Age Group Development Meet #2 Central

Co-Hosted by: ***Sackville Waves Aquatic Team & Swim NS***

November 13-15, 2026

Sanctioned by: Swim Nova Scotia

Meet Manager: Angela MacAlpine: sportdevelopmentcoordinator@swimnovascotia.com

Head Official: Maureen Nolan: memejejededede@gmail.com
Timers and Senior Officials can send availability and preferred positions to Maureen.

Facilities: Dalplex Pool, 6260 South St, Halifax, NS, B3H 4R2. Quantum Electronic Timing
Deep end 8 competition lanes. Shallow end will be available for warm-up/down.

Entry Fees: $45.00 flat fee, up to six individual events. Clubs should send payment on behalf of their swimmers to Swim Nova Scotia. Please make cheques payable to Swim Nova Scotia or e-transfer:
swimming@sportnovascotia.ca (use password 'swimming')
Entry fees are non-refundable.

Entries: Hy-Tek entries should be uploaded via REMS no later than the entry deadline, Friday November 6th at midnight. Coaches must email an athlete roster to Meet Management, with AGD & NT designations once entries have been submitted.
Late entries are not accepted and no deck entries.

Scoring: There will be no scoring.

Meet Rules: The meet will be swum as mixed gender, open events, timed finals.
Swimmers may enter up to two individual events per session.
Swimmers may swim one of 800m/1500m Freestyle.
400/800/1500 Freestyle will require positive check-in.

Eligibility: Each swimmer entered in the meet must be graduated from the Nova Tech Aqua Kids Program OR pre-competitive swimmers on trial for 1 swim meet as exhibition.
Swimmers must be fully registered with Swim Nova Scotia or their respective swimming office.

Supplementary information required in all meet packages

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ORDER OF EVENTS

WARM-UPS: 4:00-5:00pm MEET START: 5:00pm FRIDAY NOVEMBER 13th, 2026	
Event #	**Event**
1	100m Freestyle
2	200m Breaststroke
3	100m Butterfly
4	400m Individual Medley
WARM-UPS: 1:00-2:00pm MEET START: 2:00pm SATURDAY NOVEMBER 14th, 2026	
5	400m Freestyle*
6	100m Backstroke
7	200m Individual Medley
WARM-UPS: 5:00-5:45pm MEET START: 5:45pm SATURDAY NOVEMBER 14th, 2026	
8	800m Freestyle*
9	1500m Freestyle*
WARM-UPS: 8:00-9:00am MEET START: 9:00am SUNDAY NOVEMBER 15th, 2026	
10	200m Freestyle
11	100m Breaststroke
12	200m Backstroke
13	200m Butterfly
14	4 x 50m Mixed Freestyle Relay

- 400m Freestyle will be swum fastest to slowest
- 800m & 1500m Freestyle will be swum alternating heats, fastest to slowest