

Swim Nova Scotia					
Nova Tech Aqua Kids Meet Templates 2019-20 as of June 26, 2019					
#1	#2	#3	#4	#5	Nova Tech Explosion (8-lane pool)
Event	Event	Event	Event	Event	Event
25 FREE- P	100 IM – P	100 IM – P	100 IM – P	100 IM – P	DAY 1- SESSION I PARTICIPATION
50 FREE- LEVEL 1	200 IM – LEVEL 1	200 IM – LEVEL 1	200 IM – LEVEL 1	200 IM – LEVEL 1	25 FLY OR 50 FLY
50 FREE- LEVEL 2	200 IM – LEVEL 2	200 IM – LEVEL 2	200 IM – LEVEL 2	200 IM – LEVEL 2	25 BACK OR 50 BACK
25 BACK- P	25 FREE – P	25 FREE – P	25 FREE – P	25 FREE – P	25 BREAST OR 50 BREAST
50 BACK- LEVEL 1	50 FREE – LEVEL 1	50 FREE – LEVEL 1	50 FREE – LEVEL 1	50 FREE – LEVEL 1	25 FREE OR 50 FREE
50 BACK- LEVEL 2	50 FREE – LEVEL 2	50 FREE – LEVEL 2	50 FREE – LEVEL 2	50 FREE – LEVEL 2	100 IM
25 KICK	25 KICK	25 KICK	25 KICK	25 KICK	OPEN POOL
50 FREE- P	*50 CHOICE – LEVEL 2	*50 CHOICE – LEVEL 2	*50 CHOICE – LEVEL 2	*50 CHOICE – LEVEL 2	5 event entry limit
100 FREE- LEVEL 1	*50 CHOICE – LEVEL 1	*50 CHOICE – LEVEL 1	*50 CHOICE – LEVEL 1	*50 CHOICE – LEVEL 1	DAY 1- SESSION II LEVEL 1 & 2
100 FREE- LEVEL 2	*25 CHOICE – P	*25 CHOICE – P	*25 CHOICE – P	*25 CHOICE – P	200 IM- LEVEL 2 (55 min)
100 IM- P	** 100 CHOICE- LEVEL 2	** 100 CHOICE- LEVEL 2	** 100 CHOICE- LEVEL 2	** 100 CHOICE- LEVEL 2	50 FREE LEVEL 1 (15 min)
100 IM- LEVEL 1	** 100 CHOICE- LEVEL 1	** 100 CHOICE- LEVEL 1	** 100 CHOICE- LEVEL 1	** 100 CHOICE- LEVEL 1	50 FREE LEVEL 2 (17 min)
100 IM- LEVEL 2	** 50 CHOICE- P	** 50 CHOICE- P	** 50 CHOICE- P	** 50 CHOICE- P	100 BREAST LEVEL 1
	200 FREE – LEVEL 2	200 FREE – LEVEL 2	200 FREE – LEVEL 2	200 FREE – LEVEL 2	100 BREAST LEVEL 2
	* & **Choose 1 of the choice events				50 BACK LEVEL 1 (20 min)
A list of fun events/relays is available through Swim NS and may be utilized as a reference during the meet.					50 BACK LEVEL 2 (20 min)
Breaks are not required, but should be utilized if the swimmers are not getting enough rest between events					100 FLY LEVEL 1
75m & 150m IM For PARA Swimmers					100 FLY LEVEL 2
Para swimmers may mix between Participation 25's and Level One 50's at Coaches discretion					DAY 2- SESSION III LEVEL 1 & 2
Swim Nova Scotia will provide host clubs with short boards to use during the kick events					200 IM- LEVEL 1 (45 min)
Warm-ups will be 30 minutes, sprint lanes will be open at Coaches & Meet Management discretion					200 FREE LEVEL 2 (55 min)
All NT meets will run events based on a 45 second interval					100 BACK LEVEL 1
When marshalling all event/heats Meet Management must display them on a board (white board or chalk board)					100 BACK 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					50 BREAST LEVEL 1 (15 min)
The host club should provide each Club with their personal best time labels					50 BREAST LEVEL 2 (20 min)
					50 FLY LEVEL 1 (15 min)
					50 FLY LEVEL 2 (20 min)
					100 FREE LEVEL 1
					100 FREE LEVEL 2
					6 event entry limit

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