championships, will be a maximum of eight (8) events per meet, except where noted (relays excluded)

Definition of AA & AAA Swimmers	
AAA	2020 AAA NS (KD & DF) Provincial Championship 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 NovaTech graduation times

**MEET FORMATS ARE SUBJECT TO CHANGE BY SWIM NOVA SCOTIA**

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