



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: memejejedede@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. Please make cheque 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 6 th at midnight. Late entries are not accepted and no deck entries. 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.
Scoring:	There will be no scoring.
Meet Rules:	The meet will be swum as mixed gender, open events, timed finals.
Eligibility:	Each swimmer entered in the meet must be graduated from the Nova Tech Aqua Kids Program and be fully registered with Swim Nova Scotia or their respective swimming office.

[Supplementary information required in all meet packages](#)



Age Group Development Meet #2 Central ORDER OF EVENTS



WARM-UPS: 4:00-5:00pm MEET START: 5:00pm FRIDAY NOVEMBER 13 th , 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 14 th , 2026	
5	400m Freestyle*
6	100m Backstroke
7	200m Individual Medley
WARM-UPS: 5:00-5:45pm MEET START: 5:45pm SATURDAY NOVEMBER 14 th , 2026	
8	800m Freestyle*
9	1500m Freestyle*
WARM-UPS: 8:00-9:00am MEET START: 9:00am SUNDAY NOVEMBER 15 th , 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